

# MORE EVIDENCE IN SUPPORT OF THE MEDITERRANEAN DIET

May 29th, 2023

**WARM-UP QUESTIONS:** *Discuss the following questions with your partner(s).*

1. How much of the food you eat is healthy?
2. Read the headline above. Have you heard this news story? If so, say what you know. If not, can you guess what it is about?

**VOCABULARY:** *Match the following vocabulary words with a description. Use a dictionary if you need to.*

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|------------------|---|
| 1. Mediterranean | a) general level of health and happiness  |
| 2. Numerous      | b) many   |
| 3. Well-being    | c) the importance or focus that is given to something   |
| 4. Utilize       | d) necessary  |
| 5. Diabetes      | e) the sea and area between Southern Europe, Northern Africa, and Western Asia                      |
| 6. Emphasis      | f) plants that have seeds in a pod, like beans or peas  |
| 7. Legume        | g) to increase gradually  |
| 8. Essential     | h) to eat, drink, or use something  |
| 9. Nutrient      | i) a substance that plants or animals need to grow  |
| 10. Consume      | j) to use   |
| 11. Mount        | k) a disease in which a person's body cannot produce enough insulin to control sugar in their blood |

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**LISTEN:** *Listen to the audio track on [eslnewsstories.com](https://www.eslnewsstories.com) or to a reader of the text. Try to fill in the missing words. Then check your answers with the full text (below).*

The Mediterranean diet is known for its numerous health benefits. It is currently \_\_\_\_\_ the best diet overall by US News and World Report. Based on the eating habits of people living in countries surrounding the Mediterranean Sea, this diet has been proven to have \_\_\_\_\_ effects on our well-being.

A new study that utilized blood tests, and not only self-reporting of eating habits, adds to the evidence. Cambridge University researchers \_\_\_\_\_ individuals who followed the Mediterranean diet had an even lower risk of developing type 2 diabetes than previously thought.

The diet's emphasis on \_\_\_\_\_, unprocessed foods like fruits, vegetables, whole grains, legumes, nuts, and seeds provides essential nutrients and fiber that help regulate blood sugar levels and prevent diabetes. Additionally, the Mediterranean diet \_\_\_\_\_ heart health by including healthy fats from olive oil and fatty fish.

The Mediterranean diet encourages a balanced and \_\_\_\_\_ approach to eating. It emphasizes consuming fresh, natural foods and discourages eating processed and sugary items, contributing to weight management and overall well-being. The evidence keeps mounting, so why not \_\_\_\_\_ the Mediterranean diet?

**WORD FORMS:** *Fill in different forms for the vocabulary from the article. Use a dictionary if you need to. Where there is an x, the word is unimportant for ESL students, has a different meaning, or does not exist. Sometimes there are multiple possible answers, and sometimes the adjective form is a past or present participle.*

VERB	ADJECTIVE	ADVERB	NOUN
utilize		x	
			emphasis
x	essential		
mount			

**FULL STORY:**

The Mediterranean diet is known for its numerous health benefits. It is currently rated the best diet overall by US News and World Report. Based on the eating habits of people living in countries surrounding the Mediterranean Sea, this diet has been proven to have positive effects on our well-being.

A new study that utilized blood tests, and not only self-reporting of eating habits, adds to the evidence. Cambridge University researchers found individuals who followed the Mediterranean diet had an even lower risk of developing type 2 diabetes than previously thought.

The diet's emphasis on whole, unprocessed foods like fruits, vegetables, whole grains, legumes, nuts, and seeds provides essential nutrients and fiber that help regulate blood sugar levels and

prevent diabetes. Additionally, the Mediterranean diet promotes heart health by including healthy fats from olive oil and fatty fish.

The Mediterranean diet encourages a balanced and enjoyable approach to eating. It emphasizes consuming fresh, natural foods and discourages eating processed and sugary items, contributing to weight management and overall well-being. The evidence keeps mounting, so why not try the Mediterranean diet?

Sources: [healthline.com](http://healthline.com), [health.usnews.com](http://health.usnews.com)  
For source links, see the article on [ESLNewsStories.com](http://ESLNewsStories.com)

**COMPREHENSION:** *Decide if the following are true (T) or false (F), and then discuss your answers with your partner(s).*

1. Everyone in the countries surrounding the Mediterranean Sea is healthy. ( T / F )
2. A new study used self-reporting of eating habits and blood tests. ( T / F )
3. The Mediterranean diet encourages eating unprocessed foods. ( T / F )
4. There is evidence that a Mediterranean diet is bad for your heart health. ( T / F )

**COMPLETE:** *Re-order the following sentences. Capitalize certain words and add punctuation.*

1. fats / the / includes / mediterranean / healthy / diet
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2. university / study / blood / used / a / test / cambridge / their / researchers / in
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**DISCUSSION:** *Discuss the following questions with your partner(s). Try to speak in sentences and ask follow-up questions.*

1. What did you think about this story? Was there any surprising information?
2. Which countries surround the Mediterranean Sea? Have you visited any of them?
3. If you were offered a holiday to any Mediterranean country, which would you pick and why?
4. Do you know anyone that suffers from diabetes? How is their life affected?
5. Have you tried dieting? What were the details of a diet that you were on?
6. How does Mediterranean food sound to you? Would you like to eat those foods most of the time?
7. In your opinion, is food more important than exercise for being healthy?

