

**SOLUTIONS UPPER-INTERMEDIATE 3**

**UNIT 6: HEALTH**

**6G**

**PEGAH BAHOJB GHASEMI**

**6F**

Reading

**Future food***I can understand a text about insects as food.***Revision:** Student's Book page 70**1** Complete the text with the words below.amounts diet dishes flavours leftovers menu  
portion slice

I'm trying to improve my <sup>1</sup> \_\_\_\_\_, but it isn't easy if you love all types of food like I do. However, I've decided that instead of not eating my favourite meals, I'll just eat smaller <sup>2</sup> \_\_\_\_\_ of them. That means that I'll eat a <sup>3</sup> \_\_\_\_\_ of pizza and not a whole one, and I'll just have one <sup>4</sup> \_\_\_\_\_ of takeaway Chinese food instead of two. At least that means there won't be any <sup>5</sup> \_\_\_\_\_ filling up the fridge! And when I eat out at a restaurant, I'll choose the meals on the <sup>6</sup> \_\_\_\_\_ that include salads and healthy food. The problem is that I like food with strong <sup>7</sup> \_\_\_\_\_ and tastes, so I'm going to find <sup>8</sup> \_\_\_\_\_ full of lettuce a bit tasteless!

## 2 Read the text and answer the questions.

- 1 What reasons are used to support an insect-based diet?
- 2 How are supporters of insects as food trying to persuade Americans to eat them?



THE INSECTS  
ARE COMING!



With an abundance of cheap food and a weakness for junk food, the dietary habits of many Americans (and people in other Western countries) have led to an obesity epidemic. As a result, a growing number of food experts are saying it's time to replace traditional dishes with more nutritious and also more economical and ecological dishes: dishes that contain insects.

If you put a plate of bugs (as insects are often called in the USA) in front of an American, they, like most Westerners, would probably refuse to eat them. Insects are seen as pests that destroy food crops rather than delicacies to be eaten. <sup>1</sup>\_\_ The challenge for the promoters of insect-based meals is to make Americans see them in the same way.

During the 20th century, if you had visited a research department at an American food and agricultural university, you would have heard about how they were trying to reduce insect numbers due to the negative impact they have on crops and seeds. <sup>2</sup>\_\_ Furthermore, insect fairs such as the BugFest at the North Carolina Museum or The Great Insect Fair at Penn State University explain that grasshoppers, moths and their cousins are an excellent source of nutrients like protein, minerals and vitamins. The fairs also offer the more adventurous visitors 'bug banquets', which serve mouth-watering insect dishes.

Apart from the scientific community, a growing number of market stalls and restaurants are providing insect meals too. <sup>3</sup>\_\_ What is more, fans of insect-based cooking like Daniella Martin are spreading the word that bugs are good for you. Martin's blog *Girl Meets Bug*, her internet cooking videos and her newspaper columns are all contributing to changing Americans' perceptions of insects. <sup>4</sup>\_\_ While entomophagists (people who eat insects) agree they face an uphill struggle, with 70 million obese citizens and millions more who want to be environmentally friendly, it seems that this could be the right time for insects to invade America's kitchens.

## Reading Strategy

When you do a gapped sentence task, look for clues before and after each gap. For example, if a sentence starts with *And* or *Furthermore*, it probably introduces additional information.

Other words can be used for

- contrast: *But, However*
- consequences or conclusions: *So, Therefore*

**3 Read the Reading Strategy. Then read the text again. Match sentences A–E with gaps 1–4. There is one extra sentence.**

**A** Today, 50% of the same universities promote insects as food.

**B** The popularity of Mexican food in the USA is also helping, as companies such as Don Bugito offer traditional Mexican insect dishes.

**C** Moreover, the amount of land needed to produce enough insects to feed the whole country is much smaller than the land needed to produce meat.

**D** But will it be enough?

**E** However, in parts of Asia, Africa and Central America, where there are plenty of big, juicy insects all year round, they are considered a delicious staple.







