

# Language

Underline the following words and phrases in the text and notice how they are used:

*the way I look at it is this*  
*sure, ... but ...*

*of course*  
*anyway*

*what's more*  
*for example*

Now use these expressions to complete the following situations:

1. I've got a few friends who are vegetarians and they drive me mad sometimes. . . . . , when I invite them round for a meal, I always make something which is vegetarian, but when they invite me back, they never cook meat for me!
2. I know all the arguments, but . . . . . – it's a symptom of the growing affluence of society. Ask someone who is starving in Africa which they would rather do – die or eat an animal. I know what their answer would be!  
> . . . . . that's understandable, . . . . . we're not in their situation and we have a choice.
3. . . . . we need a balanced diet! It's perfectly possible to be a vegetarian and eat healthily. I'm not so sure about a vegan diet, however. Vegans always seem to look pale and in need of a good steak!
4. I haven't eaten meat for almost 40 years and . . . . . I don't intend changing my fundamental belief that it is cruel to eat another creature.
5. I always buy organic food. I just can't bear the thought of eating all the pesticides they spray on fruit and vegetables.  
> I agree with you. I hate the thought of what they do to our food. You're absolutely right. . . . . , there's not much I can do. I can't actually afford to buy organic stuff, so in the end I don't really have a choice.

## Discussion

Complete the questionnaire below, then compare your answers in pairs or small groups.

<b>HOW CONCERNED ARE YOU?</b>	
Answer the following questions. Then add up your score at the end.	
<b>1. Do you buy genetically modified foods?</b> a. Never. b. Only if there is no alternative. c. It doesn't make any difference to me if they are GM or not.	<b>4. What sort of fish do you buy?</b> a. I never eat fish. b. I usually buy wild fish. c. I usually buy farmed fish.
<b>2. Given the choice between organic and non-organic foods, what do you do?</b> a. I always buy the organic option. b. I sometimes buy the organic option – unless it is much more expensive. c. I always buy the non-organic option – it's usually cheaper.	<b>5. Do you grow your own vegetables?</b> a. Yes. b. No, but a friend does and he gives me some. c. No.
<b>3. When you buy eggs, how often do you get free range eggs?</b> a. Always. b. Sometimes. c. Never.	<b>6. Where do you buy most of your food?</b> a. from local farmers. b. from local markets. c. from supermarkets.
	<b>7. What sort of produce do you generally buy?</b> a. Mostly fresh. b. About half fresh, half tinned or frozen. c. Mostly tinned or frozen or ready to cook.

How did you score?  
Score 3 for each a; 2 for each b; and 1 for each c.  
19 or more: Well done! You are very concerned about the quality of what you eat. Try to persuade others to be like you.  
14-18: Not too bad but you could do better. Think about ways to improve what you eat.  
11-13: You could do much better but at least you have some good habits. You really must try and improve.  
Less than 11: Do you care at all about what you eat? You really must start giving it some thought.