



## The Mediterranean Diet Really Is That Good For You. Here's Why. (C2 - Proficiency)

### A – Before you start

Answer the questions with a partner.

1. Do you consider your diet to be a healthy one? Why (not)?
2. What foods do you associate with the Mediterranean Diet?
3. Can you name any health problems that are associated with eating the wrong things?

### B – Listen and answer

Read these statements. Then listen (without reading) and write T (true) or F (false).

1. An ambitious study was carried out in the 1950s by US researchers.
2. It found that the participants from Mediterranean countries were less subject to heart disease.
3. Dr Sean Heffron claims the Mediterranean diet developed because of its health benefits.
4. The main source of animal protein in this diet should be white meat like chicken and turkey.
5. It has been found that this diet can protect against processes that can cause damage to DNA.
6. Foods that are good for the heart are generally low in calories.
7. Occasionally eating food high in sugar or saturated fat will not harm anyone.
8. Those who follow this diet, will never need to take any supplements.

### C – Read and answer

Read the article and choose the correct answer.

1. The purpose of the study was to see
  - a) the effects of a bad diet on a person's health.
  - b) how diet could help men recover from cardiovascular disease.
  - c) how the lifestyle of males aged 40-59 affected their risk of heart disease.
2. The study revealed that
  - a) diets high in any kinds of fat led to coronary heart disease.
  - b) there were links between high cholesterol levels and coronary heart disease.
  - c) people who lived in Mediterranean countries ate less fats.
3. According to experts quoted in the article, the Mediterranean diet
  - a) has enabled cookery writers to make a lot of money.
  - b) is more than anything a way of life.
  - c) is based on traditional recipes that have been handed down in the family.
4. Dr Julia Zampano claims that the diet
  - a) is practical and can be maintained over a long period.
  - b) is feasible and economical.
  - c) is down-to-earth and satisfying.
5. A recent study on 7,800 women found that those who followed the Mediterranean diet closely
  - a) had less difficulty conceiving.
  - b) had less than a 21% risk of their baby being born too early.
  - c) had a lower risk of having health problems during their pregnancy
6. The Mediterranean diet
  - a) has more benefits than drawbacks for most people.
  - b) can improve the health of your heart in a short time.
  - c) has few foods that contain iron.

## D – Learn it! Use it!

Complete these sentences with words from the glossary. (You may have to adapt the expression in some way; e.g. change the subject, or change from singular to plural.)

1. \_\_\_\_\_ are good for you, but some people can't eat them because they are allergic to them.
2. It's not difficult. If you \_\_\_\_\_ to the instructions, you can't go wrong.
3. I didn't go there to see Layla. I \_\_\_\_\_ \_\_\_\_\_ be passing her office when she came out.
4. Before putting the meat in the oven, \_\_\_\_\_ it with a little salt and pepper.
5. It is the responsibility of schools to create an environment that's \_\_\_\_\_ to learning.
6. You're not likely to find those products here. You'll have to look \_\_\_\_\_ for them.

## E – Ready for Cambridge C2 PROFICIENCY? (Reading and Use of English, Part 2)

Complete the text. Use only one word in each space.

The US public health scientist responsible <sup>1</sup>\_\_\_\_\_ the creation of the Seven Countries Study was Dr. Ancel Keys. After World War II, Keys had noticed a steady increase in the number of deaths <sup>2</sup>\_\_\_\_\_ to heart attacks, as noted in the newspapers' obituary pages. He was puzzled by the fact that American business executives, who were presumably <sup>3</sup>\_\_\_\_\_ the best-fed people in the world, had such high rates of heart disease, while in the population of post-war Europe there had been a sharp <sup>4</sup>\_\_\_\_\_ in these rates in the wake of reduced food supplies.

In 1947, he began to study a group of American businessmen from Minneapolis-Saint Paul, conducting examinations and <sup>5</sup>\_\_\_\_\_ blood samples every five years. His research showed that smoking, high blood pressure and elevated cholesterol were frequently found in men who suffered <sup>6</sup>\_\_\_\_\_ heart attacks. After a decade of work, he came to the <sup>7</sup>\_\_\_\_\_ that elevated blood cholesterol levels were chiefly determined by saturated fat, a breakthrough that stunned a population used to <sup>8</sup>\_\_\_\_\_ mostly meat and potatoes.

## F – Talk about it

In pairs or groups.

1. What are the most popular dishes in your region? Are they traditional dishes? What are the ingredients? How are they cooked? Do you think they are healthy or unhealthy? Why?
2. Are fast food restaurants popular in your country? Do you think fast food is necessarily unhealthy? Why (not)? How often do you eat fast food?
3. Do you agree with Dr. Sean Heffron about the Mediterranean Diet being tasty? Can you think of any exceptions?

## Answers:

### **B – Listen and answer**

1. F – It was carried out by researchers from across the globe. 2. T 3. F – He claims it developed because it was tasty. 4. F – The preferred source of animal protein is fish rich in omega-3 fatty acids. 5. T 6. F – Foods like olive oil and nuts are heart-healthy but are high in calories. 7. T 8. F – They may need to take a calcium supplement.

### **C – Read and answer**

1. c 2. b 3. b 4. a 5. c 6. a

### **D – Learn it! Use it!**

1. Nuts 2. stick 3. happened to 4. season 5. conducive 6. elsewhere

### **E – Ready for Cambridge C2 PROFICIENCY?**

1. for 2. due/attributable/ascribable 3. among 4. decrease/fall/drop 5. taking 6. from 7. conclusion 8. eating/consuming