



Are Supermarkets Sacrificing Our Health for Convenience?

Description

In many countries, people buy food in supermarkets, convenience stores, and online. But how is this convenience affecting our health?

Our study, done with UNICEF, looked at how people in 97 countries shopped for groceries over 15 years.

We found that the number of supermarkets and convenience stores is growing. People are also spending more money in these stores and online.

However, this has negative effects on our health. In countries with more chain grocery stores, people buy more unhealthy food and become more obese.

We studied food shops around the world. We found that chain grocery stores increased by 23.6% from 2009 to 2023. Many more of these stores opened in low- and middle-income countries.

Our study showed that unhealthy processed food sales grew by 10.9% in 15 years. Because of this, obesity rates are also rising.

Some countries are starting to change. For example, the UK is working to limit where unhealthy foods are placed in stores. It is important to create healthier food choices for everyone.

Vocabulary List:

1. **Convenience** /kən'vi:.njəns/ (noun): The state of being able to proceed with something with little effort or difficulty.
2. **Obese** /əʊ'bi:s/ (adjective): Having an excessive amount of body fat.
3. **Processed** /'prəʊ.sesd/ (adjective): Subjected to a series of mechanical or chemical operations to change or preserve it.
4. **Sales** /seɪlz/ (noun): The exchange of a commodity for money; the action of selling something.
5. **Increasing** /ɪn'kri:.sɪŋ/ (verb): Becoming larger or greater in size amount or degree.
6. **Limit** /'lɪm.ɪt/ (verb): To restrict or control something within certain boundaries.

Comprehension Questions



Multiple Choice

1. How did the study conducted with UNICEF examine people's grocery shopping habits?
 - Option: Over 15 years in 97 countries
 - Option: Over 5 years in 50 countries
 - Option: Over 10 years in 75 countries
 - Option: Over 20 years in 120 countries

2. What is the impact of the growing number of supermarkets and convenience stores on people's spending habits?
 - Option: Decrease in spending
 - Option: No impact on spending
 - Option: Increase in spending
 - Option: Unpredictable spending patterns

3. According to the study, what happens to people in countries with more chain grocery stores?
 - Option: Buy healthier food
 - Option: Buy less food
 - Option: Buy more unhealthy food and become obese
 - Option: Shop at different locations

4. How much did chain grocery stores increase from 2009 to 2023 according to the study?
 - Option: 10.5%
 - Option: 15.2%
 - Option: 23.6%
 - Option: 30.1%

5. What percentage did unhealthy processed food sales grow in 15 years based on the study?
 - Option: 5.3%
 - Option: 7.8%
 - Option: 10.9%
 - Option: 14.2%

6. Which country is mentioned as working to limit where unhealthy foods are placed in stores?
 - Option: USA
 - Option: China
 - Option: UK
 - Option: France



True-False

- 7. The study found that the number of supermarkets and convenience stores is decreasing worldwide.
- 8. Unhealthy processed food sales have no impact on obesity rates according to the study.
- 9. Low- and middle-income countries saw a decrease in chain grocery stores from 2009 to 2023.
- 10. The study showed that healthier food choices are not a concern for public health officials.
- 11. The UK is highlighted as a country taking steps to promote healthier food choices.
- 12. The study concluded that convenience stores have a positive impact on people's health.

Gap-Fill

- 13. Chain grocery stores increased by _____ from 2009 to 2023.
- 14. Unhealthy processed food sales grew by _____ in 15 years according to the study.
- 15. The study focused on examining people's grocery shopping habits over a period of _____ years in 97 countries.
- 16. The UK is actively working to limit the placement of unhealthy foods in stores to promote _____ food choices.
- 17. According to the study, in countries with more chain grocery stores, people tend to buy more _____ food and become obese.
- 18. In many countries, people buy food in various places such as supermarkets, convenience stores, and _____.

Answer

Multiple Choice: 1. Over 15 years in 97 countries 2. Increase in spending 3. Buy more unhealthy food and become obese



4. 23.6% 5. 10.9% 6. UK

True-False: 7. False 8. False 9. False 10. False 11. True 12. False

Gap-Fill: 13. 23.6% 14. 10.9% 15. 15 16. healthier 17. unhealthy 18. online

Vocabulary quizzes

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

1. What is the distance around a circle called?

- Option: Radius
- Option: Diameter
- Option: Circumference
- Option: Area

2. Which type of food should be limited in a healthy diet?

- Option: Fresh
- Option: Processed
- Option: Organic
- Option: Homemade

3. What is physical activity done to improve health called?

- Option: Break
- Option: Exercise
- Option: Rest
- Option: Diet

4. What is the possibility of something bad happening called?

- Option: Award
- Option: Risk
- Option: Reward
- Option: Challenge

5. Which type of factors are inherited from parents?

- Option: Environmental
- Option: Genetic
- Option: Lifestyle
- Option: Dietary

6. What term describes a person who is significantly overweight?

- Option: Underweight
- Option: Obese



- Option: Athletic
- Option: Average

7. What term refers to a range of different things?

- Option: Uniformity
- Option: Diversity
- Option: Similarity
- Option: Consistency

8. What are the activities related to selling products or services?

- Option: Production
- Option: Sales
- Option: Innovation
- Option: Distribution

9. What is the total number of people living in a specific area?

- Option: Traffic
- Option: Population
- Option: Immigration
- Option: Territory

10. What encompasses the social behavior and norms of a specific group?

- Option: Music
- Option: Culture
- Option: Science
- Option: Sport

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

11. Education is _____ for personal growth and development.

12. Due to climate change the frequency of extreme weather events is _____.

13. The system can perform _____ updates without user intervention.

14. Developing good study _____ can improve academic performance.

15. Regular exercise provides numerous health _____.

16. Excessive workload can lead to high levels of _____.



17. People _____ festivals to mark special occasions.
18. Setting an alarm is a useful _____ to wake up on time.
19. Online shopping offers the _____ of shopping from home.
20. Hard work is often recognized with _____ and promotions.
21. It is important to _____ junk food consumption.

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

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| 22. Scientists who conduct experiments and studies to expand knowledge in their field. |
| 23. Individuals involved in a research study or an event. |
| 24. Eating fruits and vegetables is for overall health. |
| 25. The disappearance of a species from the Earth. |
| 26. Evaluating similarities and differences between two or more things. |
| 27. Remnants or impressions of ancient organisms preserved in rock. |
| 28. A decline in cognitive function beyond normal aging. |
| 29. The way in which two or more people or things are connected. |
| 30. A series of actions or steps taken to achieve a particular result. |
| 31. A feeling of emotional or physical tension. |

Answer

Multiple Choice: 1. Circumference 2. Processed 3. Exercise 4. Risk 5. Genetic 6. Obese 7. Diversity 8. Sales 9. Population 10. Culture

Gap-Fill: 11. Important 12. Increasing 13. Automatic 14. Habits 15. Benefits 16. Stress 17. Celebrate 18. Reminder 19. Convenience 20. Rewards 21. Limit

Matching sentence: 1. Researchers 2. Participants 3. Beneficial 4. Extinction 5. Comparison 6. Fossil 7. Dementia 8. Relationship 9. Process 10. Stress



CATEGORY

1. Health - LEVEL1

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