



A diet high in ultra-processed food is linked to a greater risk of many diseases : Shots

Description

Ultra-processed foods, like fast food and sugary drinks, can make us unhealthy, a recent study shows. Ultra-processed foods are made with a lot of salt, sugar, and fat, which is not good for our body. They also have many ingredients that we do not have in our own kitchen, such as high-fructose corn syrup and artificial flavors.

Consuming a high amount of these foods can lead to serious sickness like **obesity**, anxiety, cancer, and even early death. The study found that people who ate a lot of ultra-processed foods were at greater **risk** of these health issues.

Health experts recommend that we fill half of our plate with fruits and vegetables. They also advise eating a lot of **whole grains** and not too many refined ones, like those present in ultra-processed foods.

This new discovery shows how important a healthy diet is for our physical and mental health. So, it's important for us to eat healthier for our overall wellbeing.

Vocabulary Insights:

- **Ultra-processed** (adjective): Changed through chemical and other processes to be more shelf-stable, enjoyable, and affordable.
- **Consuming** (verb): To eat or drink something.
- **Obesity** (noun): A medical condition characterized by excess body fat.
- **Risks** (noun): Chances or possibilities of harm or loss.
- **Whole grains** (adjective): Grains that contain all parts of the grain — the bran, germ, and endosperm.

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Vocabulary List:

1. **Ultra-processed** // (adjective): Changed through chemical and other processes to be more shelf-stable, enjoyable, and affordable.
2. **Consuming** // (verb): To eat or drink something.
3. **Obesity** // (noun): A medical condition characterized by excess body fat.
4. **Risks** // (noun): Chances or possibilities of harm or loss.
5. **Whole grains** // (adjective): Grains that contain all parts of the grain — the bran, germ, and endosperm.
6. **Transparency** // (noun): The quality of being open and honest.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which type of virus can cause symptoms such as fever, cough, and sore throat?
Option: Adenovirus
Option: Norovirus
Option: Diabetes
Option: Heart disease
2. What term refers to individuals who have received a vaccine to prevent a specific disease?
Option: Vaccinated
Option: Psychiatric
Option: Handle
Option: Transparency
3. Excessive body weight that increases the risk of various health conditions is known as:
Option: Obesity
Option: Commit
Option: Test



Option: Consuming

4. Which type of food is a good source of fiber and nutrients and is recommended for a healthy diet?

Option: Whole grains

Option: Fluids

Option: Research

Option: Facilities

5. What virus is highly contagious and can cause stomach pain nausea vomiting and diarrhea?

Option: Norovirus

Option: Chance

Option: Promise

Option: Early death

6. Which term describes the possibility of something happening?

Option: Chance

Option: Shellfish

Option: Heart attack

Option: Handle

7. What process involves the systematic investigation into and study of materials and sources to establish facts and reach new conclusions?

Option: Research

Option: Facilities

Option: Psychiatric

Option: Ultra-processed

8. Food products that are significantly altered from their original form and often contain additives fall under which category?

Option: Ultra-processed

Option: Commit

Option: Promises

Option: Fluids

9. Which term refers to the quality of being easily understood and openly communicated?

Option: Transparency

Option: Diarrhoea

Option: Handle

Option: Medicines

10. What medical condition causes inflammation of the stomach and intestines leading to symptoms like diarrhea and vomiting?

Option: Gastroenteritis



- Option: Handles
- Option: Promise
- Option: Immune system

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. A _____ occurs when blood flow to a part of the heart is blocked for a long enough time that part of the heart muscle is damaged or dies.
12. To achieve success you must _____ to your goals and work hard towards them consistently.
13. Making a _____ to oneself to maintain a healthy lifestyle can lead to long-term benefits.
14. People allergic to _____ should avoid consuming them to prevent severe reactions.
15. Staying hydrated by drinking an adequate amount of _____ is essential for overall health.
16. Regular exercise and a balanced diet help maintain a strong and healthy _____.
17. One of the symptoms of certain infections is persistent _____ which can lead to dehydration.
18. Always consult a healthcare professional before taking any new _____ to avoid potential interactions.
19. Healthcare _____ such as hospitals and clinics play a crucial role in providing medical services to the community.
20. It is important to _____ a qualified and experienced healthcare provider for accurate



diagnosis and treatment.

21. Learning how to effectively _____ stress is key to maintaining mental and emotional well-being.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

22. Issues related to mental health may require the expertise of professionals in this field.
23. To reach your fitness goals you must dedicate yourself to consistent effort and hard work.
24. Learning how to effectively manage daily stress is important for one's well-being.
25. Making a commitment to healthy habits often starts with a personal pledge to oneself.
26. In the healthcare industry clear and honest communication is key to building trust with patients.
27. Scientists conduct experiments and gather data to advance knowledge and make new discoveries in various fields.
28. Modern hospitals are well-equipped with state-of-the-art technology and resources to provide quality care.
29. Promising oneself to maintain a balanced diet and regular exercise routine can lead to improved health.
30. There is always a possibility or opportunity for positive outcomes to occur in any situation.
31. Developing coping mechanisms to handle stress is crucial for mental resilience and emotional well-being.

Answer

Multiple Choice: 1. Adenovirus 2. Vaccinated 3. Obesity 4. Whole grains 5. Norovirus 6. Chance 7. Research 8. Ultra-processed 9. Transparency 10. Gastroenteritis

Gap-Fill: 11. Heart attack 12. Commit 13. Promise 14. Shellfish 15. Fluids 16. Immune system 17. Diarrhoea 18. Medicines 19. Facilities 20. Appoint 21. Handle

Matching sentence: 1. Psychiatric 2. Commit 3. Handle 4. Promise 5. Transparency 6. Research 7. Facilities 8. Promise 9. Chance 10. Handle



CATEGORY

1. Health - LEVEL2

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