

DIETS AROUND THE WORLD

Based on an article “Best and Worst Diets Around the World” by medscape.com

1 WARM UP

Task 1: Match the words from the box to the correct pictures.

fish and chips

paella

falafel

sushi

tacos

hamburgers



1. _____



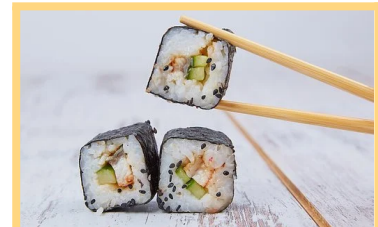
2. _____



3. _____



4. _____



5. _____



6. _____

Task 2: Discuss the following questions as a class:

1. Which countries are the dishes pictured from?
2. Have you tried all of these foods?
3. Which of the foods do you like?
4. What is the most popular dish in your country?
5. Do you eat any of these foods often?



2 PRE-READING VOCABULARY

Task 1: Before reading the article, complete the definitions using the words in the box.

snack
portions

seasonal
plant-based

obesity
low-calorie

1. _____: a small amount of food eaten between meals.
2. _____: something that happens in specific seasons.
3. _____: a disease which involves having a lot of body fat.
4. _____: this is a measurement of food.
5. _____: a diet when a person only eats vegetables or fruit, no meat.
6. _____: when food is low in calories.

Task 2: Match the words from the box to the correct pictures.

red wine
red meat

nuts
sweet potato

herbs and spices
dairy products



1. _____
2. _____
3. _____



4. _____
5. _____
6. _____

3 DIETS FROM ALL AROUND THE WORLD

Read the following article, then complete the exercises on the following page.

The Mediterranean Diet. The countries near the Mediterranean Sea, such as Greece and Croatia, have a healthy diet. The diet is mainly fruit, vegetables, and whole grains. People who follow this diet eat nine portions of fruits and vegetables each day. Healthy meats like fish are preferred to red meat, and nuts are the most popular snack. The good news is that people on the Mediterranean Diet don't have to stop eating bread, and they can still enjoy a glass of red wine!

The Nordic Diet. Denmark and Sweden are famous for being some of the happiest places on Earth, and many people in the country also have a healthy diet. The people eat local fruits, vegetables, and grains. They also eat healthy fish, and dairy products. The foods eaten are all healthy.

Indian Diet. The traditional Indian diet is plant-based, with a focus on fresh vegetables. The people who follow this diet eat a lot of beans because they are high-protein and low-fat. Many people in India also like to cook with a lot of fresh herbs and spices.

The United States of America Diet. One of the unhealthiest diets in the world is from the United States of America. The Americanised model of fast-food restaurants with high-fat, high-sugar and high-salt foods - is very unhealthy. This diet can cause a lot of health problems. Countries which follow this diet have higher levels of obesity when compared to other countries.

Okinawans Diet. This diet is from Japan and is one of the healthiest in the world. A study found that people who follow this diet live a very long life - a large number of people live to be over 100. The foods eaten on this diet include; fruits, vegetables, whole grains and fish. The people who follow this diet also eat a lot of sweet potatoes.

West African Diet. A recent study found that one of the healthiest diets in the world is in Chad, West Africa. The people in this country eat healthy, natural food. This means that people don't suffer from obesity. This diet does not contain a lot of salt or sugar which is positive.

Adapted from [medscape.com](https://www.medscape.com) - [Article](#)



Task 2: Decide if the statements below about the article are true or false.

1. Countries such as Croatia and Greece eat a Mediterranean diet.
2. You cannot eat bread or drink wine on the Mediterranean diet.
3. The Nordic diet contains organic food.
4. The Indian diet is high-protein and low-fat because it contains a lot of beans.
5. The diet from the United States does not cause obesity.
6. The Okinawan Diet helps people to live over 100 years.
7. The West African diet contains a lot of salt.
8. Nuts are a popular snack in the Mediterranean Diet.

Task 3: Discuss the following questions as a class:

- a. What is the main part of the Mediterranean diet?
- b. Which countries follow the Nordic Diet?
- c. In what ways is the diet from the United States of America unhealthy?
- d. What specific foods are commonly consumed in the Okinawan Diet?
- e. What are some features of the West African Diet that make it one of the healthiest in the world?
- f. Are any of the diets similar to the one in your country? Explain.
- g. Which diet would you like to follow?
- h. What are the benefits of eating healthily?



4 GRAMMAR: COMPARATIVES

Task 1: Study the table below and then complete the exercises.

To compare adjectives add:

- “er” to the end of the word.
- “more” before the word.

Comparisons	
One syllable.	Add “er” to the word Fast ---> Faster Slow ---> Slower
Two syllables ending in consonant + “y”.	“Y” ----- > “ier” Heavy --- > Heavier Early --- > Earlier
Two or more syllables.	Add “more” before the word. Dangerous --- > More dangerous.
Irregular.	Bad --- > Worse Good --- > Better Far --- > Further

Task 2: Create the comparative form:

- intelligent _____
- funny _____
- cheap _____
- famous _____
- fast _____
- small _____



Task 3: Complete the sentences using the comparative form.

