



linda\_thompsonblog.com



## Question time

Linda Thompson, a dietitian, answers your questions.



**I have a sweet tooth. I love cakes, ice cream and all desserts!  
Is it a problem?**

*Beth – 12 years old, Manchester*

It isn't wrong. You can have sugar sometimes, but not every day. Don't always choose sweets and cakes. You can have fruit. It has natural sugar and lots of vitamins. Yogurt is good for you. Make a dessert with fresh fruit and yogurt. Add a little bit of sugar. It's very good!



**I have snacks all day long. I know it isn't good. What can I do?**

*Dylan – 13 years old, Dover*

Have three meals a day – breakfast, lunch and dinner. Have food like bread, pasta and rice, because they give you energy. When you are hungry between meals, you can have some fruit or a piece of bread. Do some physical exercise every day.



**I'm a vegetarian. My parents say that I don't have any protein. Are they right?**

*David – 13 years old, London*

Protein is very important in our diet because it gives us energy. There is protein in meat and fish. Your parents are right! But don't worry, because other foods have got lots of protein: eggs, cheese, milk and nuts.

### 1. These sentences are false. Correct them.

- 1 Beth hates cakes.
- 2 Linda Thompson tells Beth to make a dessert with cake and ice cream.
- 3 Dylan doesn't eat between meals.
- 4 Linda Thompson says that breakfast is not important.
- 5 She also tells Dylan that exercise is not good for him.
- 6 David loves meat.
- 7 Linda Thompson thinks that we don't need protein in our diet.
- 8 She says that only red meat contains protein.

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**2. Complete the diagram above with the correct words.**

- meat, fish and eggs
- fruit and vegetables
- yogurt
- apple
- milk
- dairy products
- rice
- sweets
- tomato
- cheese
- tuna
- pasta
- beef
- starches
- bread
- cake



## infoUK

### Healthy vending

In England, there are strict rules about snacks sold at school. Vending machines cannot sell chocolates, crisps or sugary drinks. They can sell: fresh fruit, fresh rolls, sandwiches and baguettes, salads, breakfast cereal and milk, yogurt and fromage frais, mineral water, fruit juices and drinking yogurt.



### Fresh and organic food festivals

It is important to have fresh and organic food in our diet. Food festivals are very popular in the UK. There is a fish festival in Cornwall at the end of August every year and there are organic food festivals all over the UK. People taste fresh food and discover how good it is.

### and in Italy?

Are there food festivals in Italy? What is your country doing to help people discover fresh food and to promote a healthy diet?

## DON'T WASTE FOOD

**We throw away good food every year** – about a third of food in the world!!

**We use a lot of energy and water to produce this food.** So, we are wasting money and our natural resources. Millions of people in the world do not have food. This is a moral, economical and ecological problem.

**How can we reduce waste?** There are three simple rules.

### 1. Buy food carefully

- When you go shopping, prepare a shopping list with the food you need.
- Look at the “Best before” date on the packet.

### 2. Organise your food

- Tidy your fridge.
- Know that you can keep cheese longer than salad.
- Check the expiry dates on your food.

### 3. Cook the right amount

- Don't cook too much.
- Cook the food which expires first.
- Use leftover food.



### 1. Complete the sentences.

- 1 When we throw good food away, we ..... it.
- 2 We throw a ..... of the food in the world away every year.
- 3 We waste food when there are people in the world who are hungry. This is a ....., economical and ecological problem.
- 4 When I go shopping I write a .....
- 5 I always look at the expiry ..... on the food I buy.
- 6 I use the food which expires first and ..... food.

# A RECIPE

# FOR LEFTOVERS

## Bubble and squeak cakes

*This is a traditional dish. We make it from cold leftover vegetables. The main ingredient is mashed potato. You can add different leftover vegetables.*

*For six*

### Ingredients

*1 kg mashed potato  
500 g Brussels sprouts  
a little white flour  
salt and pepper*

*Preparation time: 10 minutes*

*Cooking time: 20 minutes*



### Method

- 1. Chop the Brussels sprouts into small pieces.*
- 2. Mix with the mashed potato in a bowl.*
- 3. Shape into eight round cakes.*
- 4. Put some flour on a plate. Add salt and pepper.*
- 5. Roll each cake in the flour.*
- 6. Fry each cake in a little butter in a pan. Two minutes each side.*
- 7. Put the cakes on a greased tray and in a hot oven: 170°C for 10 minutes.*
- 8. Serve with some sliced meat.*

**Enjoy!**

## 2. Read the recipe and answer the questions.

- 1 Is the recipe sweet or savoury?
- 2 How long do the cakes take to prepare and cook?
- 3 What ingredients do you need for these cakes?
- 4 When the cakes go in the oven, what temperature do you cook them at?
- 5 Do you think this is an easy or a difficult recipe? Why?
- 6 Can you eat these cakes for breakfast, lunch or dinner?



**Now it's  
your turn**

## Create a meal with your classmates

Organise a meal with your classmates. Think of a menu using leftover food and other ingredients you have in your kitchen cupboards. Use your imagination and create something delicious!



