



# Something to chew on

Food for thought

Arrange the items below into two groups:

skim milk = desnatado

poison = veneno  
poisonous = venenoso

**Healthy**  
whole milk  
eggs  
low-fat-yogurt

**Unhealthy**  
cereal bars  
fruit juice  
sugar  
chocolate  
salt  
coffee

A lot of things considered unhealthy in the past are now considered healthy and vice versa. Why does that happen?

Some people eat all kinds of "unhealthy" food and are in better health than people who have a healthy diet. How is that possible?

How can we know what is good or bad for us?

Listen to a dialog between Mike and Lisa and mark the alternative that best summarizes it.

Mike criticizes Lisa for eating a granola bar.

Lisa has learned that granola bars are not healthy and stops Mike from eating one. ( )

Mike is worried about healthy food and asks Lisa for advice. ( )

By using what you heard and your previous knowledge about Mike and Lisa, write T (true) or F (false).

( F ) Lisa is interested in healthy foods because she wants to lose weight.

( F ) Lisa has a new interest, but she won't change her eating habits.

( F ) Mike has better eating habits than Lisa.

Now listen to the dialog and find out if your guesses were correct.



A. Complete the sentences using the words given.

appetite candy home-cooked income low-fat unhealthy whole milk

- You know that candy and processed foods are considered unhealthy, don't you?
- Some low-fat foods are very high in sugar and calories.
- I drink a glass of whole milk every morning.
- How much of your income do you spend on fast food? a decent amount
- Now that I don't live with my mom, I hardly ever eat home cooked food.
- A: What's the problem, Ms. Johnson?  
B: I have no appetite and I can't sleep.

B. Read and answer.

Have you ever heard of orthorexia? It is an unhealthy fixation on eating healthy food. Orthorexia is not on the list of official diagnoses in the Diagnostic and Statistical Manual of Mental Disorders and the American Psychiatric Association doesn't recognize it as a mental disorder. However, with the saturation of new diet fads promoted through the media, this disorder is becoming more common in our society today.

What is the difference between this disorder and the preoccupation of eating healthy? Orthorexia is an obsession on eating right to the point where health may be compromised. So, the enthusiasm for eating is not orthorexia until this enthusiasm becomes an obsession. The person experiences an intense fear of food, seeing food as something that should be controlled with rigid rules and behavior.

Orthorexia puts a person's quality of life in danger, it has a negative impact on their relationships, social life, career and ability to do their daily activities but there is hope for recovery. The treatment requires professional help. If that is the case, call us at BAGGINS RANCH - 0800 4357.

- What is orthorexia?
- Why is this disorder becoming more common in our society today?
- How is orthorexia different from the preoccupation of eating healthy food?
- How can orthorexia affect a person's life?
- Is this a medical text or a text to advertise a clinic that offers treatment?  
Clinic

Lisa: Nothing about you is simple, Mike.

Mike: Ha ha. I'll let that go.

Lisa: Anyway, why do you care so much now? You made fun of me when I stopped eating fast food.

Mike: I know. I'm sorry. But back then, I didn't realize how bad junk food really is.

Lisa: I don't buy it! You're too smart for that. What really happened?

Mike: I overheard my parents talking. My uncle almost had a stroke because he ignored his doctor's advice. He could have died, Lisa.

Lisa: I'm really sorry, Mike. But he didn't die. And now he'll be more careful, right? So maybe it's a good thing.

Mike: I guess so.

Lisa: The good news is now you can join me when I eat a salad instead of a burger.

Mike: Not a chance!

Lisa: What about the risk of a stroke?

Mike: I'll just run five miles a day.

Match:

- |                                    |   |   |
|------------------------------------|---|---|
| a) Jack has a sweet tooth.         | a | He can't say no to candy or cakes.                            |
| b) Sam is a fussy eater.           | c | He also avoids processed food.                                |
| c) Bill prefers home-cooked food.  | d | It will spoil your appetite.                                  |
| d) Don't eat cookies before meals. | b | He is always complaining about the food. Nothing pleases him. |

Complain = reclamar  
spoil = estragar  
spoil = mimado

Check what applies to you.

- ( ) I have a sweet tooth.  
(  ) I'm not a fussy eater.  
(  ) I think home-cooked food is healthier, but I don't have time to cook.  
( ) I eat a lot of processed foods.  
( ) Nothing spoils my appetite.



- No! Really?
- You're joking!
- I knew it!
- That's news to me
- I thought so.
- Yes, that sounds like you.

Are you like most Americans?

