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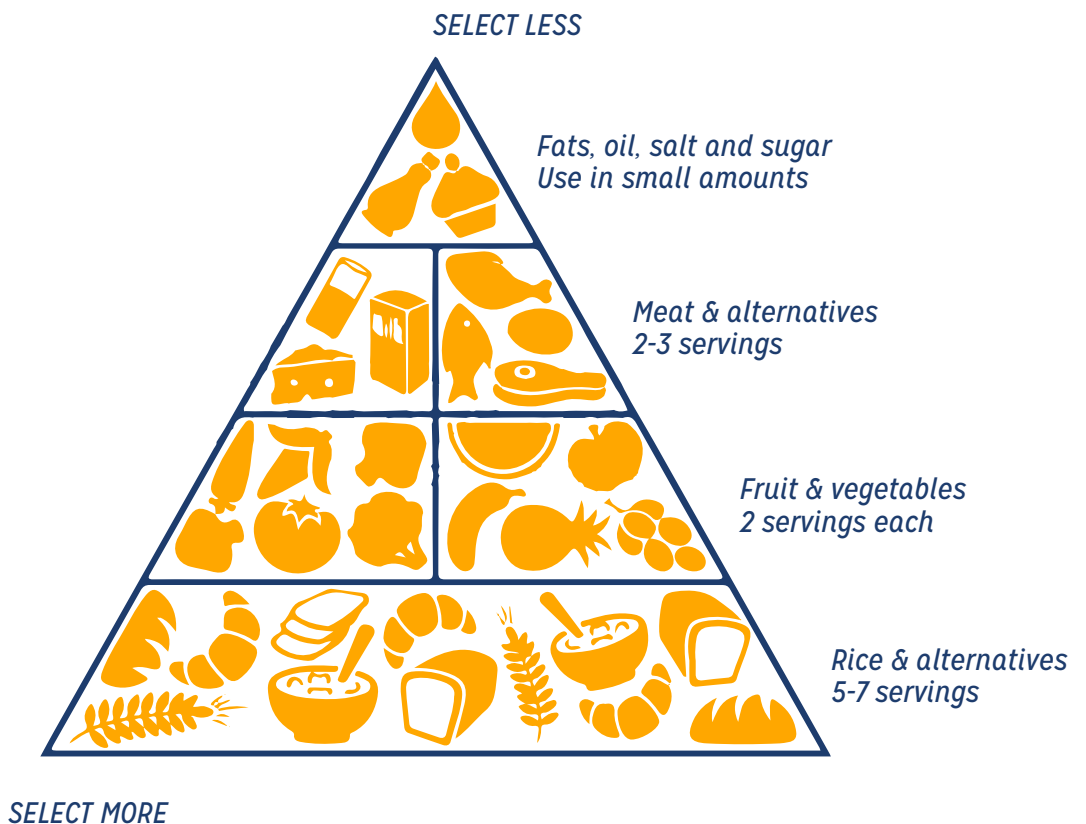
HEALTHY EATING

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Eating healthy is a very important aspect of people's lives. If they do not take care of their health, they can get sick.

There are some things to consider when selecting your food:





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When you cook your food, there are some important terms you need to know:



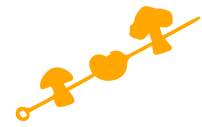
Fried



Baked



Stuffed



Grilled



Cured



Poached



In sauce



Pickled

Now read the following article retrieved from Breakingnewsenglish.com:





MANY HEALTH FOODS SALTIER THAN BIG MACS

The salads and healthy pastas we buy to eat well may not be as good for us as we think. Campaigners say a lot of supposedly healthy food should carry a health warning because of the high salt content. The British pressure group Consensus Action on Salt and Health (CASH) reported recently that many take-away salads and other foods aimed at the health conscious actually contain more salt than a Big Mac and fries. This means many British people are unknowingly overdosing on salt on a regular, if not daily, basis. This report comes hot on the heels of an earlier CASH finding that many pre-packaged sandwiches are up to seven times saltier than a bag of potato chips. The danger is that high salt consumption causes high blood pressure, strokes and heart attacks.

CASH looked at 156 readymade salads and pasta dishes from Britain's leading food retailers and fast-food outlets. The researchers discovered that compared with a Big Mac and small fries, which has 2.7 grams of salt, a noodle salad from a chain called EAT contained 4.4 grams per portion. This is almost three-quarters of the 6-gram recommended daily salt limit for an adult. Twenty per cent of the meals contained more salt than is ideal. Professor Graham MacGregor of CASH said: "Many people think of a salad as a healthy lunch [and] in many cases this is true." He added: "We would encourage people to look out for low-salt, low-fat salads as a good lunchtime option." However, he warned: "There are some salads out there which really ought to carry a health warning, rather than be thought of as a healthy option."





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FAVORITE FOOD

When it comes to eating, there are many different types of food and people like different things as well.