# Malnutrition: a world

## A challenge for everybody

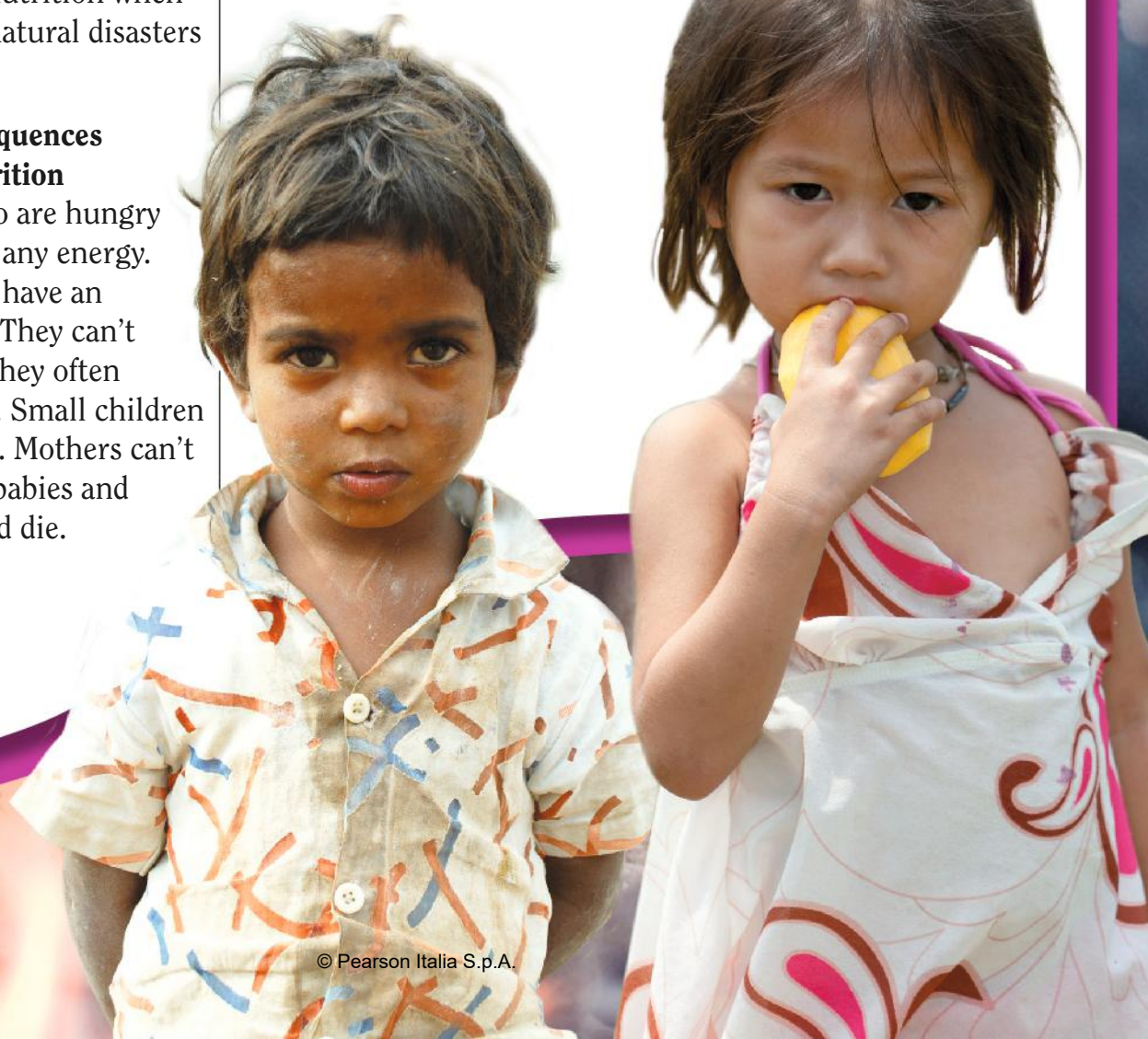
**T**here are more than 900 million people with malnutrition in the world today. They live in areas like South-East Asia, South America and Africa. It is the poor people who live in the countryside who don't have much food. There is often malnutrition when there are natural disasters or war.

**The consequences of malnutrition**  
People who are hungry don't have any energy. They can't have an active life. They can't work and they often become ill. Small children don't grow. Mothers can't feed their babies and many could die.

**The solution**  
We must do something about this problem. Governments, international institutions and individuals can help.

We can do a lot – we can show these people in poor regions how to produce food.

We can reduce food waste.  
We can inform everyone where disasters and wars are happening.  
We can give money.



# problem

## The role of the United Nations

### FAO Organisation for Food and Agriculture



- wants no more hunger in the world,
- wants to improve the lives of people who live in the countryside and help them to grow food,
- wants to send technical help to developing countries.

### UNICEF United Nations Children's Fund

UNICEF is an organisation that focuses on children's rights. The money it raises helps children all over the world. UNICEF believes that every child has the right to good standards of health and education. UNICEF defends children from violence, exploitation and discrimination. In **1965** UNICEF won the **Nobel Peace Prize**.



### Convention on the Rights of the Child

adopted in 1989  
by the United Nations

Article 27

*A child has the right  
"to a standard of living adequate  
for the child's physical, mental,  
spiritual, moral and social  
development."*



## infoUK

### Solidarity

UK Aid works to help the world's poorest people. It wants to change their lives. In 2012 UK Aid gave:

- food for more than 3.5 million people in areas where there was no rain,
- vaccinations for 1.3 million,
- clean water for 1.2 million,
- emergency food for 500,000 children and mothers.

### Food banks

13 million people in the UK live below the poverty line. A food bank is a non-profit organisation and it gives food boxes to hungry people. In each box there is healthy food for three days. Many people and some supermarkets donate food to food banks.



### 1. Answer the questions.

- 1 How many people have malnutrition in the world today?
- 2 Where do these people live?
- 3 What happens to these people?
- 4 Who can help with this problem?
- 5 Which United Nations organisation helps children?
- 6 How does it help?

### and in Italy?

Is there an organisation or a school, in your town or village, which gives food to people who need it? What do they do? How do you help?