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Ready-to-Use English Lessons by Sean Banville

Level 6 – 29th December 2025

Scientists find food to improve our mood

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

Contents

Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

A new study indicates that a diet rich in ultra-processed foods and refined carbohydrates may increase the risk of depression and other mental health conditions. The research has been published in the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a nutritional psychologist and registered dietitian, said there is "a tremendous amount of high-quality data linking food to beneficial (or worsening) mental health outcomes". Ms Kirkpatrick advised people to reduce the amount of sugary and low-fibre food they eat to lessen the chances of developing mood disorders. She wrote: "Limits should be made on sugar, refined grains, ultra-processed foods, and alcohol."

Ms Kirkpatrick also advised people to increase their intake of high-fibre and fermented foods. She said the plant-based Mediterranean diet has been shown to be effective in reducing depression. She said the diet included "omega-3 fatty acids, colourful plants like berries, extra virgin olive oil, leafy greens, and lean sources of protein". She added that the diet "has been shown to assist with both depression and anxiety". Related research from Professor Felice Jacka at Deakin University in Australia corroborated Ms Kirkpatrick's findings. Dr Jacka said fermented, probiotic foods may influence brain-related biology and lead to more positive moods and enhanced learning.

WARM-UPS

1. MOODS: Students walk around the class and talk to other students about moods. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

diet / ultra-processed food / carbohydrates / depression / psychologist / mood / sugar fermented food / depression / berries / olive oil / anxiety / greens / biology / learning

Have a chat about the topics you liked. Change topics and partners frequently.

3. UNHEALTHY FOOD: Students A **strongly** believe all unhealthy food should be banned; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. DIETS: What do you know about these diets? How effective do you think they are? Would you try them? Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Know	**Effectiveness**	**Would I Try It**
Vegetarian diet			
Mediterranean diet			
Raw food diet			
Gluten-free diet			
Liquid diet			
Protein diet			

5. FOOD: Spend one minute writing down all of the different words you associate with the word "food". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. ULTRA-PROCESSED FOOD: Rank these with your partner. Put the unhealthiest at the top. Change partners often and share your rankings.

- Sugary drinks
- Packaged snacks
- Bacon
- Frozen pizza

- Microwave meals
- Hamburgers
- Sugary cereal
- Potato chips

VOCABULARY MATCHING

Paragraph 1

1.	indicate	a.	A person who helps people with thoughts and feelings.
2.	rich	b.	Made cleaner or purer.
3.	refined	c.	Having a lot of flavour or a lot of spices, fat or sugar.
4.	conditions	d.	Small hard seeds used as food, like rice or wheat.
5.	psychologist	e.	Show or tell something.
6.	outcomes	f.	Illnesses or health problems.
7.	grains	g.	The results of something.

Paragraph 2

8.	intake	h.	Changed by bacteria over time, often for food.
9.	fermented	i.	Shown to be true by more proof.
10.	lean	j.	Made better or stronger.
11.	anxiety	k.	Having very little fat.
12.	corroborated	l.	Good bacteria that help the body.
13.	probiotic	m.	Feeling worried or afraid.
14.	enhanced	n.	The amount of food or drink a person eats or drinks.

BEFORE READING / LISTENING

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says refined carbohydrates are good for us.   **T / F**
2. A study said ultra-processed foods can increase the risk of depression.   **T / F**
3. A nutritionist said there is very little data on food and mental health.   **T / F**
4. The nutritionist said we should cut out all sugar and refined grains.   **T / F**
5. The nutritionist said we should eat more fermented foods.   **T / F**
6. Plant-based diets are not effective in reducing depression.   **T / F**
7. Eating more omega-3 fatty acids is good for our mental health.   **T / F**
8. Fermented foods may help us to learn things.   **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

1.	**indicates**	a.	help
2.	**risk**	b.	issued
3.	**published**	c.	reduce
4.	**tremendous**	d.	urged
5.	**lessen**	e.	chance
6.	**advised**	f.	successful
7.	**effective**	g.	non-fatty
8.	**lean**	h.	shows
9.	**assist**	i.	improved
10.	**enhanced**	j.	very great

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1.	a diet rich	a.	sugary and low-fibre food
2.	increase the	b.	learning
3.	a tremendous amount of high-quality	c.	developing mood disorders
4.	reduce the amount of	d.	reducing depression
5.	lessen the chances of	e.	data
6.	high-fibre and	f.	protein
7.	effective in	g.	in ultra-processed foods
8.	lean sources of	h.	brain-related biology
9.	probiotic foods may influence	i.	risk of depression
10.	enhanced	j.	fermented foods

