



FDA Updates 'Healthy' Food Guidelines After 30 Years

Description

The United States has changed what "healthy" food means for the first time in 30 years. They removed white bread from the list and added healthy foods like eggs and salmon, officials said on Thursday.

This change is important because many people in America are getting sick from bad diets. Health experts say we need to act now.

The Food and Drug Administration (FDA) is also making a new symbol. This symbol will help people find out quickly if a food is healthy.

"Many diseases come from what we eat. These include heart disease and diabetes," said Jim Jones from the FDA. He noted that diet-related diseases are a big problem in the U.S.

Right now, many people eat too much fat, sugar, and salt. Almost 80% do not eat enough dairy, fruits, and vegetables.

The new rules say that foods labeled as "healthy" must have important ingredients like vegetables or proteins. They must also have limits on saturated fat, salt, and sugar.

Some foods like avocados and nuts are now considered healthy. But sugary snacks do not make the list anymore.

The FDA has not said when the new symbol will be ready.

Vocabulary List:

1. **Nutrition** /nju'trɪʃən/ (noun): The process of providing or obtaining the food necessary for health and growth.
2. **Limit** /'lɪmɪt/ (verb): To restrict the number amount or size of something.
3. **Disease** /dɪ'zi:z/ (noun): A disorder of structure or function in a human animal or plant.
4. **Saturated** /'sætʃəreɪtɪd/ (adjective): Soaked or saturated with moisture; often referring to fats that are solid at room temperature.
5. **Ingredient** /ɪn'ɡri:diənt/ (noun): Any of the foods or substances that are combined to make a particular dish.
6. **Symbol** /'sɪmbəl/ (noun): A mark or character used as a conventional representation of an object function or process.

Comprehension Questions



Multiple Choice

1. What food item was removed from the list of "healthy" foods by the United States?
Option: White bread
Option: Eggs
Option: Salmon
Option: Avocados
2. According to the text, what percentage of people in America do not consume enough dairy, fruits, and vegetables?
Option: 20%
Option: 50%
Option: 70%
Option: 80%
3. Which of the following diseases did Jim Jones mention as being linked to diet-related issues?
Option: Cancer
Option: Heart disease
Option: Influenza
Option: Osteoporosis
4. Which of the following is mentioned as an example of a healthy food in the text?
Option: Sugary snacks
Option: Nuts
Option: White bread
Option: Pizza
5. What must foods labeled as "healthy" have according to the new rules?
Option: High sugar content
Option: Saturated fat limits
Option: No protein
Option: No vegetables
6. Which organization is responsible for making a new symbol to help identify healthy foods?
Option: World Health Organization (WHO)
Option: Food and Drug Administration (FDA)
Option: Centers for Disease Control and Prevention (CDC)
Option: American Heart Association



True-False

7. America has changed the definition of "healthy" food for the first time in 30 years.
8. The new rules regarding "healthy" foods do not include limits on salt intake.
9. Jim Jones mentioned that diet-related diseases are not a big problem in the U.S.
10. Avocados are now considered unhealthy according to the text.
11. The FDA has already introduced the new symbol to identify healthy foods.
12. Eggs were added to the list of "healthy" foods by the United States.

Gap-Fill

13. According to the text, many Americans do not eat enough dairy, fruits, and vegetables because almost _____ % of them fail to do so.
14. The new rules require that foods labeled as "healthy" have limits on saturated fat, salt, and _____.
15. The FDA did not mention when the new symbol to identify healthy foods will be _____ ready.
16. Officials stated that the change in the definition of "healthy" foods is important because many people in America are getting sick from bad _____.
17. According to Jim Jones from the FDA, diet-related diseases like heart disease and diabetes are a significant problem in the United _____.
18. The United States removed _____ from the list of healthy foods in the recent change



in food standards.

Answer

Multiple Choice: 1. White bread 2. 80% 3. Heart disease 4. Nuts 5. Saturated fat limits 6. Food and Drug Administration (FDA)

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

Gap-Fill: 13. 80 14. sugar 15. ready 16. diets 17. States 18. white bread

Vocabulary quizzes

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

1. What term refers to marking the 100th anniversary of an event?

Option: Illuminate

Option: Centennial

Option: Celebrate

Option: Researchers

2. Which term relates to inherited traits passed down from parents?

Option: Alveolar

Option: Genetic

Option: Filament

Option: Protein

3. What is the study of nutrients and their effects on health?

Option: Disease

Option: Nutrition

Option: Published

Option: Limit

4. Which term means to restrict or set a boundary?

Option: Filament

Option: Risk

Option: Limit

Option: Condition

5. Which term describes something containing a high amount of sugar?

Option: Symbol



- Option: Epidemiologist
- Option: Sugary
- Option: Remains

6. Which condition affects the heart and its functioning?

- Option: Genetic
- Option: Heart Disease
- Option: Research
- Option: Soft

7. What term refers to the act of making information available to the public?

- Option: Published
- Option: Protein
- Option: Soft
- Option: Digest

8. Which term refers to a slender thread-like structure?

- Option: Celebrate
- Option: Condition
- Option: Filament
- Option: Repair

9. Who studies the distribution and determinants of health and disease in populations?

- Option: Soft
- Option: Epidemiologist
- Option: Alveolar
- Option: Categorized

10. Which term refers to what is left after something else has been removed?

- Option: Protein
- Option: Nutrition
- Option: Risk
- Option: Remains

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

11. A _____ pillow is comfortable to sleep on.
12. Many _____ are working on finding a cure for cancer.
13. There are various _____ available for arthritis to manage the symptoms.



14. The _____ sacs in the lungs facilitate the exchange of oxygen and carbon dioxide.
15. Regular exercise can improve your physical _____.
16. Chicken and beans are good sources of dietary _____.
17. Smoking increases the _____ of developing lung cancer.
18. We will _____ our team's success with a party.
19. The books in the library are _____ by genre.
20. Fiber helps to promote healthy _____ in the digestive system.

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

21. The candles served to the room during the power outage.
22. We will our anniversary with a romantic dinner.
23. Athletes require a high intake of to support muscle recovery.
24. The doctor specializes in the treatment of infectious .
25. Butter is high in fats.
26. Investing in stocks carries a certain level of financial .
27. The university is known for its groundbreaking medical .
28. The baby's blanket was warm and .
29. The dove is often used as a of peace.
30. After the explosion only debris and rubble in the aftermath.

Answer

Multiple Choice: 1. Centennial 2. Genetic 3. Nutrition 4. Limit 5. Sugary 6. Heart Disease 7. Published 8. Filament 9. Epidemiologist 10. Remains

Gap-Fill: 11. Soft 12. Researchers 13. Treatments 14. Alveolar 15. Condition 16. Protein 17. Risk 18. Celebrate



19. Categorized 20. Digest

Matching sentence: 1. Illuminate 2. Celebrate 3. Protein 4. Disease 5. Saturated 6. Risk 7. Research 8. Soft
9. Symbol 10. Remains

CATEGORY

1. Health - LEVEL1

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