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**Level 5 – 30th January, 2019**

## **Pasta is now a vegetable in U.S. schools**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2001/200130-vegetables-5.html>

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**Please try Levels 4 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2001/200130-vegetables-5.html>

Pasta is now classified as a vegetable in U.S. schools. An overhaul of dietary regulations means pasta now counts towards the vegetable requirements in school lunches in the USA. New school guidelines, released by the U.S. Department of Agriculture last week, stipulate that: "Pasta made of vegetable flour may credit as a vegetable, even if the pasta is not served with another recognizable vegetable." Pasta can only be a vegetable serving if it is made with potato, soy or starchy vegetable-based flour. Critics of the rules joked that bread could be a vegetable as that is made from flour.

Other guidelines include halving the fruit children have for breakfast. There will also be more burgers, fries, pizza and other high-calorie food that is full of fat and salt. The department defended the guidelines, saying they would reduce food waste. It said, "a more common-sense flexibility is needed to provide students with nutritious and appetizing meals". The guidelines reverse the Hunger-Free Kids Act of 2010. A health expert said: "This makes absolutely no sense. Politics and industry pressure should not interfere with what is best for children's health."

Sources: <https://metro.co.uk/2020/01/25/pasta-count-vegetable-schoolkids-trump-administration-12121778>  
<https://www.independent.co.uk/news/world/americas/us-politics/pasta-vegetable-trump-school-lunch-flour-a9301186.html>  
<https://www.indy100.com/article/trump-pasta-vegetable-school-lunch-guidelines-potato-fruit-michelle-obama-9301296>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2001/200130-vegetables-5.html>

## PARAGRAPH ONE:

- |                            |                       |
|----------------------------|-----------------------|
| 1. Pasta is now classified | a. based flour        |
| 2. dietary                 | b. flour              |
| 3. New school              | c. not served         |
| 4. Pasta made              | d. of the rules       |
| 5. even if the pasta is    | e. as a vegetable     |
| 6. vegetable-              | f. guidelines         |
| 7. Critics                 | g. regulations        |
| 8. made from               | h. of vegetable flour |

## PARAGRAPH TWO:

- |                                 |                      |
|---------------------------------|----------------------|
| 1. halving the fruit children   | a. interfere         |
| 2. other high-                  | b. sense flexibility |
| 3. full of fat                  | c. sense             |
| 4. a more common-               | d. health            |
| 5. nutritious and appetizing    | e. calorie food      |
| 6. This makes absolutely no     | f. have              |
| 7. industry pressure should not | g. and salt          |
| 8. what is best for children's  | h. meals             |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2001/200130-vegetables-5.html>

Pasta is (1) \_\_\_\_\_ a vegetable in U.S. schools. An overhaul of dietary regulations means pasta (2) \_\_\_\_\_ the vegetable requirements in school lunches in the USA. New school guidelines, released by the U.S. Department of Agriculture last (3) \_\_\_\_\_: "Pasta made of vegetable flour (4) \_\_\_\_\_ a vegetable, even if the pasta is not served with another recognizable vegetable." Pasta can only be a vegetable serving if it is made with potato, (5) \_\_\_\_\_ vegetable-based flour. Critics of the rules joked that bread could be a vegetable as that is (6) \_\_\_\_\_.

Other guidelines (7) \_\_\_\_\_ fruit children have for breakfast. There will also be more burgers, fries, pizza and (8) \_\_\_\_\_ that is full of fat and salt. The department defended the guidelines, saying they would (9) \_\_\_\_\_. It said, "a more common-sense flexibility is needed to provide students with (10) \_\_\_\_\_ meals". The (11) \_\_\_\_\_ Hunger-Free Kids Act of 2010. A health expert said: "This makes absolutely no sense. Politics and industry pressure should (12) \_\_\_\_\_ what is best for children's health."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2001/200130-vegetables-5.html>

Pasta is now classified as a vegetable in U.S. schools. An overhaul of dietary regulations means pasta now counts toward the vegetable requirements in school lunches in the USA. New school guidelines, released by the U.S. Department of Agriculture last week, stipulate that: "Pasta made of vegetable flour may credit as a vegetable, even if the pasta is not served with another recognizable vegetable." Pasta can only be a vegetable serving if it is made with potato, soy or starchy vegetable-based flour. Critics of the rules joked that bread could be a vegetable as that is made from flour. Other guidelines include halving the fruit children have for breakfast. There will also be more burgers, fries, pizza and other high-calorie food that is full of fat and salt. The department defended the guidelines, saying they would reduce food waste. It said, "a more common-sense flexibility is needed to provide students with nutritious and appetizing meals". The guidelines reverse the Hunger-Free Kids Act of 2010. A health expert said: "This makes absolutely no sense. Politics and industry pressures should not interfere with what is best for children's health."

# PASTA SURVEY

From <https://breakingnewsenglish.com/2001/200130-vegetables-4.html>

Write five GOOD questions about pasta in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*Pasta is now a vegetable in U.S. schools – 30th January, 2019*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

# WRITING

From <https://breakingnewsenglish.com/2001/200130-vegetables-5.html>

Write about **pasta** for 10 minutes. Read and talk about your partner's paper.

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