

## A healthy lifestyle

There are new plans in the UK to promote healthier eating. But who is responsible for telling people what to eat? Is it the government or food companies or is it the choice of the individual?

1 Which of the following do you think are healthy? Which are unhealthy? Compare your answers with a partner.

pizza	junk food	fruit	chocolate	burgers
low-calorie ice cream	crisps	sugar-free products	soft drinks	vegetables
wine	beer	cheese	fat-free yoghurt	chips

2 Scan the article and find as many kinds of food and drinks from the box as you can in just one minute.

**Healthy or unhealthy?** Do we eat too much junk food? The answer, it seems, is: yes, we do! The UK now has one of the highest levels of obesity in Europe – and people are continuing to get fatter. In 1980, 2.5 million people were overweight; this figure is now 24 million.

The government plans to introduce a voluntary system where supermarkets use coloured labels to show consumers which products are healthy. For example, a traffic light system of labels would show red, amber and green symbols to tell consumers if a product has high, medium or low levels of salt or fat, or has added sugar and calories.

Another plan is to ban adverts for junk food on television before 9 o'clock in the evening. This is because many children watch TV until then. If this ban comes into effect, it will cover products high in fat, salt or sugar. That includes burgers, crisps and soft drinks.

The UK health system spends over £6 billion a year as a result of alcohol use – or misuse. Under the new measures, labels on alcohol like beer and wine will also be clearer. But will such measures change the way we eat and drink? Many people believe that the government should not tell people what to do. After all, whose fault is it if we choose to eat too much chocolate?

3 Read the article and list the new plans to help people live a healthier lifestyle.

4 Complete the following table. Make sentences with the words.

NOUN	VERB
	to ban
advert	
	to label
introduction	
	to consume
product	

5 Decide if you agree or disagree with these statements. Discuss your answers in small groups and report your ideas to the class. Can you think of any other measures that can be introduced to encourage healthy eating?

	Agree	Disagree	Not sure
(a) Junk food adverts should be banned on TV			
(b) Supermarkets should label products as healthy or unhealthy			
(c) The government should not tell people what to eat			
(d) I should eat more healthily!			