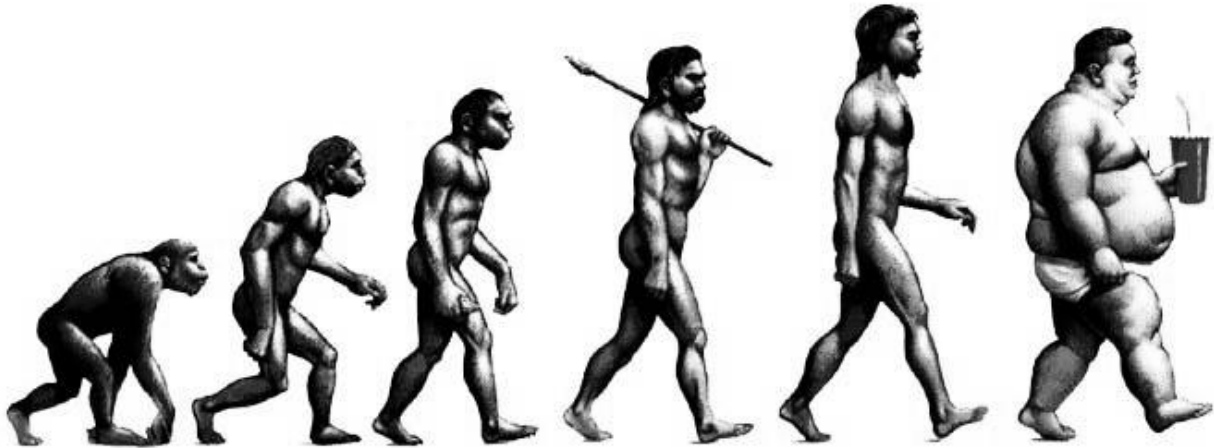


## CAREER SUICIDE OR LIFESAVER? A PROFESSIONAL FOODIE GOES VEGETARIAN



It takes an adventurous palate to be a food journalist, who must sample and judge from a wide world of cuisines. So it's understandable why some chefs and foodies might be suspicious of a food editor who decides to cut himself off from a broad range of eating possibilities by becoming vegetarian.

Indeed, vegetarianism has drawn ire from celebrity chefs like Anthony Bourdain, who called it "a persistent irritant to any chef worth a damn" and "the enemy of everything good and decent in the human spirit." So why did *Washington Post* food editor Joe Yonan risk such backlash by coming out as a vegetarian this week?

"It's been a gradual process over the last few years, actually," Yonan tells *Weekend Edition* host Scott Simon. He was eating so many meat-centric meals on the job, he says, that he found himself doing the same at home.

"It was partly health — probably initially health-driven — and then certainly a sense of environmentalism a bit, too," Yonan says. "But I really didn't set out to tell other people what they should or shouldn't do."

But Yonan's not the only food journalist turning more toward vegetables. A few years ago, *New York Times* food columnist Mark Bittman started doing a vegan diet before 6 p.m. The move was prompted by his doctor's warning that he should lose weight and get his cholesterol and blood sugar levels in check "or face dire health consequences."

You could see how high cholesterol might be a job hazard for these folks. "The meals that we food people get into can sometimes be way over-the-top of the kinds of things that normal people eat," Yonan says.

**food·ie** *noun* \fū-dē\  
**Definition of FOODIE**  
 : a person having an avid interest in the latest food fads  
**Examples of FOODIE**  
 • The restaurant is very popular among *foodies*.

But it's not just foodies who are cutting back on meat. In a poll conducted last year with Truven Health Analytics, it was found that 39% of adults surveyed said they eat less meat than they did three years ago. The main reason they cited for the change? Health concerns.

Yonan says that so far, the response to his "coming out" has been positive — except for the vegans who think he hasn't quite gone far enough. He assures readers he's

no less prepared to be a food editor because his choice of featured foods won't be affected by his own diet.

Still, we were curious. If you knew that a food editor didn't eat meat, would that alter your assessment of his coverage?

- This article appeared on *NPR* and was written by Lydia Zuraw.

Fine the word(s) that best match the definition provided.

1. Appreciation of taste and flavor.
2. To limit yourself or quit.
3. Intense and openly displayed anger.
4. Causing annoyance or frustration.
5. A sudden and strong reaction.
6. Desperately urgent, usually regarding possible disaster.
7. Dangers or risks.
8. Evaluation or estimation of the quality of something.