GAP FILL

A new study indicates that a diet (1) _____ in ultra-processed foods and refined carbohydrates may increase the (2) _____ of depression and other mental health conditions. The research has been (3) _____ in the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a (4) _____ psychologist and registered dietitian, said there is "a tremendous amount of high-quality (5) _____ linking food to beneficial (or worsening) mental health (6) _____". Ms Kirkpatrick advised people to reduce the amount of sugary and low-fibre food they eat to (7) _____ the chances of developing mood disorders. She wrote: "Limits should be made on sugar, (8) _____ grains, ultra-processed foods, and alcohol."

risk

data

refined

rich

lessen

nutritional

published

outcomes

Ms Kirkpatrick also advised people to increase their (9) _____ of high-fibre and (10) _____ foods. She said the plant-based Mediterranean diet has been shown to be (11) _____ in reducing depression. She said the diet included "omega-3 fatty acids, colourful plants like (12) _____, extra virgin olive oil, leafy greens, and lean sources of protein". She added that the diet "has been shown to (13) _____ with both depression and anxiety". Related research from Professor Felice Jacka at Deakin University in Australia (14) _____ Ms Kirkpatrick's findings. Dr Jacka said fermented, probiotic foods may (15) _____ brain-related biology and lead to more positive moods and enhanced (16) _____.

corroborated

fermented

learning

effective

assist

influence

intake

berries

LISTENING – Guess the answers. Listen to check.

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

1) A new study indicates that a diet rich in _____
   a. other-processed foods
   b. ultimate-processed foods
   c. ultra-processed foods
   d. atria-processed foods

2) increase the risk of depression and other _____
   a. mentally health conditions
   b. mental healthy conditions
   c. mental health condition
   d. mental health conditions

3) Kristin Kirkpatrick, a nutritional psychologist _____
   a. end registered dietitian
   b. and registered dietary
   c. and registered diet vision
   d. and registered dietitian

4) reduce the amount of sugary and low-fibre food they eat to _____
   a. lesser the chances
   b. listen the chances
   c. lessen the chances
   d. less on the chances

5) She wrote: "Limits should be made on _____."
   a. sugar, refined brains
   b. sugar, refined drains
   c. sugar, defined grains
   d. sugar, refined grains

6) Kirkpatrick also advised people to increase their intake of high-fibre _____
   a. and ferment it foods
   b. end fermented foods
   c. and firmament foods
   d. and fermented foods

7) the plant-based Mediterranean diet has been shown to be effective _____
   a. in reducing depressive
   b. in reducing depressives
   c. in reducing depressing
   d. in reducing depression

8) the diet included omega-3 fatty acids, colourful plants like berries, extra _____
   a. virgin olive oil
   b. version olive oil
   c. vision olive oil
   d. vegan olive oil

9) She added that the diet has been shown to assist with both _____
   a. depression and anxious
   b. depression end anxiety
   c. depressive and anxiety
   d. depression and anxiety

10) influence brain-related biology and lead to more positive moods _____
   a. and enhance learning
   b. and enhanced learning
   c. and enhanced leaning
   d. and ensconced learning

LISTENING – Listen and fill in the gaps

A new study indicates that a (1) _____ ultra-processed foods and refined carbohydrates may increase the (2) _____ and other (3) _____. The research has been published in the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a nutritional psychologist (4) _____, said there is "a tremendous amount of high-quality data linking food to beneficial (or worsening) mental health outcomes". Ms Kirkpatrick advised people to reduce the (5) _____ and low-fibre food they eat to lessen the chances of developing mood disorders. She wrote: "(6) _____ made on sugar, refined grains, ultra-processed foods, and alcohol."

Ms Kirkpatrick also advised people to (7) _____ of high-fibre and fermented foods. She said the plant-based Mediterranean diet has been shown to be (8) _____ depression. She said the diet included "omega-3 fatty acids, colourful plants like berries, extra (9) _____, leafy greens, and lean sources of protein". She added that the diet "has been (10) _____ with both depression and anxiety". Related research from Professor Felice Jacka at Deakin University in Australia corroborated Ms Kirkpatrick's findings. Dr Jacka said (11) _____ may influence brain-related biology and lead to more positive moods (12) _____.

