2 **Read the profiles quickly and check your answers for exerci**

NAMIBIA: The long-distance lorry driver

Teri Bezuidenhout drives a lorry from South Africa to Angola – a journey of over 2,500 kilometres that takes almost three days. And then he has to come back again! It can be a tiring job and he only sees his family for about three days every month. In the mornings, he makes his only hot meal of the day at the side of the road: soup and pasta with tomato sauce. He makes a lot, so he can eat the rest later in the day. Teri doesn't usually stop driving for lunch or dinner. He has his other meals cold, while he's driving.

There are **8,400 calories** in his diet on this day.

se 1.

Calories are units of energy that tell you how much energy a food gives you. Women need about 2,000 calories every day and men need about 2,500.

CANADA: The green teen

Coco Simon Finken, 16, is a 'green teen'. She cycles to school every day – her family haven't got a car. She's a vegetarian and she even grows some of her own vegetables in her family's garden. The rest of her family have never eaten much meat, so they often eat the same meals as Coco. However, her mum, dad and sister all love *poutine* – a Canadian dish of fried potatoes with cheese and meat sauce. Coco never eats that.

There are **1,900 calories** in her daily diet.

CHINA: The university student

Chen Zhen is a student at university in south-west Shanghai, China. During the week, she lives at her university. She usually eats Chinese food for breakfast, lunch and dinner. However, she sometimes has lunch at a fast-food restaurant because there are always lots of special offers. Every weekend she goes home to her family's house in north-east Shanghai. Her family only eat vegetables and rice all week, so they can afford to have meat when Chen visits. Has her father ever eaten fast food? 'Never,' she says. 'He only eats Chinese food.'

There are **2,600 calories** in her daily diet.

3 **Read the profiles again. Answer the questions.**

1 Why doesn't Teri see his family very often?
2 Where does Teri eat most of his food during the day?
3 Why do you think Coco is called a 'green teen'?
4 Why doesn't she eat *poutine*?
5 What encourages Chen and her friends to eat at fast-food restaurants?
6 How is Chen's diet different from her father's?

4 **Which of these kinds of food and drink can you see in the photos?**

~~apple~~ beef biscuits cabbage carrot chicken
crisps lettuce mineral water pasta peas
popcorn rice soft drink soup strawberry

5 **Put the words in exercise 4 into the correct column. Can you add three more words to each column?**

Meat	Vegetables	Fruit	Drinks	Other
		apple		

/ has it changed?

COCO

- **Breakfast:** bread, strawberries, soya milk (milk from soya beans, not from animals)
- **Lunch:** veggie wrap (sandwich with cheese, pepper and lettuce), apple, carrots
- **Dinner:** jyoti matar paneer (peas and Indian cheese), white rice
- **Snacks:** homemade bread with chocolate pieces, apple, milk, vegetable juice, green tea, water



TERI

- **Breakfast, lunch and dinner:** pasta, soup, tinned meat, tinned sausages, tinned meatballs
- **Snacks:** popcorn, chocolate biscuits
- **Other:** energy drink, fizzy orange drink, bottled water



CHEN

- **Breakfast:** a rice roll, vegetables, spicy cabbage, milk
- **Lunch:** chicken, chicken burger, ice cream with chocolate sauce
- **Dinner:** fried cabbage with garlic and chilli, tomato and egg soup, white rice
- **Other:** bottled water