1. chocolate / cheese (sweet) *Chocolate is sweeter than cheese.*
2. french fries / apples (salty) _____
3. bananas / burgers (fatty) _____
4. cakes / grapes (healthy) _____
5. bacon / avocados (greasy) _____
6. tacos / pasta (spicy) _____

Task 4: Read the sentences and correct the mistakes:

1. My burger is cold than your burger.
2. The vegetables from the street vendors are more fresh than the supermarkets.
3. I think my pizza is more cheese than your pizza.
4. The bacon is more tasty than the burgers.
5. My portion of chips is more small than the portion I ate yesterday.
6. The burrito are spicier than the pizza.

Task 5: Compare the food from the pictures using the adjectives from the box.

- For example - *The chocolate cake is sweeter than the chicken curry.*

spicy

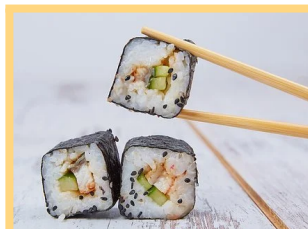
salty

sweet

fatty

healthy

greasy



5 LISTENING

Watch the [video](#), then decide if the following statements are true or false:

1. The woman says she likes nothing.
2. The man says he loves spicy food.
3. The man does not like Mexican food.
4. The woman likes tacos and nachos.
5. The woman says jalapenos are too expensive.
6. The man always adds hot sauce to his meals.
7. The man is crazy about Indian food. He loves curry.
8. The woman wants to try sushi for the first time.
9. The man likes Japanese food too.
10. They both go to order some tacos.



6 FOOD COLLOCATIONS

Task 1: Study the collocations in the box below. Work in pairs and try to figure out each collocation's meaning. Have fun!

ready meals	big appetite	food poisoning
light meal	junk food	balanced diet

- ready meals _____
- big appetite _____
- junk food _____
- food poisoning _____
- light meal _____
- balanced diet _____

Task 2: Complete the sentences using the collocations from the box.

- _____ are convenient but are usually unhealthy.
- I had to go to the hospital because of _____.
- I like to have a _____ for lunch so that I am not too tired in the afternoon.
- I am trying to lose weight so I am avoiding _____.
- The key to a healthy life is following a _____.
- My brother has a _____.

Task 3: Discuss the following questions as a class.

- Do you like to cook or do you eat **ready meals**?
- Why is it unhealthy to eat a lot of **junk food**?
- Have you ever had **food poisoning**? What happened?
- Do you have a **light meal** for lunch?
- Do you have a **big appetite** after going to the gym?



7 LET'S TALK

Task 1: Study the following images, then give each one a title.



1. _____



2. _____



3. _____



4. _____

Task 2: Use the following questions to discuss the pictures above.

- Can you name the foods in the pictures?
- Which countries are the dishes pictured from?
- Are the meals popular in your country?
- Which of the foods are healthy?
- Which of the foods are spicy?
- Can you cook any of the meals pictured?
- Are any of the foods salty or greasy?
- Which of the foods is your favourite?



HOMework

1 MORE DIETS FROM AROUND THE WORLD

Task 1: Read about three different diets from around the world.

The French Diet. This diet from France is similar to the Mediterranean diet. However, the French diet is high in fat because the people of France eat foods such as butter, cheese, and cream. Despite eating foods that are high in fat, the French are usually lean and healthy. Experts say this is because they eat small portions and unprocessed foods.

Latin American Diet. The Mexican diet is probably the most famous diet from this region. This diet is high in fat and contains a lot of processed foods. However, the rest of Latin America is different. Countries in Central and South America eat a lot of vegetables and fruit. The diet also contains various spices which are healthy and prevent diseases.

Barbados Diet. Traditionally, this diet was one of the healthiest in the world because they ate a lot of vegetables. In fact, Barbados was the country that ate the most fruit and vegetables in the whole world. However, in recent years they have imported a lot of junk food from other countries, this means that people now eat unhealthy, sugary foods.

Adapted from [medscape.com](https://www.medscape.com) - [Article](#)

Task 2: Decide whether the following statements are true or false:

1. French people eat foods high in fat, such as cheese.
2. French people are generally obese, because the foods they eat are high in fat.
3. All food from Latin America is high in sugar.
4. Central and South American countries use a lot of spices in their dishes.
5. The Barbados diet is the healthiest in the world.
6. People in Barbados eat sugary, unhealthy junk food.



2 COLLOCATIONS WITH FOOD

Task 1: Complete the collocations using the words from the box.

fried	fast	street	processed	allergy
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1. Food _____: when the body reacts badly to food, which causes illness.
2. _____ food: prepared quickly for customers to take away.
3. _____ food: when food is cooked in a lot of oil.
4. _____ food: cooked food, sold in public locations to eat immediately.
5. _____ food: changed from its natural form.

Task 2: On separate piece of paper, write detailed answers to the following questions:

- a. Do you eat **fast food**? Do you like McDonald's?
- b. Do you have any **food allergies**?
- c. Do you think **processed food** is healthy?
- d. In your culture, do people eat a lot of **fried food**?
- e. Have you ever tried **street food**? Describe your experience.

