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# 19 Fake Health Food

Before You Read

**Pre-reading Warm-up**

Arrange the following foods into the categories below.



smoothies



tempura shrimp sushi rolls



pizza



cereal bars



double cheeseburger



salad with dressing



chocolate cake



candies

**Healthy**

**Unhealthy**

**Vocabulary Definition**

- 1 keep
- 2 the amount of energy in food
- 3 small pieces of fried bread
- 4 sauce used on salads
- 5 container or wrapping
- 6 item used in a recipe
- 7 how heavy someone or something is
- 8 be careful
- 9 creamy sauce made from egg yolks and oil
- 10 element found in salt



# Top Ten Fake Health Foods

19

Trying to **maintain**<sup>1</sup> a healthy diet? Be sure to read our list of the top ten fake health foods first!

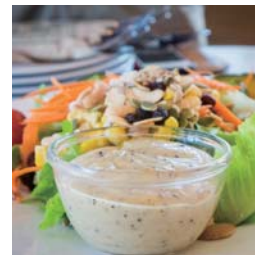
## 1. Smoothies .....

They're made with tons of fruit, so they must be healthy, right? What most people don't realize, however, is that these delicious and "healthy" beverages are packed full of sugar and can contain more **calories**<sup>2</sup> than a large meal! Many smoothies contain more than just fruit. Some include ice cream or frozen yogurt. You are really better off making your own smoothies at home with your own fresh fruit and low-fat yogurt.



## 2. Salad .....

So you and your friends have stopped at a fast-food restaurant for a quick bite. Since you're a healthy person, you decide to get a salad. After all, it's better than anything else there, right? Don't be so sure. Salad toppings such as bacon, **croutons**<sup>3</sup>, cheese, and **dressing**<sup>4</sup> can make your sensible choice into a meal just as unhealthy as eating a double cheeseburger. Check the facts before you take a bite.



## 3. Cereal Bars .....

A cereal bar may appear to be a healthy snack. After all, the box has a photo of healthy people eating them on a hike. But don't let the **packaging**<sup>5</sup> fool you! Many cereal bars have as much sugar and fat as any candy bar. Read the **ingredient**<sup>6</sup> list and make sure it's healthy before you buy.



## 4. Sushi Rolls .....

Many people watching their weight<sup>7</sup> prefer light sushi lunches and dinners, but **beware**<sup>8</sup>—there are some rolls that will ruin your diet. Many are loaded with **mayonnaise**<sup>9</sup> and deep-fried shrimp, both high in fat. When dipped in soy sauce, sushi rolls become extremely high in **sodium**<sup>10</sup>. This doesn't mean you have to cut out this delicious Japanese delight altogether, but you do have to be careful with your choices.



[Click here to read Fake Health Foods 5 to 10.](#)





**A Reading Skill: Inferring Vocabulary**

While reading, you most likely came across some words that were new to you. Without using a dictionary, were you able to guess the meaning of the words? Using **context clues** can often help you to **infer the meaning** of difficult words and refer to your dictionary less often!

Take a look at the words within the context of the text and see if you can guess the meaning. Check the correct box.

**1. tons**

- a small amount
- a large amount
- too much

**2. quick bite**

- fast meal
- one mouthful of food
- inexpensive meal

**3. appear to be**

- be different from
- look like
- be the same as

**4. watching their weight**

- trying to stay the same size
- trying to be lighter
- trying to get heavier

**5. ruin**

- improve
- maintain
- destroy



**B Word Study: Articles**

You probably already know something about **articles** in English. You know that **a/ an** are **indefinite articles** that modify **non-specific nouns**, whereas **the** is a **definite article** that modifies **specific nouns**. For example:

*I want **a** dog  
from the animal shelter.*

**VS.**

*I want **the** dog  
from the animal shelter.*

I don't know which dog I want. All I know is that it should come from the animal shelter.

I know which dog I want, and it comes from the animal shelter.

