

Food & Health

SITUATION

You are speaking at a school discussion about **fast food culture**.

MONOLOGUE

Give a short presentation on Fast Food and Modern Lifestyles.

1. **Explain** why fast food has become so popular according to **Text 1**.
2. **Compare** fast food with home-cooked meals in terms of health and lifestyle.

DIALOGUE

1. Do you think fast food is always unhealthy?
2. **Discuss** whether fast food companies should change their products to improve public health.

Text 1

“Fast food restaurants have become a common feature in cities around the world, reflecting the changing lifestyles of modern societies. One of the main reasons for their popularity is convenience. Many people lead busy lives and have limited time to prepare meals at home, so fast food offers a quick and accessible solution. In addition, these meals are often relatively inexpensive, making them attractive to a wide range of consumers, including students and families.

Fast food menus typically include items such as burgers, fried foods, and sugary drinks. These products are designed to be appealing, easy to consume, and widely available. However, nutrition experts have raised concerns about their health impact. Fast food often contains high levels of calories, saturated fats, sugar, and salt, which may negatively affect long-term health if consumed frequently.

In comparison, home-cooked meals are generally considered to be healthier, as individuals have more control over ingredients and cooking methods. Preparing food at home can lead to more balanced diets and better portion control. However, it also requires time, planning, and effort, which can be difficult for people with demanding schedules.

Although eating fast food occasionally may not cause serious problems, regular consumption can contribute to health issues such as obesity, heart disease, and other lifestyle-related conditions. This highlights the importance of making informed choices about diet and maintaining a balanced approach to eating.”

- Read the text and underline or **highlight** the important words you need to use in your presentation
- Spend 1-2 minutes thinking about the answers, creating full sentences in your mind
- Choose key words & write down notes with your keywords, not full sentences

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Food & Health

SITUATION

You are participating in a debate about **sugar consumption**.

MONOLOGUE

Give a short presentation on **Sugar and Public Health**.

1. **Explain** the health concerns related to high sugar consumption mentioned in Text 1.
2. **Describe** possible solutions governments are considering to reduce sugar intake.

DIALOGUE

1. Do you support the idea of a sugar tax on soft drinks?
2. **Discuss** whether individuals or governments are responsible for healthy eating habits.

Text 1

“Sugar consumption has increased significantly in many countries over recent decades, becoming a major concern for public health. A large proportion of added sugar is found in everyday products such as soft drinks, sweets, and processed foods. These items are widely available and often heavily marketed, making them a regular part of many people’s diets.

Health organisations warn that excessive sugar intake can have serious consequences. High consumption is strongly linked to conditions such as obesity, type 2 diabetes, and dental problems. In addition, sugar provides energy without essential nutrients, which means that people may consume large amounts of calories without receiving important vitamins or minerals.

In response to these concerns, some governments have introduced measures to reduce sugar consumption. One common approach is the introduction of a sugar tax on products such as soft drinks. The aim is to make unhealthy options less attractive and encourage consumers to choose healthier alternatives. Supporters argue that such policies can lead to positive changes in public behaviour and reduce long-term healthcare costs.

However, not everyone agrees with this approach. Critics suggest that education and personal responsibility may be more effective solutions. They believe that individuals should be better informed about nutrition and make their own decisions about what they eat. Overall, the issue of sugar consumption highlights the complex relationship between public policy, individual choice, and long-term health outcomes.”

Exam tips:

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Food & Health

SITUATION

You are speaking at a community meeting about **food choices and lifestyle**.

MONOLOGUE

Give a **short** presentation on Food Choices in Modern Society.

1. **Explain** how lifestyle influences eating habits according to Text 1.
2. **Describe** how advertising and convenience affect food choices.

DIALOGUE

1. Do you think advertising influences what people eat?
2. **Discuss** how people can make more responsible food choices.

Text 1

“Food choices in modern society are influenced by a wide range of factors, including culture, income, lifestyle, and advertising. These influences interact in complex ways and shape the eating habits of individuals and communities. One of the most significant factors is lifestyle. In many societies, people have busy schedules and limited time, which often leads them to choose convenient meals instead of preparing food at home.

Convenience foods, such as ready-made meals or takeaway options, are designed to save time and effort. While they offer practical advantages, they may not always provide the same nutritional value as freshly prepared meals. As a result, lifestyle choices can have a direct impact on overall health and well-being.

Advertising also plays a powerful role in influencing consumer behaviour. Food companies use attractive images, promotional campaigns, and branding strategies to make products appear more appealing. These techniques can shape preferences and encourage people to choose certain foods, even when they may not be the healthiest options.

Health experts therefore emphasise the importance of awareness and education. Consumers are encouraged to read nutritional information, understand ingredients, and make informed decisions about their diets. By developing a more critical approach to food choices, individuals can take greater responsibility for their health and adopt more balanced eating habits in everyday life.”

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