- |  |                                     |                                     |
|--|-------------------------------------|-------------------------------------|
| Do you...                                      | yes                                 | no                                  |
| ...skip breakfast regularly?                   | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| ...consume more packaged food than fresh food? | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| ...believe you have good eating habits?        | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| ...spend 10% of your income on fast food?      | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| ...eat more than one teaspoon of salt per day? | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |

Which item is more harmful to a person's health?

Comfort food is any food that can make you feel better after a hard day at work or when you are feeling sad or stressed. It doesn't matter if they are not healthy. What is your favorite comfort food?

## PRESENT PERFECT CONTINUOUS

It has been raining

Study this example situation:



It is raining.

Is it raining?  
No, but the ground is wet.

It has been raining.

Have/has been -ing is the present perfect continuous:

I / we / they / you	have (= I've etc...)	been	doing waiting playing
he / she / it	has (= he's etc...)		

We use the present perfect continuous for an activity that has recently stopped or just stopped.

There is a connection with now:

You're out of breath. **Have you been running?** (= you're out of breath now)

Paul is very tired. **He's been working** very hard. (= he's tired now)

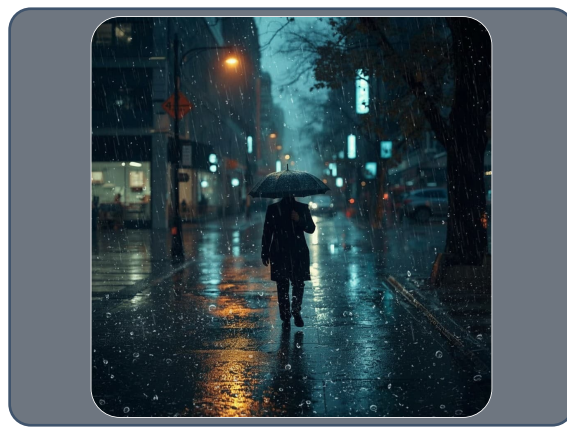
Why are your clothes so dirty? **What have you been doing?**

**I've been talking** to Amanda about the problem and she agrees with me.

Where have you been? **I've been looking** for you everywhere.

It has been raining raining for 2 hours

Study this example situation:



It began raining two hours ago and it is still raining.

How long has it **been raining?**

It **has been raining** for two hours.

We use the present perfect continuous in this way especially with **how long for** ... and **since** ... . The activity is still happening (as in this example) or has just stopped.

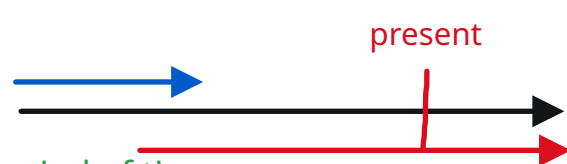
Almost = quase

**How long have you been learning** English? (= you're still learning English)

Tim is still watching TV. **He's been watching TV all day.**

Where have you been? **I've been looking** for you for the last half hour.

Chris **hasn't been feeling** well recently.



You can use the present perfect continuous for actions repeated over a period of time:

Silvia is a very good tennis player. **She's been playing since** she was eight.  
Every morning they meet in the same cafe. **They've been going there for** years.

What have these people been doing or what has been happening?

<p>1 earlier now</p> <p>They <u>'ve been shopping.</u></p>	<p>2 earlier now</p> <p>She <u>'s been watching TV</u></p>
<p>3 earlier now</p> <p>They <u>'ve been playing tennis</u></p>	<p>4 earlier now</p> <p>He <u>'s been running</u></p>

Write a question for each situation.

- You meet Paul as he is leaving the swimming pool.  
You ask: (you / swim?) Have you been swimming?
- You have just arrived to meet a friend who is waiting for you.  
You ask: (you / wait / long?) Have you been waiting long?
- You meet a friend in the street. His face and hands are very dirty.  
You ask: (what / you / do?) What have you been doing?
- A friend of yours is now working in a shop. You want to know how long.  
You ask: (how long / you / work / there?) How long have you been working there?
- A friend tells you about his job - he sells mobile phones. You want to know how long.  
You ask: (how long / you / sell / mobile phones?) How long have you been selling mobile phones?

Read the situations and complete the sentences.

- It's raining. The rain started two hours ago.  
It 's been raining for two hours.
- We are waiting for the bus. We started waiting 20 minutes ago.  
We 've been waiting for the bus for 20 minutes.
- I'm learning Spanish. I started classes in December.  
I 've been learning Spanish since December.
- Jessica is working in a supermarket. She started working there on 18 January.  
She's been working in a supermarket since 18 January.
- Our friends always spend their holidays in Italy. They started going there years ago.  
They've been spending holidays in Italy for years.