



## Join Well's 5-Day Ultraprocessed Foods Challenge Today!

### Description

Imagine filling your shopping cart with ultraprocessed foods. You might picture potato chips and hot dogs, but this category extends to foods often seen as healthy, such as whole grain breads, breakfast cereals, and flavored yogurts, making them tricky to identify.

Ultraprocessed foods typically contain ingredients not found in a home kitchen. These may include artificial flavors, synthetic dyes, hydrogenated oils, and emulsifiers, which bind elements like oil and water that usually don't mix.

A staggering 58% of the American diet consists of ultraprocessed foods, and research has linked this to health issues, such as heart disease, Type 2 diabetes, and mental health conditions like anxiety and depression. But should you cut these foods out entirely?

Starting on Jan. 6, 2025, embark on a weeklong journey with us to explore ultraprocessed foods. You'll delve into what they are, how to spot them, and ways to tweak your diet for better health. This challenge isn't about doing a complete overhaul of your eating habits—it's about engaging in fun, insightful experiments to examine these foods and your relationship with them. Expect taste tests, recipes, a grocery store visit, and other unexpected activities.

Your guides will be Well's columnist, Jancee Dunn, and nutrition reporter Alice Callahan, with insights from nutrition and food science experts. By week's end, you'll likely feel more empowered in your food choices and develop habits for a healthier year.

To participate, subscribe to the Well newsletter. If you're already receiving it, you're all set. Otherwise, sign up to receive daily challenges from Jan. 6 to Jan. 10, with the Well newsletter continuing every Thursday thereafter.



## Vocabulary List:

1. **Ultraprocessed** /ˌʌl.trəˈprəʊ.sɛst/ (adjective): Foods that have been significantly altered from their original form through industrial processing often containing additives.
2. **Ingredients** /ɪnˈɡriː.di.ənts/ (noun): The substances that make up a food product typically elements that are mixed together to prepare a dish.
3. **Emulsifiers** /ɪˈmʌl.sɪ.fai.ərz/ (noun): Substances that help mix two or more ingredients that usually do not blend well such as oil and water.
4. **Health** /hɛlθ/ (noun): The state of being free from illness or injury; overall physical and mental well-being.
5. **Empowered** /ɪmˈpəʊəd/ (verb): To give someone the authority or power to do something; to make someone feel stronger and more confident.
6. **Diet** /ˈdaɪ.ət/ (noun): The kinds of food that a person animal or community habitually eats.

## Comprehension Questions

### Multiple Choice

1. What are some examples of ultraprocessed foods mentioned in the text?  
Option: Potato chips and hot dogs  
Option: Whole grain breads and breakfast cereals  
Option: Flavored yogurts  
Option: All of the above
2. What type of ingredients are typically found in ultraprocessed foods?  
Option: Natural flavors and colors  
Option: Artificial flavors, synthetic dyes, hydrogenated oils, and emulsifiers  
Option: Fresh fruits and vegetables only  
Option: Organic ingredients
3. What percentage of the American diet consists of ultraprocessed foods?  
Option: 30%  
Option: 45%  
Option: 58%  
Option: 72%



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4. What health issues have been linked to consumption of ultraprocessed foods?

- Option: Obesity
- Option: Heart disease
- Option: Type 2 diabetes
- Option: All of the above

5. Who are the guides for the weeklong journey to explore ultraprocessed foods?

- Option: Jancee Dunn and Alice Callahan
- Option: Nutrition and food science experts
- Option: Grocery store employees
- Option: Celebrity chefs

6. When does the weeklong exploration of ultraprocessed foods begin?

- Option: December 25, 2025
- Option: January 10, 2025
- Option: January 6, 2025
- Option: February 1, 2025

### True-False

- 7. Ultraprocessed foods often contain ingredients not commonly found in a home kitchen.
- 8. Cutting out ultraprocessed foods entirely is recommended for good health.
- 9. The Well newsletter will feature daily challenges from Jan. 6 to Jan. 10 only.
- 10. Participants are expected to completely overhaul their eating habits during the weeklong exploration.
- 11. The guides include nutrition and food science experts.
- 12. By the end of the week, participants may feel more confident in making food choices.

### Gap-Fill

- 13. A staggering \_\_\_\_\_ % of the American diet consists of ultraprocessed foods.
- 14. The weeklong exploration of ultraprocessed foods starts on Jan. 6, \_\_\_\_\_.



15. Ratan Naval Tata was the chairman of Tata Group from 1990 to \_\_\_\_\_.
16. Ultraprocessed foods typically contain artificial flavors, synthetic dyes, hydrogenated oils, and \_\_\_\_\_.
17. In ultraprocessed foods, emulsifiers bind elements like \_\_\_\_\_ and \_\_\_\_\_ together.
18. Participants are encouraged to sign up for the Well newsletter to receive daily challenges from Jan. 6 to Jan. \_\_\_\_\_.

