

## **LOESCHER EDITORE ENGLISH. HEALTHY OR UNHEALTHY LIFESTYLE. TRANSCRIPT**

This is Bar Market, London's largest fruit and vegetable market, right next to London Bridge station. It's open on Thursdays between 11:00 a.m. to 5:00 p.m., Fridays between 12:00 p.m. to 6:00 p.m., and Saturdays between 9:00 a.m. to 4:00 p.m. There are 150 stalls and fresh products arrive every day. There are lots of tasty things to try out and buy in the market, from cooked meals to fresh bread and homemade pies. You can also find more and more organic products, with 30 stalls now selling exclusively organic food.

In Britain there are also public awareness campaigns to get people to eat more healthily, as nearly 43% of men and 33% of women are obese and 23% of both sexes are clinically obese. One of these campaigns is called Five a Day, which means you're supposed to eat five portions of fruit and vegetables every day. This could also be a freshly made fruit juice, called a smoothie, or a fruit salad, for example. That way, it's easier to get children to eat fruit.

**Woman 1:** You can get nice fresh meat and vegetables there, better than what you get in the supermarkets.

**Loescher Editore:** Is organic food important?

**Woman 1:** Yes, it can be. I mean, I like organic vegetables, 'cause they just taste better.

**Man 1:** I like good food ingredients, so I like going to markets and I try to, I try to be more healthy with my food.

**Woman 2:** Well, as a student, organic food is quite expensive, so I usually go to the local Sainsburys or I eat in college, and just in the canteen there.

**Woman 3:** I'd like to buy my own food, but it's tempting to go for, like, the unhealthy stuff, and instead of, like, a lot of vegetables and fruit.

**Woman 4:** I can be health conscious, but I've already had a sausage sandwich this morning, and I'm thinking about maybe having something else that's not so healthy but very good.

**Loescher Editore:** Do you buy organic food?

**Woman 4:** I try to, yes, and organic wine sometimes too.

**Loescher Editore:** What's good about organic food and what are the negatives?

**Woman 4:** I think it lasts longer, it seems to be fresher for longer, it usually tastes very good, but it can be a little bit more expensive.

**Woman 5:** Organic food is grown without pesticides or chemicals, and so some people think that it's more healthy for them and that possibly they might live a longer and healthier life if they eat organic food. Personally, I'm not that convinced, so I just buy ordinary fruits and vegetables.

## **VOCABULARY**

awareness (noun) - Knowing about something or understanding it.

canteen (noun) - A place where people can buy or eat food, often at school or work.

clinically (adverb) - In a way that is related to doctors or medical tests.

conscious (adjective) - Being aware of what is happening or paying attention.

convince (verb) - To make someone believe or agree with you.

obese (adjective) - Very overweight in a way that is not healthy.

organic (adjective) - Grown without chemicals or artificial substances.

pesticide (noun) - A chemical used to kill insects or pests on plants.