

# 12 Health Report: Special Diets



## Why are some people vegetarian?

The United States is a country which consumes large quantities of meat, traditionally because it has got lots of big, open spaces ideal for **cattle** to be **reared**. But not everyone chooses to eat meat ...

### Health

Research shows that vegetarians have a low risk of coronary and digestive **diseases** and many adults find they **lose weight** on a vegetarian diet.



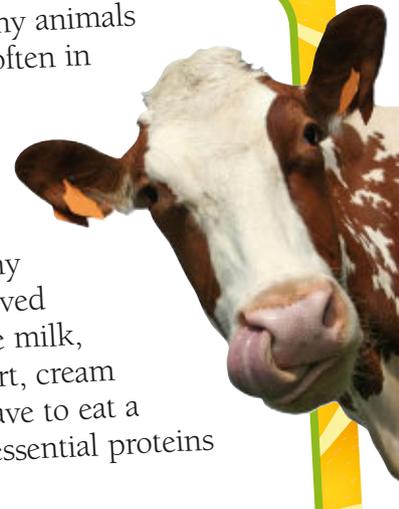
### Animal Welfare

Some children decide to be vegetarian **even if** the rest of their family eats meat regularly. These children say they are

vegetarian because many animals are reared intensively often in difficult and unnatural conditions and they think this is wrong.

### What is a vegan?

A vegan doesn't eat any animal or animal-derived products, for example milk, cheese, butter, yoghurt, cream or ice cream. They have to eat a balanced diet to get essential proteins from other food.



**cattle** = bovini  
**reared** = allevati  
**health** = salute  
**diseases** = malattie  
**lose weight** = perdono peso  
**welfare** = benessere  
**even if** = anche se

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1 Read the article, then the statements and mark yes (Y) or no (N).

- Does everyone in the USA choose to eat meat?  Y  N
- Do vegetarians have a high risk of coronary disease?  Y  N
- Do some vegetarian children live with families which eat meat?  Y  N
- Are some children interested in animal welfare?  Y  N
- Can vegans drink milk?  Y  N

2 Find the odd word out in each list.

- Fruit: grapes - orange - cake - banana - kiwi
- Cereals: bread - biscuit - fish - rice - pasta
- Vegetables: tomato - carrot - potato - onion - egg
- Drinks: oil - lemonade - fruit juice - milk - water

3 How many portions of each of these types of food should you eat at these meals?

Food Group	Number of Portions per Day
Cereals (bread, pasta, rice etc.)	5
Protein-rich foods (beans, nuts, eggs etc.)	3
Vegetables	2
Fruit	3
Fats (butter, cheese etc.)	3
Calcium-rich foods (milk, cheese, yoghurt)	5

- Breakfast: .....
- Lunch: .....
- Snack: .....
- Dinner: .....

## What is food intolerance?

### Celiac disease

Some people have difficulty digesting proteins called gluten and casein. We can find gluten in foods **made with** cereals, for example bread, pasta and biscuits. Casein is in all **dairy foods**. People with intolerance avoid these foods. **Nowadays**, big supermarkets sell lots of alternative products which are 'gluten free' and people with intolerance to casein can use soya products or **goats'** milk.

### Hyperactivity

Many children are sensitive to artificial food additives such as colours and **flavours** and high quantities of sugar. Their hyperactive behaviour changes completely when they eat natural or **organic** foods which are free of additives and extra sugar.

**made with** = fatti con  
**dairy foods** = latticini  
**nowadays** = oggi come oggi  
**goats'** = di capra  
**flavours** = aromi  
**organic** = biologico

glossary



### English Humour

What starts with a 'T', ends with a 'T' and has got 'T' in it?  
 A tea-pot!!

4 Listen to Tim talking about his special diet then mark the food he can eat.

- 1 normal bread
- 2 gluten-free pasta and biscuits
- 3 milk
- 4 cake
- 5 cheese
- 6 vegetables
- 7 bananas
- 8 grapes

5 Talk about your food preferences. Think about these things.

- Do you prefer eating meat or vegetables?
- What is your favourite food?
- Are you interested in animal welfare?
- Have you got an intolerance of any types of food?