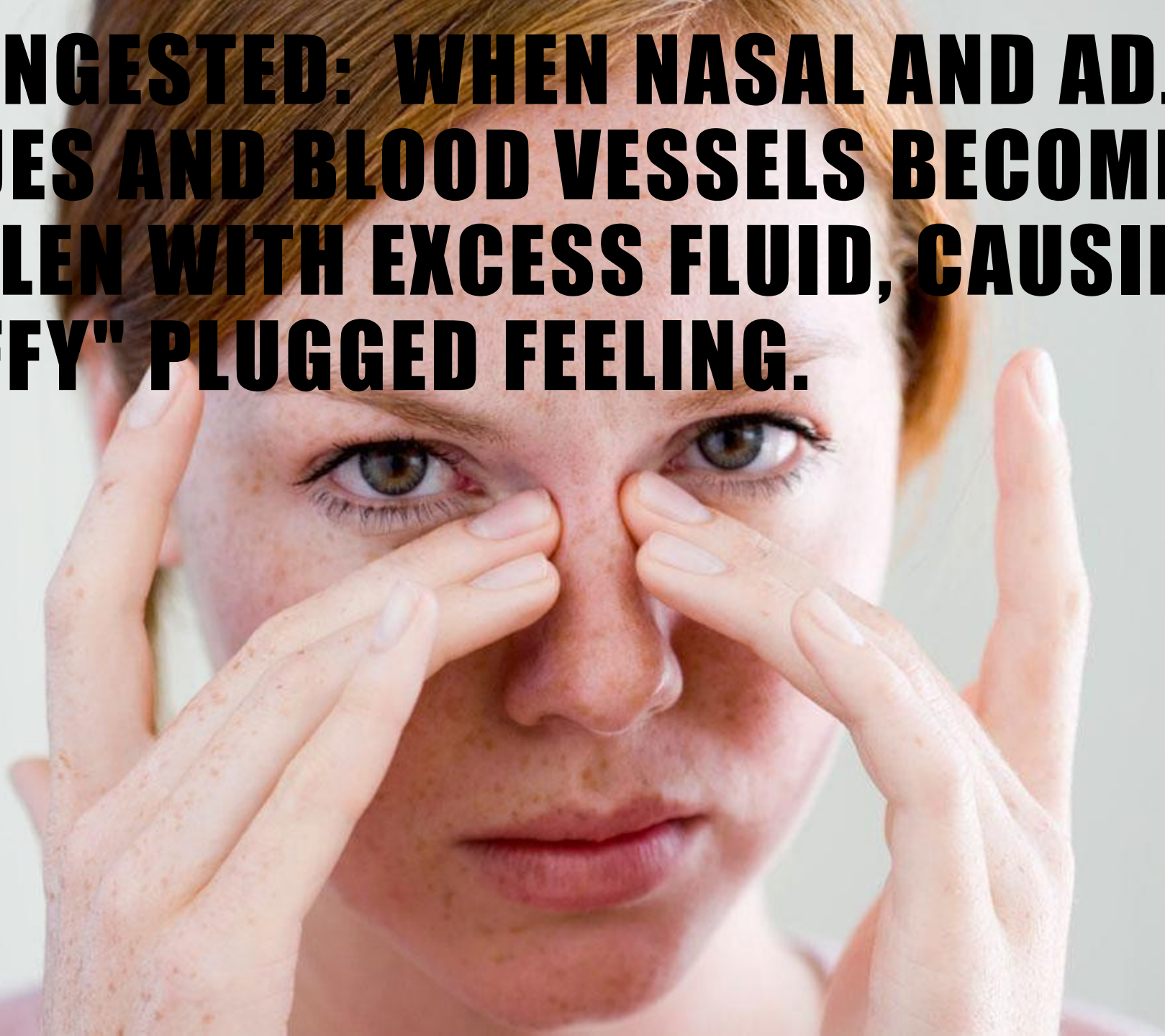




1 **SPEAKING** Describe the photo. How do you think the people are feeling?



**BE CONGESTED: WHEN NASAL AND ADJACENT  
TISSUES AND BLOOD VESSELS BECOME  
SWOLLEN WITH EXCESS FLUID, CAUSING A  
"STUFFY" PLUGGED FEELING.**





**FRACTURE**





**FEEL DIZZY**







**FEEL FATIGUED**





A woman with her hair in a bun, wearing a black tank top, is shown from the back, stretching her neck and shoulder. Her hands are clasped behind her head, and her arms are raised. The background is a blurred, light-colored space, possibly a gym or studio.