COMPREHENSION QUESTIONS

1. What increases the risk of depression besides ultra-processed foods?

2. In what format has the research been published?

3. What is Kristin Kirkpatrick's job besides being a nutritional psychologist?

4. What did Ms Kirkpatrick say linked food to worsening mental health?

5. What did Ms Kirkpatrick say lessened the chances of mood disorders?

6. What did Ms Kirkpatrick urge people to increase their intake of?

7. What plant-based diet was mentioned in the article?

8. What oil was mentioned in the article?

9. What kind of protein did Ms Kirkpatrick urge we eat?

10. What can fermented, probiotic foods lead to besides positive moods?

MULTIPLE CHOICE - QUIZ

1) What increases the risk of depression besides ultra-processed foods?
a) fatty food
b) refined carbohydrates
c) coffee and tea
d) garlic

2) In what format has the research been published?
a) a newspaper
b) a magazine
c) online
d) a journal

3) What is Kristin Kirkpatrick's job besides being a nutritional psychologist?
a) She's a chef.
b) She's a counsellor.
c) She's a dietician.
d) She's a doctor.

4) What did Ms Kirkpatrick say linked food to worsening mental health?
a) high-quality data
b) drink
c) calories
d) carbohydrates

5) What did Ms Kirkpatrick say lessened the chances of mood disorders?
a) a lack of exercise
b) reducing sugary and low-fibre food
c) smartphone overuse
d) arguments

6) What did Ms Kirkpatrick urge people to increase their intake of?
a) high-fibre and fermented foods
b) dairy products
c) raw food
d) seafood

7) What plant-based diet was mentioned in the article?
a) the Pacific diet
b) the Atlantic diet
c) the Mediterranean diet
d) the Dead Sea diet

8) What oil was mentioned in the article?
a) extra virgin olive oil
b) corn oil
c) castor oil
d) cod liver oil

9) What kind of protein did Ms Kirkpatrick urge we eat?
a) protein from nuts
b) meat protein
c) protein from tofu
d) lean sources of protein

10) What can fermented, probiotic foods lead to besides positive moods?
a) higher energy levels
b) healthier skin
c) enhanced learning
d) weight loss

ROLE PLAY

Role A – Hamburgers

You think hamburgers are the unhealthiest processed food. Tell the others three reasons why. Tell them why their processed food isn't as bad. Also, tell the others which is the tastiest of these (and why): frozen pizzas, bacon or potato chips.

Role B – Frozen Pizzas

You think frozen pizzas are the unhealthiest processed food. Tell the others three reasons why. Tell them why their processed food isn't as bad. Also, tell the others which is the tastiest of these (and why): hamburgers, bacon or potato chips.

Role C – Bacon

You think bacon are the unhealthiest processed food. Tell the others three reasons why. Tell them why their processed food isn't as bad. Also, tell the others which is the tastiest of these (and why): frozen pizzas, hamburgers or potato chips.

Role D – Potato Chips

You think potato chips are the unhealthiest processed food. Tell the others three reasons why. Tell them why their processed food isn't as bad. Also, tell the others which is the tastiest of these (and why): frozen pizzas, bacon or hamburgers.

AFTER READING / LISTENING

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for… the words 'mood' and 'food'.

mood	food

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning…?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

• new	• advised
• risk	• shown
• published	• included
• registered	• assist
• reduce	• related
• sugar	• influence

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.

MOODS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1.   What did you think when you read the headline?

2.   What images are in your mind when you hear the word 'mood'?

3.   How is your mood at the moment?

4.   How does food affect your mood?

5.   Do you think there is any food that makes you less happy?

6.   How do you think food affects your mental health?

7.   What do you think of sugary foods?

8.   What do you know about ultra-processed food?

9.   Would it be easy to completely change what you eat?

10. What would you really like to eat right now?

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MOODS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?

12. What do you think of when you hear the word 'food'?

13. What do you think about what you read?

14. How moody are you?

15. What food makes you happiest?

16. Do you think 'you are what you eat'?

17. What do you think of high-fibre foods?

18. What do you think of fermented food?

19. What foods are best for our mental health?

20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

DISCUSSION (Write your own questions)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

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

A new study (1) _____ that a diet rich in ultra-processed foods and refined carbohydrates may increase the risk of depression and other mental health (2) _____. The research has been published in the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a (3) _____ psychologist and registered dietitian, said there is "a tremendous amount of high-quality data linking food to beneficial (or (4) _____) mental health outcomes". Ms Kirkpatrick advised people to reduce the amount of sugary and low-fibre food they eat to (5) _____ the chances of developing mood disorders. She wrote: "Limits should be made (6) _____ sugar, refined grains, ultra-processed foods, and alcohol."

