

You are what you eat

A Read these sentences from a lecture. Match the words in *italic* to the definitions (a-j).

- 1 There is certainly a relationship between a healthy *diet* and a healthy mind.
- 2 In the experiment, 100 people were given a drug and 100 were given a *placebo*.
- 3 The pills contained vitamins and *minerals*.
- 4 Many people take vitamin pills to *supplement* their diets.
- 5 The typical modern American diet contains many *omega-6 fatty acids*.
- 6 Recently the *consumption* of high-fat foods has increased.
- 7 Junk food is *prevalent* in the modern Western diet.
- 8 There was a violent *incident* in the prison when one prisoner attacked another.
- 9 The study *tracked* the murder rate from 1960 until the present.
- 10 There is *compelling* evidence that diet and behaviour are related.

- a a substance given to a person who is told that it is medicine, in a study to compare the effect of a medicine
- b to add something to something else to make it better
- c an unpleasant or unusual event
- d the amount eaten
- e chemicals your body needs to stay healthy, e.g. iron
- f the food usually eaten by a person
- g recorded the development of something over a period
- h substances found in oils that are good for your health
- i strong, persuasive
- j very common

What do you think the lecture will be about?

B Listen to the beginning of the lecture and answer these questions.

- 1 How many parts will the lecture have?
- 2 What will the different parts be?

C Listen to the lecture and answer these questions.

- 1 What does the professor say has happened to the Western diet in the last 100 years?
- 2 What did the first study find out about the relationship between consumption of omega-6 fatty acids and murder rates?
- 3 What happened to the behaviour of the two groups in the second study?

D Listen again and answer these questions.

- 1 The proportion of omega-6 to omega-3 fatty acids in traditional diets is
- 2 The proportion of omega-6 to omega-3 fatty acids in the modern American diet is
- 3 The omega-6 fatty acids in the modern diet come from
- 4 The first study mentioned by the professor tracked
- 5 Japan is an example of
- 6 The first group in the prison population study was given
- 7 The second group in the prison population study was given
- 8 When the study ended,

