

You are what you eat

E The text below is based on the lecture. The grammar is correct but the sentences are very simple and repetitive. Work together to rewrite the summary by combining the sentences to make it less repetitive.

Over the past 100 years the Western diet has changed dramatically. In traditional diets there are approximately 2 to 4 times more omega-6 fatty acids than omega-3 fatty acids. In the modern American diet there are approximately 14 to 25 times more omega-6 fatty acids than omega-3 fatty acids. The large quantity of omega-6 fatty acids comes from oils. The oils are used in prepared food, snack food and fast food.

The change in diet may be affecting behaviour. Two studies indicate this. The first study involved 38 countries. It began in the 1960s. The consumption of omega-6 fatty acids was tracked. The murder rates were tracked. In some countries the consumption of omega-6 increased. The murder rate rose proportionally. In some countries the consumption of omega-6 remained low. The murder rate remained low. Japan is an example.

The second study involved a prison population of young men. They had been convicted of serious crimes. There was a high rate of violent incidents in the prison. Over 200 volunteers were divided into two groups. One group received a placebo. There was no change in the behaviour of this group. The other group received a supplement. The supplement consisted of multivitamins, minerals and fatty acids. In this group the rate of violent incidents decreased dramatically. The experiment ended. The volunteers went back to their regular diets. The number of violent offences returned to the same level as before the experiment.

F Think of a title for your summary. Remember, a good title should grab people's attention and reflect the main ideas of the text.

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