Ms Kirkpatrick also advised people to increase their (7) _____ of high-fibre and fermented foods. She said the plant-(8) _____ Mediterranean diet has been shown to be effective in reducing depression. She said the diet included "omega-3 fatty acids, colourful plants like berries, extra (9) _____ olive oil, leafy greens, and lean sources of protein". She added that the diet "has been shown to assist (10) _____ both depression and anxiety". Related research from Professor Felice Jacka at Deakin University in Australia (11) _____ Ms Kirkpatrick's findings. Dr Jacka said fermented, probiotic foods may influence brain-related biology and lead (12) _____ more positive moods and enhanced learning.

Put the correct words from the table below in the above article.

1.	(a)	indicates	(b)	dictates	(c)	replicates	(d)	suffocates
2.	(a)	conditionals	(b)	conditionality	(c)	conditions	(d)	condition
3.	(a)	naturist	(b)	optional	(c)	nutritional	(d)	nut
4.	(a)	worsen	(b)	worst	(c)	worse	(d)	worsening
5.	(a)	lest	(b)	lesser	(c)	lessen	(d)	least
6.	(a)	up	(b)	on	(c)	in	(d)	at
7.	(a)	retake	(b)	intake	(c)	uptake	(d)	take
8.	(a)	basted	(b)	based	(c)	biased	(d)	bassist
9.	(a)	virginal	(b)	virgins	(c)	virgin	(d)	virginity
10.	(a)	between	(b)	as	(c)	at	(d)	with
11.	(a)	cogitated	(b)	collaborated	(c)	corrugated	(d)	corroborated
12.	(a)	by	(b)	up	(c)	for	(d)	to

SPELLING

Paragraph 1

1.   <u>asyrhrodectba</u> may increase the risk

2.   a nutritional <u>ysslhotpogic</u>

3.   a <u>mnuedrteos</u> amount of high-quality data

4.   mental health <u>otsceomu</u>

5.   developing mood <u>dreorsids</u>

6.   <u>ifreend</u> grains

Paragraph 2

7.   high-fibre and <u>dreetnmef</u> foods

8.   lean sources of <u>iprtneo</u>

9.   depression and <u>naxitye</u>

10. <u>cabrtodorreo</u> Ms Kirkpatrick's findings

11. <u>coibpitor</u> foods

12. <u>eenhndca</u> learning

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

(*1*)   A new study indicates that a diet rich in ultra-processed foods and refined carbohydrates may

(   )   and anxiety". Related research from Professor Felice Jacka at Deakin University in Australia corroborated

(   )   depression. She said the diet included "omega-3 fatty acids, colourful plants like berries, extra virgin olive

(   )   dietitian, said there is "a tremendous amount of high-quality data linking food to beneficial (or worsening) mental

(   )   fibre food they eat to lessen the chances of developing mood disorders. She wrote: "Limits should be

(   )   foods. She said the plant-based Mediterranean diet has been shown to be effective in reducing

(   )   health outcomes". Ms Kirkpatrick advised people to reduce the amount of sugary and low-

(   )   in the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a nutritional psychologist and registered

(   )   increase the risk of depression and other mental health conditions. The research has been published

(   )   made on sugar, refined grains, ultra-processed foods, and alcohol."

(   )   Ms Kirkpatrick also advised people to increase their intake of high-fibre and fermented

(   )   Ms Kirkpatrick's findings. Dr Jacka said fermented, probiotic foods may influence brain-

(   )   oil, leafy greens, and lean sources of protein". She added that the diet "has been shown to assist with both depression

(   )   related biology and lead to more positive moods and enhanced learning.

PUT THE WORDS IN THE RIGHT ORDER

1. carbohydrates   Refined   increase   may   risk   the   depression   of   .

2. The   has   research   published   been   the   in   journal   .

3. is   There   tremendous   a   of   amount   data   high-quality   .

4. Lessen   chances   the   developing   of   disorders   mood   .

5. She   limits   said   be   should   on   made   sugar   .

6. advised   She   to   people   their   increase   intake   .