Some **place names** require a **definite article**. The chart below provides more information and examples.

place names which include an <b>adjective</b> followed by a noun	place names which include the word <b>of</b>	place names which are <b>collective</b> (refer to a large group or area)	places which are <b>plural</b>
<b>the Mississippi River</b>	<b>the Republic of China</b>	<b>the United Kingdom</b>	<b>the Andes</b>

Read the sentences below and insert the definite article where necessary. The first sentence has been done for you.

1. My family will be traveling to the Netherlands (Netherlands) in the spring.
2. John and his friend want to climb \_\_\_\_\_ (Rocky Mountains).
3. There are 50 states in \_\_\_\_\_ (United States of America).
4. The three sisters decided to bike across \_\_\_\_\_ (Canada) together.
5. \_\_\_\_\_ (Atlantic) is colder than \_\_\_\_\_ (Pacific).
6. The cruise ship traveled down \_\_\_\_\_ (Panama Canal).
7. There are many interesting animals in \_\_\_\_\_ (Australia).
8. Many countries belong to \_\_\_\_\_ (United Kingdom).

**C Exercise****1 Reading Comprehension**

- \_\_\_\_\_ 1. Why isn't a salad always healthier than a double cheeseburger?
- Salads can have unhealthy toppings.
  - Salads are usually larger than cheeseburgers.
  - Lettuce is high in fat.
  - Most salads contain artificial ingredients.
- \_\_\_\_\_ 2. What is unhealthy about soy sauce?
- It contains a high amount of fat.
  - It is high in calories.
  - It is high in sodium.
  - It contains a lot of sugar.
- \_\_\_\_\_ 3. What can be misleading about cereal bars?
- The ingredient list.
  - The packaging.
  - The sugar and fat.
  - The calories and sodium.
- \_\_\_\_\_ 4. According to the article, what is one way to avoid being fooled by packaging?
- Avoid salads at fast food restaurants.
  - Only eat foods approved by your doctor.
  - Avoid dressings and soy sauce.
  - Read the ingredient list.
- \_\_\_\_\_ 5. What is the main idea of the article?
- Many foods appear to be healthy but are not.
  - Junk food is unhealthy and should be avoided.
  - The only way to lose weight is to eat salad.
  - Cheeseburgers are making people gain weight.





**2 Target Vocabulary**

Choose the best word from the list below to complete the sentences.  
You may have to change the forms of some of the words.

**ingredient****packaging****beware****maintain****sodium****mayonnaise**

1. My neighbor has a sign on his lawn that says, " \_\_\_\_\_ of dog."
2. Please don't put any \_\_\_\_\_ on my sandwich. It's too high in fat.
3. It becomes more difficult to \_\_\_\_\_ your weight when you get older.
4. Sean is allergic to nuts, so he must check the \_\_\_\_\_ of nearly everything he buys.
5. Many canned soups are low in fat and calories, but high in \_\_\_\_\_.
6. The \_\_\_\_\_ for these cookies makes them look really healthy!

**3 Critical Thinking**

1. What do you think about packaging that makes unhealthy products appear to be healthy?
2. Do you try to order healthy items when eating at a restaurant?  
What do you usually order?
3. Why do you think some people have a difficult time maintaining their weight?



# 21 The Vampire Phenomenon

Before You Read

## Pre-reading Warm-up

Vampires are portrayed in different ways through literature, popular television shows, and movies. Put a checkmark next to the descriptors below that help define your personal idea of a vampire.

- Werewolves are enemies to vampires.
- Vampires cannot enter your home unless you invite them.
- Vampires can live off the blood of animals.
- Vampires sparkle in the sunlight.
- Vampires will burn if exposed to sunlight.
- Vampires sleep in coffins during the day.
- Vampires can be burned by silver.
- Vampires don't like the smell of garlic.
- Vampires cannot enter churches.
- You can burn a vampire with holy water.
- Vampires are cold to the touch.
- Vampires have very pale skin.
- Vampires aren't very attractive.





# A Letter to My Vampire Friend

April 20, 2011

To my dear old friend,

It's hard to believe it's been over two hundred years since I saw you last. I would like to ask a favor of you, and I hope you will **oblige**<sup>1</sup>. The recent vampire **phenomenon**<sup>2</sup> that has swept the modern world has made those of our kind a topic of interest, and I fear for our secrecy.

