

Eating

Q1 High-society nutritionist Cornelia Compton-Corset has written a bestseller called *Fabulous Eating* — it's a load of tosh. Rewrite Cornelia's Food Rules, adding a dash of common sense:

1. Mind over matter at all times.
Never eat when you are hungry.
2. The one sure cure for feeling bored or lonely is a delicious cream bun or three.
3. Skip breakfast and lunch whenever you can.
4. One should chew one's food as little as possible.
5. If you are having seconds, have them straight away, before you feel too full for more.

Q2 Choose the most sensible advice from each pair:

- a) • Teenagers need to eat about half the amount that adults eat.
• Teenagers need to eat more than adults because they need more energy.
- b) • If you want to make sure your breakfast really fills you up, eat lots of cereal or bread.
• If you want to make sure your breakfast really fills you up, have lots of chocolate.
- c) • Never, ever, ever eat between meals.
• It's fine to eat between meals — but only if you're actually hungry.

DISCUSSION
QUESTION

Q3 Look at these food diaries:

Daphne

Breakfast: *Apple on the school bus.*

Lunch: *2 cigarettes and a packet of crisps*

After school: *chips*

Tea: *microwave pizza.*

Doris

Breakfast: *tea, toast and Marmite*

Lunch: *ham & tomato sandwich, apple, yoghurt*

After school: *Marmite sandwich.
Three slices of cake.*

Tea: *chicken, mash, salad*

Who do you think is eating better? Write down all the reasons why.

Write an action plan for the person who's not eating so well, suggesting some ways she could eat better.