

7 portions of fruit & vegetables a day best

3rd April, 2014



For many years, the nutrition message has been "five a day" – the recommendation that five portions of fruit and vegetables are enough to keep disease at bay

and help us to live longer. That advice has been revised upwards. A new study suggests that people who get seven or more portions a day are healthier. Researchers from University College London studied the dietary habits of 65,000 adults over a seven-year period. They concluded that: "A robust inverse association exists between fruit and vegetable consumption and mortality, with benefits seen in up to 7-plus portions daily." In other words, if you eat more fruit and vegetables, chances are you live longer.

The researchers put people into five different groups, depending on how much fruit and veg they ate. They found that those who ate seven or more portions a day had a 42 per cent lower risk of death than those who ate just one portion. They recommended that schools serve healthier meals and that supermarkets put more emphasis on prominently displaying cheaper produce. They warned that frozen and canned fruit was linked to higher mortality rates. Some experts say the findings of the study should be taken with a pinch of salt. One dietician said the findings ignored the fact that people who eat more fruit and veg are generally wealthier and thus lead lifestyles that will help them live longer anyway.

Sources: *New Scientist* / *British Medical Journal* / *Live Science*

Writing

You are what you eat. Discuss.

Chat

Talk about these words from the article.

nutrition / recommendation / disease / healthier / dietary habits / mortality / benefits / groups / risk / supermarkets / canned fruit / salt / dietician / wealthier / lifestyle

True / False

- We used to be told to have five servings of fruit and vegetables. T / F
- The research is from a university in California. T / F
- Researchers looked at the diets of 65,000 adults over seven years. T / F
- Researchers said people wouldn't live longer by eating fruit. T / F
- The study said longevity increased 42% by eating one portion of fruit. T / F
- The study said people canned and frozen fruit wasn't so good for us. T / F
- Researchers recommended we have a pinch of salt a day. T / F
- A dietician said the lifestyle of richer people made them live longer. T / F

Synonym Match

- | | |
|-------------------|----------------|
| 1. recommendation | a. reassessed |
| 2. enough | b. specialists |
| 3. revised | c. categories |
| 4. robust | d. advice |
| 5. mortality | e. attention |
| 6. groups | f. strong |
| 7. serve | g. richer |
| 8. emphasis | h. sufficient |
| 9. experts | i. provide |
| 10. wealthier | j. death |

Discussion – Student A

- Do you follow the five-a-day recommendation?
- Will you eat more fruit and veg from now on?
- How healthy or unhealthy is your diet?
- Is it better to eat what you really like, even if it's unhealthy?
- Is it easy or difficult to eat seven types of fruit and veg a day?
- Should we all become vegetarians?
- Do people take notice of studies like the one in the article?
- What do you do to make sure you live longer?

Phrase Match

- | | |
|-------------------------------|---------------------------|
| 1. enough to keep disease | a. that will help them |
| 2. dietary | b. higher mortality rates |
| 3. A robust inverse | c. words |
| 4. In other | d. at bay |
| 5. chances are you | e. a pinch of salt |
| 6. depending on how much | f. habits |
| 7. a 42 per cent lower | g. fruit and veg they ate |
| 8. canned fruit was linked to | h. live longer |
| 9. ...should be taken with | i. risk of death |
| 10. lead lifestyles | j. association exists |

Discussion – Student B

- Should schools stop selling fast food?
- What responsibility do food shops have to promote healthy eating?
- Will you take this study with a pinch of salt?
- What are your favourite fruits and vegetables?
- What is the grammar rule for when we say "fruit" and "fruits"?
- Is the tastiest food the unhealthiest food?
- Why are richer people generally healthier?
- What questions would you like to ask the head researcher?

Spelling

- the onuttirni message
- the oiramnneeotcd that five portions of fruit
- That advice has been revised radspuw
- rdiaeyt habits
- A robust inverse niocdiaso exists
- vegetable consumption and ltryioma
- iendgnpe on how much fruit and veg they ate
- supermarkets put more hessaipm on...
- yltronimpe displaying cheaper produce
- Some rtexesp say...
- One cateiniid said the findings ignored the fact
- generally tahrilwee

Answers – Synonym Match

1. d	2. h	3. a	4. f	5. j
6. c	7. i	8. e	9. b	10. g

Role Play

Role A – Vitamins

You think vitamins are the best things for our body. Tell the others 3 reasons why. Tell them why their things are not so necessary. Also, tell the others which is the least beneficial of these (and why): protein, carbohydrates or chocolate.

Role B – Protein

You think protein is the best thing for our body. Tell the others three reasons why. Tell them why their things are not so necessary. Also, tell the others which is the least beneficial of these (and why): protein, carbohydrates or chocolate.

Role C – Carbohydrates

You think carbohydrates are the best things for our body. Tell the others three reasons why. Tell them why their things are not so necessary. Also, tell the others which is the least beneficial of these (and why): protein, carbohydrates or chocolate.

Role D – Chocolate

You think chocolate is the best thing for our body. Tell the others three reasons why. Tell them why their things are not so necessary. Also, tell the others which is the least beneficial of these (and why): protein, carbohydrates or chocolate.

Speaking – Fruit

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- | | |
|--------------|-------------|
| • strawberry | • banana |
| • mango | • grape |
| • durian | • pineapple |
| • apple | • orange |

Answers – True False

a	T	b	F	c	T	d	F	e	F	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.