It's been almost a month since I last tasted even a drop of blood. I'm unable to go out at night here in Los Angeles. With my **pale**<sup>3</sup> skin and classic good looks, I am often mistaken for Edward Cullen, the **fictional**<sup>4</sup> vampire character from the *Twilight* series<sup>5</sup>. And, with so much attention, I never have a moment alone to get the **nutrients**<sup>5</sup> I need to survive. What is a starving vampire to do? If only I could survive on animal blood like Edward Cullen!

Since you turned me into a vampire over three **centuries**<sup>6</sup> ago, I have tried to **exist**<sup>7</sup> as normally as possible. Besides staying out of the sun and my change in diet, my death has been pretty manageable. I **steer clear of**<sup>8</sup> holy water when I attend church and hang enough garlic by my door to keep out the werewolves. But the excitement over vampire movies, books, and TV shows has made me want to stay in my **coffin**<sup>9</sup> all night long!

It is only now that I have begun to appreciate your desire to live in your **secluded**<sup>10</sup> castle, and I am hoping you will offer your hospitality to me for a time. It's hard to say how long I will need to stay with you. I'm sure this craze will pass like disco music and bell-bottoms, so I may only need to stay for a short time. Within a **decade**<sup>11</sup> or two, I'm sure it will be fine to return home to feed once again. I look forward to your response.

Sincerely,  
Philippe de Beer



- 1 agree to be helpful
- 2 trend, event
- 3 light, fair
- 4 imagined, unreal
- 5 substances to keep living things healthy
- 6 periods of 100 years each
- 7 live, survive
- 8 stay away from
- 9 box for a dead body
- 10 screened or hidden from view
- 11 period of 10 years



Lesson  
**25**

# The Battle of the Bees

Before You Read

**Pre-reading Warm-up**

The following words and phrases are found in the reading passage in this lesson. Write the following words in the most appropriate honeycomb cell.

- now
- research
- scientists
- pesticides
- beekeepers
- around the world
- disappearing bees
- Colony Collapse Disorder



**Who?**

**When?**

**What?**

**Where?**

**Why?**

**Vocabulary Definition**

- 1 the moving of pollen from one flower to another to help it reproduce
- 2 inactive for a period of time
- 3 group of insects or animals of the same kind
- 4 failure or sudden end to something
- 5 illness, lack of order
- 6 statements that something is true
- 7 devices in space that communicate signals to Earth
- 8 strange, weird, wacky
- 9 first, early
- 10 accused
- 11 made changes in the natural structure (e.g., of a plant)
- 12 natural, grown or produced without chemicals

With a partner, discuss what the reading passage might be about based on the title of the lesson and the words in the cells. Then, write a general statement describing what you think the reading passage will be about.

*I think the reading passage will be about* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## The Battle of the Bees

Beekeepers around the world are worried for the future of honey, **pollination**<sup>1</sup>, and the world's food supply. When John MacDonald, a beekeeper in northern California, went to check on his bees three weeks into a **dormant**<sup>2</sup> season in 2006, he knew his bees had been hit with **Colony**<sup>3</sup> **Collapse**<sup>4</sup> **Disorder**<sup>5</sup> (CCD). "I've heard about CCD killing millions of bees practically overnight, but I never thought it would happen to my bees."

*"... I never thought it would happen to my bees."*

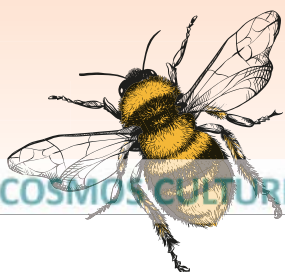
CCD has affected bees across North America, Brazil, Asia, and parts of Europe. The first reports of CCD came to light in the USA in 2004, and soon, unfounded **claims**<sup>6</sup> for causes began spreading throughout the media. Radiation from cell phones and Russian **satellites**<sup>7</sup> were among the **bizarre**<sup>8</sup> explanations. Other **initial**<sup>9</sup> explanations included parasites, bacteria, and viruses that were showing up in bees more commonly than before.

