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Level 4 – 29th December 2025

Scientists find food to improve our mood

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[https://breakingnewsenglish.com/2512/251229-mood-food-4.html](http://breakingnewsenglish.com/2512/251229-mood-food-4.html)

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

A study suggests ultra-processed foods and refined carbohydrates increase the risk of mental health problems. The research is in a nutrition journal. A dietitian said there was "a tremendous amount of high-quality data linking food to...worsening mental health." She advised people to cut down on sugary and low-fibre food to lower the chance of getting mood disorders. She said people should limit sugar, refined grains, and ultra-processed foods.

The study urged people to eat more high-fibre and fermented foods. It said plant-based diets could reduce depression. Such diets include "omega-3 fatty acids, colourful plants like berries, extra virgin olive oil, leafy greens, and lean sources of protein". These are known to help with depression. Related research from Australia supported the dietitian's findings. It said fermented food may lead to more positive moods and enhance learning.

Sources: <https://www.womansworld.com/wellness/mental-health/best-foods-to-relieve-anxiety-and-stress-naturally>
<https://www.aol.com/articles/foods-happiest-hint-not-think-040000867.html>
<https://www.smh.com.au/lifestyle/health-and-wellness/can-we-eat-our-way-to-better-mental-health-20251110-p5n94y.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

PARAGRAPH ONE:

1. ultra-processed	a. mental health
2. refined	b. problems
3. increase the	c. limit sugar
4. mental health	d. of high-quality data
5. The research is in a nutrition	e. risk
6. a tremendous amount	f. carbohydrates
7. linking food to worsening	g. foods
8. She said people should	h. journal

PARAGRAPH TWO:

1. The study urged people to eat	a. with depression
2. high-fibre and	b. based diets
3. plant-	c. moods
4. omega-3 fatty	d. learning
5. lean sources	e. more
6. These are known to help	f. acids
7. lead to more positive	g. of protein
8. enhance	h. fermented foods

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

A study suggests ultra-processed (1) _____ carbohydrates increase (2) _____ mental health problems. The research is in (3) _____. A dietitian said there was "a tremendous amount of high-quality data linking food to... (4) _____. She advised people to cut down on sugary and low-fibre food to lower the chance (5) _____ disorders. She said people should limit sugar, (6) _____ ultra-processed foods.

The study (7) _____ eat more high-fibre and fermented foods. It said plant-based diets (8) _____. Such diets include "omega-3 fatty acids, colourful plants like berries, extra virgin olive oil, leafy (9) _____ sources of protein". These are known to (10) _____. Related research from Australia supported the dietitian's findings. It (11) _____ may lead to more positive moods (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

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MOODS SURVEY

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

Write five GOOD questions about moods in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1	STUDENT 2	STUDENT 3
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <https://breakingnewsenglish.com/2512/251229-mood-food-4.html>

Write about **moods** for 10 minutes. Read and talk about your partner's paper.