The following article is retrieved from the Mail Online Newspaper. Peppers M. (2014). Pass the protein! America's 50 all-time favorite foods revealed - with steak and chicken topping the list. Mail Online. (2016, January 16th) Retrieved from: <http://www.dailymail.co.uk/femail/article-2788395/pass-protein-america-s-50-favorite-foods-revealed-steak-chicken-topping-list.html#ixzz3xSqsA2ad>

When it comes to Americans' favorite foods, they really love their protein.

New research commissioned by Davidson's Safest Choice Pasteurized Eggs shows that steak is the country's all-time favorite food.

Chicken, beef, bacon and corned beef also appear in the top ten, taking the second, fifth, seventh and eighth spots respectively.

Take a bite: New data collected from 1,300 American men and women shows that steak is the country's all-time favorite food, followed by chicken, pizza, waffles and beef.

Researchers took a poll of 1,300 men and women across the country to reach their findings.

Revealing some of our unhealthier habits, pizza came in at number three, followed by waffles at number four.

The first fruit to appear on the list is pineapple, which is in eleventh place. America's second favorite fruit are blueberries, which came in 18th place, followed by bananas in 20th place.

And according to the survey, peanut butter is the country's favorite spread, coming in 12th place on the list.

When it comes to cheese, mozzarella is the top choice in sixth place on the list. Next up is cheddar, which comes in 37th place.





And some of the more surprising entries are halibut, in 42nd place, and rice pudding, which rounds out the list at number 50.

More than half of those surveyed say that caviar is their least loved food, followed by liver and Brussels sprouts. However, 12 per cent say they don't hate any foods.

It also emerged three out of four Americans consider eggs as a food favorite, naming them as one of the items they can't live without in the refrigerator, behind milk and cheese.

'It's no surprise to us that eggs are such a popular choice among Americans,' said Greg West, President, Davidson's Safest Choice Pasteurized Eggs.

'Since our company began in 2003, we've pasteurized nearly 2billion eggs. Our patented process eliminates the threat of Salmonella ensuring the safety of all preparations of our eggs. Pasteurization gives our consumers peace of mind.'

AMERICA'S 50 FAVORITE FOODS

- | | | | |
|-----------------------------|----------------------------|---------------------------|-------------------------|
| 1. Steak | 14. Sushi | 27. Sweet potato | 40. Artichokes |
| 2. Chicken | 15. Pancakes | 28. Donuts | 41. Asparagus |
| 3. Pizza | 16. Noodles | 29. Turkey | 42. Halibut |
| 4. Waffles | 17. Chocolate | 30. Candy | 43. Almonds |
| 5. Beef | 18. Blueberries | 31. Grapes | 44. Mango |
| 6. Mozzarella cheese | 19. Salmon | 32. Popcorn | 45. Meatballs |
| 7. Bacon | 20. Banana | 33. Cashew nuts | 46. Apples |
| 8. Corned beef | 21. Ice Cream | 34. Eggs | 47. Lamb |
| 9. Avocado | 22. Ham | 35. Watermelon | 48. Sweetcorn |
| 10. Pasta | 23. Oysters | 36. Tuna | 49. Mushrooms |
| 11. Pineapple | 24. Mashed potatoes | 37. Cheddar cheese | 50. Rice pudding |
| 12. Peanut Butter | 25. Soup | 38. Prawns | |
| 13. Hamburgers | 26. Asparagus | 39. Strawberries | |

Peppers M. (2014). Pass the protein! America's 50 all-time favorite foods revealed - with steak and chicken topping the list. Mail Online. (2016, January 16th) Retrieved from: <http://www.dailymail.co.uk/femail/article-2788395/pass-protein-america-s-50-favorite-foods-revealed-steak-chicken-topping-list.html#ixzz3xSqsA2ad>

HEALTH

Besides eating healthy food, there are many other things people can do to be healthy. The following article has been taken from the website Breaking News English. Breaking News English. (2014) Workers must take lunch breaks. (2016, January 16th). Retrieved from: <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks.html>

A new study shows that too many people are working through their lunch hour. Not taking a proper lunch break is unhealthy. It can make people sick, so then they need time off work. The study is from the Chartered Society of Physiotherapy (CSP) in the U.K. It interviewed over 2,000 people about what they do for lunch at work. Twenty per cent of the workers said they did not take a lunch break. They worked through their lunch hour. Half of the people took a break but ate their lunch at their desk and surfed the Internet, answered e-mails or went on Facebook. One in five people left the workplace for lunch to go shopping or get some air, while three per cent went to the gym.

The CSP told companies they should encourage all staff to take a regular lunch break. It said workers needed to get more exercise at work so they do not get ill. CSP spokeswoman Karen Middleton said: "Full-time workers spend a significant bulk of their week at work or travelling to and from it. Finding ways to build in time to do at least 30 minutes of moderate intensity physical activity, five times a week, can be a challenge." She warned that when employees get sick because they do not take breaks, companies lose money. She said: "It is in everybody's interests to find ways to tackle the enormous problem of inactivity...and we would encourage people to take responsibility for their own health."