Many researchers believe that pesticide use by farmers is the reason why the bees have been disappearing. The Minister of Agriculture in France banned the use of a pesticide **blamed**<sup>10</sup> for CCD, but years later, bees in that country are still experiencing the same disorder. This makes it difficult to put the entire blame on pesticides alone.

One thing most scientists agree on is that more research is needed before any conclusions are reached. "Genetically **modified**<sup>11</sup> plants and global warming are two areas that need further exploration," says Dr. Marissa Fontaine, "The public needs to be more aware of the danger of losing our bees. Farmers in China have already resorted to pollinating their own pear and apple trees. More money needs to be put towards finding a solution."

*"The public needs to be more aware of the danger of losing our bees."*

### What can you do to help bees win the battle?



1. Provide bees in your area with natural, **organic**<sup>12</sup> food by planting a flower garden in your yard.
2. Support organic farming by buying organically grown fruits and vegetables.
3. Take up beekeeping as a hobby! The more bees, the better.
4. Write letters to your government's agriculture representative and tell them why more money needs to be put into CCD research.

# 27 Napa Valley

Before You Read

**Pre-reading Warm-up**

The photos below were taken during a couple's honeymoon in Napa Valley. Write captions (short descriptions) for each of the photos.



*A historic building on the vineyard used as a tasting room*





## 27 Honeymoon in Napa Valley

Chera, Monday, June 5th

It's day three of our **honeymoon**<sup>1</sup>, and I couldn't wait to tell you what a lovely time we are having here in northern California! We are staying at a **quaint**<sup>2</sup> **B&B**<sup>3</sup> in Napa County, surrounded by **vineyards**<sup>3</sup> stretching as far as the eye can see. The quiet, laid-back **atmosphere**<sup>4</sup> makes Napa the perfect place to **unwind**<sup>5</sup> after the months of planning and **preparation**<sup>6</sup> for the wedding. We went on a wine tour today where Bill and I were able to taste some of world's finest wines.

We found out a lot about the history of wine making in Napa on the tour. Today we learned that wineries in Napa have a history that dates back to the early 1800s. We also learned about the effect **prohibition**<sup>7</sup> had on the industry in the 20s, and how since then it has fully **recovered**<sup>7</sup>. There are now over 300 wineries in the county! Now, that's a lot of wine! Tomorrow we are going to a yearly **auction**<sup>8</sup> where wineries **donate**<sup>9</sup> bottles of wine that are auctioned off to the highest **bidder**<sup>10</sup>. All the proceeds from the event go to **charity**<sup>11</sup>.

Bill and I are hoping to bid on a **vintage**<sup>12</sup> bottle to enjoy on our first anniversary. I sure hope we get a nice bottle! On Thursday we are off to San Francisco for two nights before heading back home. It's always been a dream of ours to visit **Alcatraz**<sup>3</sup>. I sure wish Bill and I had more vacation time. Our employers definitely don't give us enough holidays! Can't wait for you to see all the great photos I'm taking!

Dina xo

P.S. We need to come here together someday, just us girls!



Chera Dubois  
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- 1 period of time a newly married couple spends together after their wedding, typically on vacation
- 2 charming, old-fashioned
- 3 pieces of land where grapevines are grown
- 4 mood, tone
- 5 relax
- 6 work or planning before an event
- 7 returned to a previous state
- 8 sale by bidding (offering an amount of money)
- 9 give to an organization for a good cause
- 10 someone offering an amount of money to buy something at an auction
- 11 organization that collects money to help people/animals that need help
- 12 describing wine of high quality that was made in a particular year

**1** This acronym refers to "Bed and Breakfast," a popular alternative to staying at a hotel when away from home in North America and Europe. **B&Bs** typically provide accommodations in large, historical homes offering private rooms and breakfast.

**2** This refers to a period of time in the United States when there was a ban on the manufacture, sale, and consumption of alcoholic beverages.

**3** A prison off the coast of San Francisco that was almost impossible to escape from. It is no longer an active prison.