

Eat Well Eat Fresh



The World Health

Organisation (WHO) has listed **processed**¹ meat in the top **category**² of cancer-causing foods. It shows a direct link between the **consumption**³ of processed meat and cancer.

The **public**⁴ is worried because sausages, bacon and ham have been the **favourites**⁵ of many people for **decades**⁶. The organisation **states**⁷ that eating 50 grams of them daily increases the **risk**⁸ of **colon cancer**⁹ by 18%. As a **matter of fact**¹⁰, it is not to say we should not eat them, but just eating them as seldom as possible.



Processed meats such as sausages and salami are as 'cancer-causing' as **cigarettes**¹¹ if eaten often.

4 Healthy Eating Tips from Nutritionists¹²

- Eat fresh food **whenever**¹³ it is possible
- Add seafood such as fish, prawn and crab meat into your dishes
- Fresh fruit and vegetables are always good for you
- Avoid**¹⁴ processed or canned food in your daily diet



Put Y (Yes) or N (No) in the circles:

- ① Processed meat does not **include**¹⁵ bacon and ham.
- ② Sausages are as 'harmful' as cigarettes in causing cancer if they are eaten often.
- ③ According to the passage, we should not eat ANY ham or sausages because they can cause cancer.
- ④ We should eat more seafood instead of meat.



6 Vocabulary

1. processed 加工過的 2. category 種類 3. consumption 享用 4. the public 公眾 5. favourite 最愛 6. decade 十年 7. state 陳述
8. risk 風險 9. colon cancer 結腸癌 10. as a matter of fact 事實上 11. cigarette 香煙 12. nutritionist 營養師 13. whenever 每當
14. avoid 避免 15. include 包括

Answers: 1. N 2. Y 3. Y 4. N