Other good practices for your health are:

Eat fruits and vegetables

Do exercise

Listen to music

Avoid sugar

Sleep well

Rest



NON-COUNTS AND QUANTIFIERS

Quantifiers are words that come before nouns and indicate how much of a non-count is being stated.

Non-count nouns are things you **cannot** count, they cannot be pluralized, such as:

Wood

Cloth

Ice

Plastic

Wool

Steel

Aluminum

Metal

Water

Glass

Leather

Porcelain

Hair

Dust

Air

Oxygen

“

Amount and **how much** refer to non-count nouns.

”



Examples:

- We have a huge **amount** of work to complete before the end of the month.
- How much salad do you want?
- Some quantifiers are only used with non-counts, such as:

- *A little*

- *Not much*

- *Little*

- *Too much*

“

Number and **how many** refer to count nouns

”



COUNT NOUNS AND QUANTIFIERS

Count nouns are things you can count. They can be pluralized when appropriate.

There are some quantifiers which are used **only** with count nouns, such as:

| *Few*

| *Many*

| *Several*

| *A couple of*

Singular count nouns can be preceded by:

| *This*

| *That*

| *Every*

| *Each*

| *Either*

| *Neither*

Examples:

- Every rose has its thorn.
- This book is too good.
- Either you or your brother will come with me.



Plural count nouns can be preceded by:

| *These*

| *Those*

| *Some*

| *Any*

| *Enough*

| *Number of*

| *The zero article*

Examples:

These flowers smell delicious.

I have already eaten **enough** food today.

Smoking is bad for you. Zero article

Some quantifiers can be used with both count and non-count nouns, such as:

| *Some*

| *A lot of*

| *Plenty of*

| *Enough*





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COUNTABLE NOUNS



Fries



Burger



Watermelon

UNCOUNTABLE NOUNS



Bread



Meat



Cereal

COUNTABLE AND UNCOUNTABLE NOUNS



Pizza



Cake



Ice cream

Figure 1. Countable and uncountable food pictiography.



FOODS AND BEVERAGES

When it comes to food, there is a lot of information and vocabulary people need to learn.

For this reason, in this reading, a few of them will be covered, which will help you communicate when you want to refer to foods and beverages. As stated in the English Club website, some of these expressions come from the French, and that's why they have a French accent.

VOCABULARY <i>PART OF SPEECH</i>	MEANING	EXAMPLE SENTENCE
à la carte <i>adjective</i>	<i>Without a side dish</i>	<i>Is it possible to get the steak à la carte? I don't eat potatoes.</i>
à la mode <i>adjective</i>	<i>With ice cream</i>	<i>Would you like your apple pie à la mode?</i>
alcohol, liquor <i>noun</i>	<i>A distilled liquid such as rum or whiskey</i>	<i>This beer has 5% alcohol.</i>
all you can eat <i>adjective</i>	<i>Customers pay one fee and can eat as much as they wish</i>	<i>These are all you can eat fries, so let me know if you want more.</i>
appetizer <i>noun</i>	<i>Small snack before a meal</i>	<i>Would you like some garlic bread or another appetizer to start?</i>
appetizing <i>adjective</i>	<i>Looks pleasing to eat</i>	<i>I'm afraid these pancakes don't look very appetizing.</i>
apron <i>noun</i>	<i>A cloth covering worn over the clothes while cooking</i>	<i>Remove your apron before you come out to the dining room.</i>

Table 1. Part One. The English Club. (n.d.). Vocabulary. (2016, January 16th) Retrieved from: <https://www.englishclub.com/english-for-work/food-drink-vocabulary.htm>



VOCABULARY

PART OF SPEECH

MEANING

EXAMPLE SENTENCE

awful (taste)
adjective

Very bad taste

The customer said that her pasta was awful.

bar
noun

Place in an establishment where people go to get a drink (especially alcoholic drinks)

If you sit up at the bar you don't have to order any food.

barbeque
noun/verb

Southern style of cooking over a grill

The barbeque wings are our specialty.

barstool
noun

Tall seats that customers use at the bar

The guest fell off his barstool before he even ordered a drink.

bartender
noun

Staff member that mixes, pours, and serves alcoholic beverages

I do part-time work as a bartender in a local pub.

beverage
noun

Drink

Can I bring you some beverages while you look at the menus?

bill, cheque, check
noun

The slip of paper that tells the customer how much to pay

Table 3 would like you to bring them their cheque.

black coffee
adjective + noun

Coffee without any milk

Should I bring some cream, or do you take your coffee black?

Table 1. Part Two. The English Club. (n.d.). Vocabulary. (2016, January 16th) Retrieved from: <https://www.englishclub.com/english-for-work/food-drink-vocabulary.htm>

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The English Club. (n.d.). Vocabulary. (2016, January 16th) Retrieved from: <https://www.englishclub.com/english-for-work/food-drink-vocabulary.htm>

