

Many Health Foods Saltier than Big Macs



Before You Listen

Look at the photos and the article's headline.

1. What do you think the article is about?
2. Do you think some health foods may not be as good for us as many people believe?



Word Match

1. Match the words below with the right definitions.

- | | |
|---------------|--|
| campaigners • | a hot cooked food you buy at a shop to eat at home |
| supposedly • | b the amount of food for one person |
| warning • | c sudden blocking of a blood flow to the brain |
| takeaway • | d to eat or drink something |
| ready-made • | e people who act to achieve social/political goals |
| stroke • | f a notice that something dangerous may happen |
| retailer • | g already made, prepared or available |
| per portion • | h a shop that sells goods |
| consume • | i believed to be true or real |

2. Put the above words into the right sentences.
Change the forms if necessary.

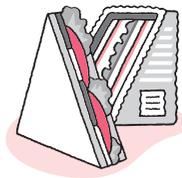
- a. That store on your right is the largest _____ in the city.
- b. This is your last _____ — if you're late again, you'll lose your job.
- c. How about a _____ dinner for tonight? I don't mind a night without cooking.
- d. These herbs _____ work very well against high blood pressure.
- e. My uncle began to recover after suffering a mild _____.
- f. _____ a lot of sugar leads to problems of obesity.
- g. _____ try to achieve political or social change by persuading other people or the government to do or change something.

Listen and fill in the blanks.

Many Health Foods Saltier than Big Macs

We often buy salads and healthy pastas to eat well. But they may not be as **1** _____ for us as we think. Campaigners say a lot of supposedly healthy foods should carry a health **2** _____ because they have a lot of salt in them. A British pressure group called CASH reported recently that many takeaway salads and other foods aimed at the health conscious actually contain more salt than a Big Mac and fries.

CASH looked at 156 ready-made salads and pasta dishes from food retailers. The researchers discovered that **3** _____ with a Big Mac and small fries, which has 2.7 grams of salt, a noodle salad from a chain called EAT **4** _____ 4.4 grams per portion. They also found that many pre-packaged sandwiches are up to seven times saltier than a bag of potato chips. This means many British people don't know that they are eating lots of salt on a **5** _____, if not daily, **6** _____ a lot of salt causes high blood pressure, strokes, and heart attacks. CASH recommends that people try to make healthy **7** _____ and buy low-salt, low-fat salads when they shop.



Notes

- L:1..... **eat well** 「正しい食事を取る」、「バランスのとれた食事をする」
- L:3..... **carry** = have
- L:4-5..... **pressure group** 「圧力団体」 campaignersと同様の団体を指す。
- L:5..... **CASH** Consensus Action on Salt and Health
- L:6..... **the health conscious** 「健康志向の人々」
- L:14-15... **on a _____ basis** = regularly この表現の中に "if not daily" が挿入されている。



Check Your Understanding

True or False

1. Many supposedly healthy foods are less salty than a Big Mac and fries. T F
2. Many British people are not aware that they are eating too much salt on a regular basis. T F
3. British government will put a health warning on all health foods. T F
4. A report said Big Macs and fries are incredibly low in salt. T F



Shadowing Practice

Sound Advice for Shadowing

Use the following advice to practice shadowing.

つながる音【連結】

語の最後の子音と次の語頭の母音をつなげて発音する。

a lot of than a Big Mac on a regular, if not daily basis

ぬけ落ちる音【脱落】

子音が隣同士の場合、前の語の最後の子音が落ちて聞こえなくなることがある。

should carry up to blood pressure



Summary

Fill in the blanks with the words below.

Many Health Foods Saltier than Big Macs

According to the British pressure group CASH, the salads and healthy pastas we buy to eat well are not as **1** for us as we may think. They claim that many takeaway salads and other foods prepared for health **2** customers actually contain more salt than a Big Mac and fries. So people are not **3** that they are eating too much salt. This is **4** because consuming high amounts of salt can cause high blood pressure, strokes, and heart attacks. It is true that salads can be a healthy food to **5** for lunch. However, CASH encourages everyone to buy salads that are **6** in fat and salt.

aware low harmful have conscious good



Listen and check your answers. Then practice shadowing.



Discussion Topics

Discuss the following questions with your partner(s).

- Are home cooked meals healthier than ready-made meals?
- What ready-made healthy foods are popular for lunch in your country?



Real English in Action

Listen to the conversations and practice shadowing.

- A: I'm _____! I'm gonna go and grab _____.
Wanna _____?

B: Yeah. How about _____?

A: Oh, you know they're not _____. They're _____.

B: I used to _____. But I heard hamburgers _____
_____ sandwiches or salads.

A: Is _____? Well, let's go get _____!

B: Good _____!



- A: Next, _____. Hi, _____?

B: Two _____.

A: What _____?

B: _____.

A: Medium _____. Any _____?

B: Two _____... Oh, _____.

A: Two _____?

B: _____.

A: OK. For _____?

B: To go. And can I _____?

A: All right. That _____ Out _____ Here's _____
_____.

B: _____.

