

# 11 Nutrition

## Activities

**Language focus:**  
*cause and effect*

**1 Circle the cause and underline the effect(s) in these sentences.**

- 1 Persons with a high income or substantial wealth have more control over their own lives.
- 2 People who are wealthy and well educated and who have high-paying jobs are much more likely to be healthy than are poor people.
- 3 Lack of adequate nutrition has been linked to children's problems in school.

**2 Match the causes and effects to form logical relationships.**

- 1 Increases in income and wealth *lead to*
- 2 Lower income is thought to *contribute to*
- 3 It is thought that lifestyle choices such as smoking *account for*
- 4 Many poor people eat less nutritious meals. *As a result,*
- 5 Poverty increases stress levels. *Consequently,*
- 6 Poverty and the fact that there is limited national healthcare in the US *means*
  - a increased susceptibility to illnesses such as diabetes and heart disease.
  - b some of the health differences between the rich and poor.
  - c that some 50 million people do not have health insurance.
  - d greater access to goods and services.
  - e psychological problems are higher in the poorer elements of society.
  - f behaviour in school can be affected.

**3 Which of these words and phrases is usually followed by a cause, and which by an effect?**

- as a result
- consequently
- due to
- for this reason
- hence
- in order to
- on account of
- since
- so
- therefore
- thus

**Essay structure and organization:  
cause-and-effect essays**

- 4 a** Look again at the Unit 11 text and the cause–effect relationships between income and physical and mental health. How could you use the text in this essay?

Unequal income distribution is creating an imbalance in health and nutritional levels in the US. Discuss.

- b** Would the text mainly be useful for supporting or for arguing against the view stated in the essay question?
- c** Look at this quote from Unit 11 in the Student’s Book. How is the view different from the Unit 11 text?

The relationship between obesity and socio-economic status (SES) varied across countries. Higher SES subjects were more likely to be obese in China and Russia, but in the US, low-SES groups were at a higher risk. (Wang, 2001)

- 5 a** Look at these topic sentences for each paragraph from an essay on the question in Exercise 4. Find support in the Unit 11 text for the first topic sentence.

- 1 Income and wealth distribution in the US is among the most unequal in the world.
- 2 There is the belief that it is mainly the poor in the US who are at greatest risk of developing obesity.
- 3 There are unfortunately a number of people in the US who require government support to be able to eat.

- b** Which topic sentence would best be supported by the quote in Exercise 4?

- c** Find support in the text for topic sentences 2 and 3.

- d** Look at the direct quotes you have selected. Read them again, then try to write down the main idea from each quote without looking at them.

- e** Check that you have expressed the idea in your own original language but kept the meaning the same.

**Extension** Write an essay answering this question. You can use information from the Unit 11 text, as well as any of the texts in Unit 11 of the Student’s Book. When you have finished, use the checklist at the back of the Student’s Book to assess your own work.

Unequal income distribution is creating an imbalance in health and nutritional levels in the US. Discuss.