7. shown   It's   be   to   in   effective   depression   reducing   .

8. The   also   diet   extra   included   olive   virgin   oil   .

9. diet   The   shown   was   assist   to   depression   with   .

10. Fermented,   foods   probiotic   influence   may   biology   brain-related   .

CIRCLE THE CORRECT WORD (20 PAIRS)

From

A new study indicates that a diet *wealthy / rich* in ultra-processed foods and refined carbohydrates may increase the *risk / risky* of depression and other mental health *conditions / conditionals*. The research has been published *on / in* the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a nutritional psychologist and registered *diatribe / dietitian*, said there is "a tremendous amount of high-quality *data / datum* linking food to beneficial (or worsening) mental health outcomes". Ms Kirkpatrick *advice / advised* people to reduce the amount of sugary and low-fibre food they eat to *lesser / lessen* the chances *of / to* developing mood disorders. She wrote: "Limits should be made *in / on* sugar, refined grains, ultra-processed foods, and alcohol."

Ms Kirkpatrick also advised people to increase their *retake / intake* of high-fibre and fermented foods. She said the plant-*biased / based* Mediterranean diet has been *showing / shown* to be effective in reducing *depression / depressives*. She said the diet included "omega-3 fatty acids, colourful plants like berries, extra virgin olive oil, leafy greens, and *leaning / lean* sources of protein". She added that the diet "has been shown *to / for* assist with both depression and *anxiety / anxious*". Related research from Professor Felice Jacka at Deakin University in Australia *collaborated / corroborated* Ms Kirkpatrick's findings. Dr Jacka said *fermented / frequented*, probiotic foods may influence brain-related biology and lead *to / at* more positive moods and enhanced learning.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

_ n_w st_dy _nd_c_t_s th_t _ d__t r_ch _n _ltr_-pr_c_ss_d f__ds _nd r_f_n_d c_rb_hydr_t_s m_y _ncr__s_ th_ r_sk _f d_pr_ss__n _nd _th_r m_nt_l h__lth c_nd_t__ns. Th_ r_s__rch h_s b__n p_bl_sh_d _n th_ J__rn_l _f th_ _c_d_my _f N_tr_t__n _nd D__t_t_cs. Kr_st_n K_rkp_tr_ck, _ n_tr_t__n_l psych_l_g_st _nd r_g_st_r_d d__t_t__n, s__d th_r_ _s "_ tr_m_nd__s _m__nt _f h_gh-q__l_ty d_t_ l_nk_ng f__d t_ b_n_f_c__l (_r w_rs_n_ng) m_nt_l h__lth __tc_m_s". Ms K_rkp_tr_ck _dv_s_d p__pl_ t_ r_d_c_ th_ _m__nt _f s_g_ry _nd l_w-f_br_ f__d th_y __t t_ l_ss_n th_ ch_nc_s _f d_v_l_p_ng m__d d_s_rd_rs. Sh_ wr_t_: "L_m_ts sh__ld b_ m_d_ _n s_g_r, r_f_n_d gr__ns, _ltr_-pr_c_ss_d f__ds, _nd _lc_h_l."

Ms K_rkp_tr_ck _ls_ _dv_s_d p__pl_ t_ _ncr__s_ th__r _nt_k_ _f h_gh-f_br_ _nd f_rm_nt_d f__ds. Sh_ s__d th_ pl_nt-b_s_d M_d_t_rr_n__n d__t h_s b__n sh_wn t_ b_ _ff_ct_v_ _n r_d_c_ng d_pr_ss__n. Sh_ s__d th_ d__t _ncl_d_d "_m_g_-3 f_tty _c_ds, c_l__rf_l pl_nts l_k_ b_rr__s, _xtr_ v_rg_n _l_v_ __l, l__fy gr__ns, _nd l__n s__rc_s _f pr_t__n". Sh_ _dd_d th_t th_ d__t "h_s b__n sh_wn t_ _ss_st w_th b_th d_pr_ss__n _nd _nx__ty". R_l_t_d r_s__rch fr_m Pr_f_ss_r F_l_c_ J_ck_ _t D__k_n _n_v_rs_ty _n __str_l__ c_rr_b_r_t_d Ms K_rkp_tr_ck's f_nd_ngs. Dr J_ck_ s__d f_rm_nt_d, pr_b__t_c f__ds m_y _nfl__nc_ br__n-r_l_t_d b__l_gy _nd l__d t_ m_r_ p_s_t_v_ m__ds _nd _nh_nc_d l__rn_ng.