## Answer

**Multiple Choice:** 1. All of the above 2. Artificial flavors, synthetic dyes, hydrogenated oils, and emulsifiers 3. 58% 5. Jancee Dunn and Alice Callahan 6. January 6, 2025  
**True-False:** 7. True 8. False 9. False 10. False 11. False 12. True  
**Gap-Fill:** 13. 58 14. 2025 15. 2012 16. emulsifiers 17. oil 18. 10

## Vocabulary quizzes

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

1. What term refers to any sickness or disease?  
Option: Inflammation  
Option: Omega-6  
Option: Moderation  
Option: Ailments
2. Which term relates to the ability to conceive a child or produce offspring?  
Option: Ailments  
Option: Resilience  
Option: Fertility  
Option: Anxiety
3. What is a customary allowance of food and drink?  
Option: Health



- Option: Empowered
- Option: Diet
- Option: Anxiety

4. Which term describes something difficult to find catch or achieve?

- Option: Contractions
- Option: Elusive
- Option: Ultraprocessed
- Option: Ingredients

5. Which term relates to the mental action or process of acquiring knowledge and understanding?

- Option: Circulation
- Option: Equate
- Option: Cognitive
- Option: Heighten

6. What term refers to the quality or condition of being widespread?

- Option: Prevalence
- Option: Warranting
- Option: Heighten
- Option: Fertility

7. Which term describes a lifestyle involving much sitting and little physical activity?

- Option: Resilience
- Option: Empowered
- Option: Sedentary
- Option: Health

8. Which term refers to a feeling of worry nervousness or unease about something with an uncertain outcome?

- Option: Ultrasound
- Option: Reassure
- Option: Anxiety
- Option: Contemplate

9. What term describes the body's response to injury or infection often resulting in pain swelling and redness?

- Option: Inhibiting
- Option: Anticholinergics
- Option: Inflammation
- Option: Omega-6

10. Which term means to give someone the authority or power to do something?



- Option: Empowered
- Option: Resilience
- Option: Anticholinergics
- Option: Cognitive

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

11. \_\_\_\_\_ foods often contain high amounts of added sugars fats and salt.
12. Before making a decision it is essential to carefully \_\_\_\_\_ the options available.
13. Smoking can \_\_\_\_\_ the risk of developing lung cancer.
14. To bake a cake you need to gather all the necessary \_\_\_\_\_.
15. Individuals with strong \_\_\_\_\_ are better equipped to cope with difficult situations.
16. The severity of the situation may be \_\_\_\_\_ further investigation.
17. \_\_\_\_\_ is a condition characterized by a decline in cognitive function.
18. One should not \_\_\_\_\_ wealth with happiness.
19. Balancing your intake of Omega-3 and \_\_\_\_\_ fatty acids is important for good health.
20. Some medications work by \_\_\_\_\_ the action of acetylcholine in the nervous system.

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

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|---------------------------------------------------------------------------------------------------------------|
| 21. Cells with similar structure and function group together to form specific organs like the heart or lungs. |
| 22. This imaging technique is commonly used to monitor fetal development during pregnancy.                    |
| 23. Cooking often involves combining various components such as vegetables meat and spices to create a dish.  |
| 24. Substances that help mix ingredients that would not typically blend like oil and water are known as .     |
| 25. During labor the uterus experiences rhythmic tightenings known as to help with childbirth.                |



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| 26. Regular exercise and a balanced diet are crucial for maintaining overall and well-being.                     |
| 27. Some diseases have no known cure and are described as .                                                      |
| 28. Certain substances can prevent or slow down chemical reactions in the body which is known as their activity. |
| 29. The key to a healthy lifestyle often involves enjoying all things in rather than excess.                     |
| 30. Providing comfort and support to someone in distress can help them during challenging times.                 |

## Answer

**Multiple Choice:** 1. Ailments 2. Fertility 3. Diet 4. Elusive 5. Cognitive 6. Prevalence 7. Sedentary 8. Anxiety 9. Inflammation 10. Empowered

**Gap-Fill:** 11. Ultraprocessed 12. Contemplate 13. Heighten 14. Ingredients 15. Resilience 16. Warranting 17. Dementia 18. Equate 19. Omega-6 20. Anticholinergics

**Matching sentence:** 1. Tissues 2. Ultrasound 3. Ingredients 4. Emulsifiers 5. Contractions 6. Health 7. Incurable 8. Inhibiting 9. Moderation 10. Reassure

## CATEGORY

1. Health - LEVEL4

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