**FEEL STIFF**



**BE SWOLLEN**



- 2 **VOCABULARY** Put the words below in the correct groups.  
Can you add any more words to each group?

Illnesses, injuries and symptoms   ache   bruise  
~~chest infection~~   be congested   cough   cut   feel dizzy  
feel fatigued   flu   fracture   heartburn   insect sting  
feel nauseous   nose bleed   rash   sore throat   sprain  
feel stiff   be swollen   temperature   virus   wound

Illnesses: *chest infection, ...*

Injuries: *bruise, ...*


Symptoms: *ache, ...*

3 **SPEAKING** Work in pairs. Look at the illnesses and symptoms in exercise 2 and discuss the questions.

- 1 Are there any you have had repeatedly / more than once?
- 2 Are there any you have never suffered from?

While on holiday in the UK, you are taken ill and go and see the doctor. Have a conversation with him/her and discuss the following points:


- what the illness is
- how long you have had it
- medicine you can take
- how much medicine to take, when and how often

- 4  **2.25** Read the task and listen to a student doing it. What does the doctor say is wrong with her? Which words from exercise 2 does the girl use?






**DRUG THAT HELP  
REDUCES  
INFLAMMATION,  
WHICH OFTEN HELPS  
TO RELIEVE PAIN.**




**DRUG THAT HELP  
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**ANTI-INFLAMMATION**



**A SUBSTANCE WHICH  
NEUTRALIZES STOMACH  
ACIDITY AND IS USED TO  
RELIEVE HEARTBURN,  
INDIGESTION OR AN  
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**ANTACID**

- 5 **VOCABULARY** Check the meaning of the treatments and remedies in a dictionary. Find possible treatments / remedies for the illnesses, symptoms or injuries in exercise 2.

**Treatments and remedies** antacid antibiotics  
antihistamine anti-inflammatories antiseptic cream  
bandage cough medicine lots of liquids painkillers  
rest tablets throat sweets X-ray

*You could treat a sore throat with ...*

6  2.25 Listen again. What treatments are discussed?  
What does the doctor recommend?

7  **2.26** Listen to a second student doing the task in exercise 4. Make notes on the following topics.

- what the illness is
- how long he has had it
- treatment / medicine he can take
- taking the treatment

## **Speaking Strategy**

Don't get nervous if you're unsure whether you've understood the question or what the other person has said. Simply ask the person for clarification.



8 **KEY PHRASES** Read the **Speaking Strategy**. Complete the phrases with the words below.

didn't mean mind same as something think

### Asking for clarification

Sorry, do you <sup>1</sup> \_\_\_\_\_ you could repeat that?


I'm afraid I <sup>2</sup> \_\_\_\_\_ quite catch that.

Would you <sup>3</sup> \_\_\_\_\_ saying that again?

What do you <sup>4</sup> \_\_\_\_\_ by ... ?

Is that <sup>5</sup> \_\_\_\_\_ like ... ?

Is that the <sup>6</sup> \_\_\_\_\_ ... ?

9  **2.26** Listen to the second dialogue again and answer the questions.

- 1 What two things does the student ask the examiner to repeat or explain?
- 2 How does she/he ask for clarification?

## 10 Read the task below. Make notes on each section.

While on holiday in the UK, you go and see the doctor because you have had an accident. Have a conversation with him/her and discuss the following points:

- the injury
- how you did it
- treatment
- a follow-up visit

**11 SPEAKING** Work in pairs, taking turns to be the patient and the doctor. Remember to ask for clarification if you are unsure about something.

12 **SPEAKING** Work in pairs. Discuss this quote. Say to what extent you believe it is true, and why.

‘The best medicine is laughter.’

## 6

## Grammar Review

Work in groups to play sentence scrabble.

New	discoveries in medicine	are	being	made	every day.	It	X
is	believed	that	vitamin C	prevents	colds.	Anaesthetic	X
was	invented	in the late 19th century.	Nobody	likes	being	ignored.	X
Gluten-free	food	is	sold	in most supermarkets.	Healthy eating	should	X
be	encouraged	in all schools.	That story	must	have	been	X
written	by a doctor.	Exercise	is	believed	to	be	X
good for you.	Too much salt	is	known	to	be	bad for you.	X

**ASSIGNMENT:  
WORKBOOK 6G**

**DEADLINE: SUNDAY**