

JUNK FOOD: A PLEASANT DANGER

In 1972 Michael Jacobson, director of the centre for Science in the Public Interest, used for the first time the term “junk food” for food containing a large quantity of ingredients rich in calories and salt. A diet based on potato chips, French fries, hamburgers with additional sauces, chocolate, sweet snacks and soft drinks is just the opposite of a balanced diet. However junk food is easy to consume and it is “good” because of its high fat, salt and sugar content. It is convenient and people can have it in a ready-to-eat form. But ... in some countries it is considered a serious health problem. According to research some years ago in the U.K., 45% of 8-to-15-year olds thought that the bad effects of eating junk food were simply getting fat and becoming unpopular. Of course all teenagers think they’re indestructible, but a junk food diet can have very dangerous effects on their lives.

The diet of a child in the 1950s was probably superior to that of a child today. They ate a lot of bread and drank a lot of milk. 60 years ago, children had red meat and vegetables. They certainly did more exercise. Nowadays children fill their stomachs with crisps, snacks and coke, while they are lying on their sitting room sofa.

Industry says it is making changes and currently the fat content of children’s favourite food (like crisps) is reduced. The British Heart Foundation is asking food companies to stop putting games in snack packets and competitions on their websites. Families also have their responsibilities: junk food is too often a way for parents to show their love for their children, so for a lot of kids chips and chocolate are part of their everyday life- and that needs to change.

VOCABULARY:

convenient = comodo

do exercise = fare esercizio fisico

fill = riempire

packet lunch = pranzo portato da casa

chicken nuggets = polpettine fritte di pollo

to ban = proibire

savory/sweet snack = snack salato/dolce

fizzy drinks = bevande gasate

HEALTHY HABITS

There are many take-away restaurants where you can buy food and take it home to eat it. (take-away pizzas..)

In the last few years the eating habits have changed, for example, people now eat more frozen products, and young people like fast food like hamburgers, hot dogs and chips. But they must have a balanced diet with fresh fruit, vegetables and fibre, and less sugar and fat. Avoid cakes, sweets and soft drinks. Kids have snacks at school, at home. Cakes, cheese, nuts, bread and biscuits, popcorn are their favourite snacks. Fruit is the healthy snack because it doesn't have many calories it has a lot of vitamins and minerals.

Do physical exercise regularly. Better if in the fresh air. You must also try to **sleep enough**, otherwise you can feel tired and nervous.

Dress comfortably and keep clean. **Wear comfortable clothes and comfortable shoes** it helps you to move freely. **Keep your body clean** it protect you from many diseases.

We get energy from food. We get vitamins, proteins from

CARBOHYDRATES	VITAMINS	PROTEINS	FATS	MINERALS
Rice	Green	Meat (veal,	Oil	Spinach
Corn	vegetables	beef,	Butter	broccoli
Cereals	Citruses	chicken,	Sausages	Milk
Bread	Legumes	pork, lamb)	Cheese	Liver
Pasta	fruit	Fish	Fried food	Legumes
legumes		Eggs	Junk food	Yoghurt
		nuts		

QUESTIONS - domande di comprensione

1. What is “junk food”?
2. Is a diet based on junk food balanced?
3. What were the bad effects of junk food on kids’ health?
4. What did children eat and drink in the 1950s?
5. What do children eat and drink today?
6. Why do parents give their children junk food?
7. Do you consume junk food? What in particular? When?
8. Do you like vegetables, fruit, fish....? How often do you eat them?
9. Do you practice physical exercise? How often in a week?
- 10 Which food do you get carbohydrates, vitamins, proteins, fats and minerals from?

1. What is “junk food”? (Cos'è il "cibo spazzatura"?)

JUNK FOOD IS THE WORD FOR FOOD CONTAINING A LARGE QUANTITY OF INGREDIENTS RICH IN CALORIES AND SALT.

2. Is a diet based on junk food balanced? (Una dieta basata sul cibo spazzatura è equilibrata?)

JUNK FOOD ISN'T A DIET BALANCED BECAUSE IS A DIET BASED ON POTATO CHIPS, FRENCH FRIES, HAMBURGERS WITH ADDITIONAL SAUCES, CHOCOLATE, SWEET SNACKS AND SOFT DRINKS.

3. What were the bad effects of junk food on kids' health? (Quali sono stati gli effetti negativi del cibo spazzatura sulla salute dei bambini?)

FOR KIDS JUNK FOOD DIET CAN HAVE VERY DANGEROUS EFFECTS ON THEIR LIVES. IN THE U.K., 45% OF 8-TO-15-YEAR OLDS THOUGHT THAT THE BAD EFFECTS OF EATING JUNK FOOD WERE SIMPLY GETTING FAT AND BECOMING UNPOPULAR.

4. What did children eat and drink in the 1950s? (Cosa mangiavano e bevevano i bambini negli anni Cinquanta?)

IN THE 1950s CHILDREN ATE A LOT OF BREAD AND DRANK A LOT OF MILK.

5. What do children eat and drink today? (Cosa mangiano e bevono i bambini oggi?)

TODAY CHILDREN ATE CRISPS, SNACKS AND THEY DRANK COKE, WHILE THEY ARE LYING ON THEIR SITTING ROOM SOFA.

6. Why do parents give their children junk food? (Perché i genitori danno ai loro figli cibo spazzatura?)

PARENTS GAVE JUNK FOOD TO THEIR CHILDREN BECAUSE IS A WAY FOR THEM TO SHOW THEIR LOVE , SO FOR A LOT OF KIDS CHIPS AND CHOCOLATE ARE PART OF THEIR EVERYDAY LIFE- AND THAT NEEDS TO CHANGE.

7. Do you consume junk food? What in particular? When? (consumi cibi spazzatura? Cosa in particolare? Quando?)

I USUALLY EAT JUNK FOOD, LIKE CHIPS, CHOCOLATE, BISCUITS AND I DRINK COLA OR ORANGE JUICE, I THINK ALL CHILDREN EAT THEM.

8. Do you like vegetables, fruit, fish....? How often do you eat them? (Ti piacciono le verdure, la frutta, il pesce....? Quanto spesso li mangi?)

I EAT VEGETABLES, I LIKE CARROTS, SPINACH AND PEPPERS, BUT I DON'T LIKE SALAD FOR EXAMPLE. I EAT VEGATABLES EVERYDAY. I NEVER EAT FISH BUT I SOMETIMES HAVE MEAT, I LIKE CHIKEN, PORK AND VEAL.

9. Do you practice physical exercise? How often in a week? (Pratichi esercizio fisico? Quanto spesso in una settimana?)

BEFORE THE COVID-19 I WENT SWIMMING POOL BUT NOW I SOMETIMES RIDE A BIKE.

10. Which food do you get carbohydrates, vitamins, proteins, fats and minerals from? (Da quali alimenti ottieni carboidrati, vitamine, proteine, grassi e minerali?)

I USUALLY GET CARBOHYDRATES FROM PASTA AND BREAD, I GET VITAMINS FROM FRUIT FOR EXAPLE ORANGES, CHERRIES, APPLES, STRAWBERRIES...I GET PROTEINS FROM MEAT, FATS AND MINERALS FROM MILK, CHEESE YOGURT, CEREALS AND MUSHROOMS.