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Ready-to-Use English Lessons by Sean Banville

Level 5 – 29th December 2025

Scientists find food to improve our mood

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https://breakingnewsenglish.com/2512/251229-mood-food-5.html

Contents

Please try Levels 4 and 6. They are (a little) harder.

THE READING

A study suggests a diet rich in ultra-processed foods and refined carbohydrates increases the risk of depression and other mental health conditions. The research is in the Journal of the Academy of Nutrition and Dietetics. A nutritional psychologist and dietitian said there is "a tremendous amount of high-quality data linking food to...worsening mental health outcomes". She advised people to cut the amount of sugary and low-fibre food they eat to lessen the chances of getting mood disorders. She said people should limit sugar, refined grains, ultra-processed foods, and alcohol.

The study urged people to increase their intake of high-fibre and fermented foods. It said a plant-based diet was effective in reducing depression. Such a diet includes "omega-3 fatty acids, colourful plants like berries, extra virgin olive oil, leafy greens, and lean sources of protein". These diets are well known to help with depression and anxiety. Related research from a university in Australia corroborated the dietitian's findings. A researcher said fermented, probiotic foods may influence brain-related biology and lead to more positive moods and enhance learning.

PHRASE MATCHING

PARAGRAPH ONE:

1.	a diet rich	a.	disorders
2.	the risk	b.	conditions
3.	mental health	c.	high-quality data
4.	a nutritional psychologist	d.	of depression
5.	a tremendous amount of	e.	and low-fibre food
6.	sugary	f.	chances
7.	lessen the	g.	in ultra-processed foods
8.	mood	h.	and dietitian

PARAGRAPH TWO:

1.	high-fibre and	a.	reducing depression
2.	a plant-	b.	help with depression
3.	effective in	c.	moods
4.	Such a diet includes	d.	virgin olive oil
5.	extra	e.	fermented foods
6.	These diets are well known to	f.	learning
7.	lead to more positive	g.	omega-3 fatty acids
8.	enhance	h.	based diet

LISTEN AND FILL IN THE GAPS

A study suggests a (1) _____ ultra-processed foods and refined carbohydrates increases the risk of depression and other (2) _____. The research is in the Journal of the Academy of Nutrition and Dietetics. A nutritional psychologist and dietitian said there is "(3) _____ of high-quality data linking food to...worsening mental health outcomes". She advised people to cut the (4) _____ and low-fibre food they eat to lessen the chances of (5) _____. She said people should limit (6) _____, ultra-processed foods, and alcohol.

The study (7) _____ increase their intake of high-fibre and fermented foods. It said a (8) _____ was effective in reducing depression. Such a diet includes "omega-3 fatty acids, colourful plants like berries, extra virgin olive oil, leafy greens, (9) _____ of protein". These diets are well known to help with (10) _____. Related research from a university in Australia corroborated the dietitian's findings. A researcher said fermented, probiotic foods (11) _____-related biology and lead to more positive moods (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

Astudysuggestsadietrichinultra-processedfoodsandrefinedcarbohydratesincreasestheriskofdepressionandothermentalhealthconditions.TheresearchisintheJournaloftheAcademyofNutritionandDietetics. Anutritionalpsychologistanddietitiansaidthereis"atremendousamountofhigh-qualitydatalinkingfoodto…worseningmentalhealthoutcomes".Sheadvisedpeopletocuttheamountofsugaryandlow-fibrefoodtheyeattolessenthechancesofgettingmooddisorders.Shesaidpeopleshouldlimitsugar,refinedgrains,ultra-processedfoods,andalcohol.Thestudyurgedpeopletoincreasetheirintakeofhigh-fibreandfermentedfoods.Itsaidaplant-baseddietwaseffectiveinreducingdepression.Suchadietincludes"omega-3fattyacids,colourfulplantslikeberries,extravirginoliveoil,leafygreens,andleansourcesofprotein".Thesedietsarewellknowntohelpwithdepressionandanxiety.Relatedresearchfromauniversityin Australiacorroboratedthedietitian'sfindings.Aresearchersaidfermented,probioticfoodsmayinfluencebrain-relatedbiologyandleadtomorepositivemoodsandenhancelearning.

MOODS SURVEY

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

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