PUNCTUATE THE TEXT AND ADD CAPITALS

a new study indicates that a diet rich in ultraprocessed foods and refined carbohydrates may increase the risk of depression and other mental health conditions the research has been published in the journal of the academy of nutrition and dietetics kristin kirkpatrick a nutritional psychologist and registered dietitian said there is a tremendous amount of highquality data linking food to beneficial or worsening mental health outcomes ms kirkpatrick advised people to reduce the amount of sugary and lowfibre food they eat to lessen the chances of developing mood disorders she wrote limits should be made on sugar refined grains ultraprocessed foods and alcohol

ms kirkpatrick also advised people to increase their intake of highfibre and fermented foods she said the plantbased mediterranean diet has been shown to be effective in reducing depression she said the diet included omega3 fatty acids colourful plants like berries extra virgin olive oil leafy greens and lean sources of protein she added that the diet has been shown to assist with both depression and anxiety related research from professor felice jacka at deakin university in australia corroborated ms kirkpatricks findings dr jacka said fermented probiotic foods may influence brainrelated biology and lead to more positive moods and enhanced learning

PUT A SLASH (/) WHERE THE SPACES ARE

Anewstudyindicatesthatadietrichinultra-processedfoodsandrefine
dcarbohydratesmayincreasetheriskofdepressionandothermentalhe
althconditions.TheresearchhasbeenpublishedintheJournaloftheAca
demyofNutritionandDietetics.KristinKirkpatrick,anutritionalpsychol
ogistandregistereddietitian,saidthereis"atremendousamountofhigh
-qualitydatalinkingfoodtobeneficial(orworsening)mentalhealthoutc
omes".MsKirkpatrickadvisedpeopletoreducetheamountofsugaryan
dlow-fibrefoodtheyeattolessenthechancesofdevelopingmooddisor
ders.Shewrote:"Limitsshouldbemadeonsugar,refinedgrains,ultra-
processedfoods,andalcohol."MsKirkpatrickalsoadvisedpeopletoincr
easetheirintakeofhigh-fibreandfermentedfoods.Shesaidtheplant-b
asedMediterraneandiethasbeenshowntobeeffectiveinreducingdepr
ession.Shesaidthedietincluded"omega-3fattyacids,colourfulplantsli
keberries,extravirginoliveoil,leafygreens,andleansourcesofprotein"
.Sheaddedthatthediet"hasbeenshowntoassistwithbothdepressiona
ndanxiety".RelatedresearchfromProfessorFeliceJackaatDeakinUniv
ersityinAustraliacorroboratedMsKirkpatrick'sfindings.DrJackasaidfe
rmented,probioticfoodsmayinfluencebrain-relatedbiologyandleadt
omorepositivemoodsandenhancedlearning.

FREE WRITING

Write about **moods** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

You are what you eat. Discuss.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. MOODS: Make a poster about moods. Show your work to your classmates in the next lesson. Did you all have similar things?

4. YOU ARE WHAT YOU EAT: Write a magazine article about only eating very healthy food. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on moods. Ask him/her three questions about moods. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1.	e	2.	c	3.	b	4.	f	5.	a	6.	g	7.	d
8.	n	9.	h	10.	k	11.	m	12.	i	13.	l	14.	j

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. Refined carbohydrates

2. A journal
3. She's a dietician.

4. A tremendous amount of high-quality data
5. Sugary and low-fibre food
6. High-fibre and fermented foods
7. The Mediterranean diet
8. Extra virgin olive oil
9. Lean sources of protein
10. Enhanced learning

WORDS IN THE RIGHT ORDER (p.19)

1. Refined carbohydrates may increase the risk of depression.
2. The research has been published in the journal.
3. There is a tremendous amount of high-quality data.
4. Lessen the chances of developing mood disorders.
5. She said limits should be made on sugar.
6. She advised people to increase their intake.
7. It's shown to be effective in reducing depression.
8. The diet also included extra virgin olive oil.
9. The diet was shown to assist with depression.
10. Fermented, probiotic foods may influence brain-related biology.

MULTIPLE CHOICE - QUIZ (p.10)

1. b   2. d   3. c   4. a   5. b   6. a   7. c   8. a   9. d   10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)