# Diet & nutrition

## Part 1: Vocabulary

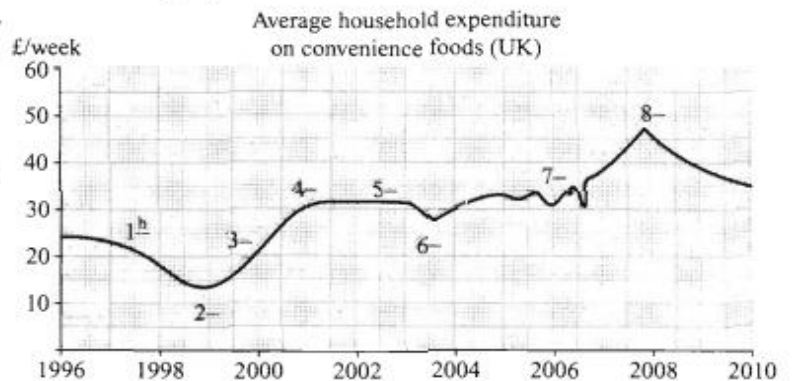


### 1 Match the expressions 1–9 with the correct definitions a–i.

- |                             |  |
|-----------------------------|--|
| 1 organic food              | a physical weakness resulting from lack of food or poor diet     |
| 2 dietary supplement        | b fruit and vegetables available at particular times of the year |
| 3 obesity                   | c food that needs little preparation and can be used at any time |
| 4 fast food                 | d a diet without meat or fish                                    |
| 5 genetically modified food | e food containing genes which have been altered                  |
| 6 seasonal produce          | f condition of being very overweight                             |
| 7 convenience food          | g tablets or foods taken to improve nutrition                    |
| 8 malnutrition              | h food grown without artificial fertilizers or pesticides        |
| 9 vegetarianism             | i food that can be obtained quickly from a restaurant            |

### 2 The verbs a–h can all be used to describe line graphs. Match each expression with the part of the graph it best describes.

- a rise [rose, risen]
- b fall [fell, fallen]
- c peak [-ed, -ed]
- d reach [-ed, -ed] its lowest point
- e level [-led, -led] off
- f dip [-ped, -ped]
- g remain [-ed, -ed] the same
- h fluctuate [-d, -d]



3 *There be + noun (+ in)* can also be used to describe trends.

Example: *There was a rise in fast food consumption.*

Write the noun form of the verbs 1–7.

Example: *rose rise*

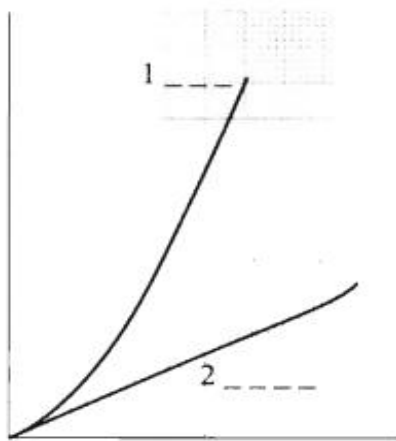
- 1 increased
- 2 peaked
- 3 decreased
- 4 dipped

- 5 fell
- 6 dropped
- 7 fluctuated

4 The adjectives a–g can be used to describe the degree of change represented in a line graph. Adjectives are placed before the noun.

Example: *There was a sharp rise in fast food consumption.*

Match each adjective with the line that it best describes.



- a gradual
- b moderate
- c modest
- d sharp
- e dramatic
- f slight
- g steep

5 Adverbs can also be used to describe the degree of change. Adverbs come after the verb.

Example: *Fast food consumption rose sharply.*

The sentences 1–5 on the left describe trends using *there be + adjective + noun*. Complete the sentences on the right using the corresponding verb + adverb.

Example: *There was a steep increase in sales of convenience food.*

*Sales of convenience food increased steeply.*

1 There was a dramatic decrease in the use of dietary supplements.

The use of dietary supplements \_\_\_\_\_.

2 There was a modest dip in levels of obesity.

Levels of obesity \_\_\_\_\_.

3 There was a slight fall in the production of genetically modified food.

The production of genetically modified food \_\_\_\_\_.

4 There was a significant drop in levels of malnutrition.

Levels of malnutrition \_\_\_\_\_.

5 There was moderate fluctuation in the availability of seasonal produce.

The availability of seasonal produce \_\_\_\_\_.