

## Ultra-processed food linked to cancer risk

12th September, 2022



Further light has been shed on the possible dangers of eating ultra-processed food. A new study has revealed that consuming food such as sausages, frozen pizza, ready-to-eat meals, sodas and cakes can increase the risk of

cancer, heart disease or an earlier death. Ultra-processed food includes products made in factories from ingredients that are largely or entirely made in a laboratory. They are added with things like preservatives, flavour enhancers, colourings, sugar and fats. The research was conducted on over 200,000 people in the USA over a 28-year period. Researcher Dr Fang Fang Zhang said men who ate a lot of ultra-processed food had a 29 per cent higher risk of developing bowel cancer.

Ultra-processed foods make up a growing proportion of the food we eat. The WHO says they account for around two-thirds of calories in the diets of American children and teenagers. Dr Zhang said children who ate ultra-processed food gained weight more quickly than those who ate a more nutritious and well balanced diet. She said: "Americans consume a large percentage of their daily calories from ultra-processed foods." She gave advice on how people can look after their bodies better through their diets. She said: "We should consider substituting ultra-processed foods with unprocessed or minimally processed foods in our diet for cancer prevention and for the prevention of obesity and cardiovascular diseases."

Sources: [cnn.com](http://cnn.com) / [scitechdaily.com](http://scitechdaily.com) / [medicalnewstoday.com](http://medicalnewstoday.com)

### Writing

Ultra-processed food should be banned. Discuss.

### Chat

Talk about these words from the article.

light / dangers / ultra-processed food / sausages / factories / ingredients / cancer / calories / diets / teenagers / gain weight / balanced diet / advice / obesity / disease

### True / False

- 1) New research proves all ultra-processed food causes cancer. T / F
- 2) Frozen pizza can increase the risk of heart disease. T / F
- 3) The ingredients of ultra-processed food are mostly made in a laboratory. T / F
- 4) Researchers looked at data from more than 200,000 people. T / F
- 5) Two-thirds of U.S. teens get their calories from ultra-processed food. T / F
- 6) The article says South Americans eat a lot of ultra-processed food. T / F
- 7) A doctor said everyone should go on a diet. T / F
- 8) The doctor said we should totally cut out minimally processed foods. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                         |                |
|-------------------------|----------------|
| 1. <b>shed</b>          | a. replacing   |
| 2. <b>consuming</b>     | b. totally     |
| 3. <b>risk</b>          | c. make up     |
| 4. <b>entirely</b>      | d. eating      |
| 5. <b>period</b>        | e. wholesome   |
| 6. <b>proportion</b>    | f. time        |
| 7. <b>account for</b>   | g. think about |
| 8. <b>nutritious</b>    | h. cast        |
| 9. <b>consider</b>      | i. part        |
| 10. <b>substituting</b> | j. possibility |

### Discussion – Student A

- a) What do you think about what you read?
- b) Why do we eat so much processed food?
- c) What's the difference between processed and ultra-processed food?
- d) What are the dangers of eating too much processed food?
- e) How healthy is the food you have eaten recently?
- f) How can you look after your body better?
- g) How can we reduce obesity levels in society?
- h) What questions would you like to ask the researchers?

## Phrase Match

- |   |                            |
|---|----------------------------|
| 1. Further light has been shed              | a. made in a laboratory    |
| 2. ready-to-                                | b. diseases                |
| 3. ingredients that are largely or entirely | c. of the food we eat      |
| 4. flavour                                  | d. eat meals               |
| 5. The research was conducted               | e. weight more quickly     |
| 6. make up a growing proportion             | f. on over 200,000 people  |
| 7. they account for around                  | g. obesity                 |
| 8. gained                                   | h. on the possible dangers |
| 9. the prevention of                        | i. enhancers               |
| 10. cardiovascular                          | j. two-thirds of calories  |

## Discussion – Student B

- What do you think of processed food?
- What kind of unhealthy food do you eat?
- What do you think of ready-to-eat meals?
- Do you worry about additives in food?
- Should we all eat food that is made only from fresh ingredients?
- Could you give up eating and drinking things like cakes and soda?
- What could you do to eat more healthily?
- Do you ever worry that the food you eat isn't good for you?

## Spelling

- A new study has evealred that
- consuming food such as usages
- made in factories from nreidiegtns
- added with things like svpereitavres
- research was undcctod on over 200,000 people
- developing wobel cancer
- a growing ooprritpon
- they account for around two-thirds of aocirles
- a more urnitiotus and well balanced diet
- nmamilily processed foods
- the prevention of besotiy
- uiardoacsrvcal diseases

### Answers – Synonym Match

|      |      |      |      |       |
|------|------|------|------|-------|
| 1. h | 2. d | 3. j | 4. b | 5. f  |
| 6. i | 7. c | 8. e | 9. g | 10. a |

## Role Play

### Role A – Sausages

You think sausages are the worst processed food. Tell the others three reasons why. Tell them why their food isn't as bad. Also, tell the others which is the most nutritious of these (and why): frozen pizzas, ice cream or cookies.

### Role B – Frozen Pizza

You think frozen pizzas is the worst processed food. Tell the others three reasons why. Tell them why their food isn't as bad. Also, tell the others which is the most nutritious of these (and why): sausages, ice cream or cookies.

### Role C – Ice Cream

You think ice cream is the worst processed food. Tell the others three reasons why. Tell them why their food isn't as bad. Also, tell the others which is the most nutritious of these (and why): frozen pizzas, sausages or cookies.

### Role D – Cookies

You think cookies are the worst processed food. Tell the others three reasons why. Tell them why their food isn't as bad. Also, tell the others which is the most nutritious of these (and why): frozen pizzas, ice cream or sausages.

## Speaking – Processed Foods

Rank these with your partner. Put the worst ultra-processed food at the top. Change partners often and share your rankings.

- |                |                     |
|----------------|---------------------|
| • Sausages     | • Sweetened yoghurt |
| • Frozen pizza | • Cookies           |
| • Ice cream    | • Margarine         |
| • Sodas        | • Breakfast cereals |

### Answers – True False

|     |     |     |     |     |     |     |     |
|-----|-----|-----|-----|-----|-----|-----|-----|
| 1 F | 2 T | 3 T | 4 T | 5 T | 6 F | 7 F | 8 F |
|-----|-----|-----|-----|-----|-----|-----|-----|

Answers to Phrase Match and Spelling are in the text.