

## Hard-hitting warning labels should be on everyday food, say campaigners

### Level 1: Elementary

#### 1 Warmer

a. Discuss these questions with a partner.

1. Have you seen labels on food packages that warn you the food isn't healthy? On what kinds of foods?
2. What do the labels mean?
3. Do you pay attention to food labels when you buy food?
4. Do you believe these labels help people make better decisions with food?

#### 2 Key words

a. Complete the sentences using these key words from the text.

ban

campaigners

charity

deceptive

measures

1. \_\_\_\_\_ are working hard to make food healthier for children.
2. The \_\_\_\_\_ helps people who need food and clothes.
3. Some cities \_\_\_\_\_ smoking in public places.
4. Some food packages are \_\_\_\_\_ – they look big but are mostly air.
5. Do you think these \_\_\_\_\_ will help reduce waste?

misleading

prematurely

sponsorship

taxes

warning

6. The event had \_\_\_\_\_ from some big companies.
7. There is a(n) \_\_\_\_\_ on the label about high sugar.
8. The plant died \_\_\_\_\_ because of the extremely cold weather.
9. Some labels are \_\_\_\_\_ and make food seem healthier than it is.
10. People pay \_\_\_\_\_ to help the government build roads and schools.

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**b. Use the words from task a to complete the sentences.**

1. The government decided to \_\_\_\_\_ smoking in public parks to promote a healthier environment.
2. The organisers financed the event with the help of \_\_\_\_\_ from various local businesses.
3. The packaging was \_\_\_\_\_, making customers believe the product was good quality.
4. He received a(n) \_\_\_\_\_ about the dangers of eating too much sugar.
5. They will introduce new \_\_\_\_\_ to help people eat healthier.
6. She gave money to a(n) \_\_\_\_\_ that helps children in need.
7. Many \_\_\_\_\_ ask people to help save the environment.

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**Denis Campbell**  
**6 September, 2024**

- 1 Strong warning labels should be put on everyday foods, new taxes put on salty products and junk food sponsorship of sport should be banned to cut rising deaths from heart disease, health campaigners have said.
- 2 These measures would reduce the number of people dying prematurely from heart attacks and strokes, they said.
- 3 The British Heart Foundation (BHF) is also proposing other actions to tackle the UK's increasingly bad diet, including bans on junk food firms advertising on billboards or radio.
- 4 The charity is asking the government to make the food industry improve its products by removing hidden high levels of salt and sugar, which are bad for health.
- 5 These steps could reduce the number of deaths from heart disease in England and save 11,000 lives a year by 2035, the BHF estimates.
- 6 The BHF is also asking ministers to make food producers put warnings on cans, bottles and tins of their products in order to alert people to the health risks.
- 7 And those labels need to be mandatory because simply asking food companies to voluntarily make their products healthier does not work, the charity added.
- 8 The proposed ban on firms whose products are considered unhealthy sponsoring sports events would prohibit energy drinks Carabao from attaching its name to English football's League Cup or McDonald's from sponsoring the Football Association's youth football development programme, for example.
- 9 Bite Back, the campaigning arm of chef Jamie Oliver's organisation, supported the BHF's proposal. "Big challenges require bold solutions and we need this government to introduce strict regulations that prohibit the big food companies' unfair marketing strategies used to sell unhealthy products," James Toop, its chief executive, said.
- 10 "Food packaging is incredibly deceptive, so we also need to make sure businesses use clear labels and are not allowed to include misleading health and nutrition claims," he added.
- 11 The Department of Health and Social Care said: "Cardiovascular disease is one of this country's biggest killers, and this government has already taken action to tackle it, recognising that prevention is better than cure.
- 12 "As part of this, we have already recently introduced health checks in workplaces, to help catch ill-health earlier."

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#### 3 Comprehension check

a. Choose the correct options to complete the sentences.

1. Campaigners believe **measures / advertisements / sponsorships** are needed to prevent people from dying prematurely.
2. The BHF **knows / estimates / doesn't believe** that these actions may save many people in the near future.
3. The BHF believes labels should be **mandatory / detailed / banned** because asking companies to make changes voluntarily isn't effective.
4. The charity also wants to ban fast-food producers from sponsoring **energy drinks / unhealthy activities / sports events**.
5. James Toop said that the government should implement **strict regulations / new marketing strategies / different proposals**.
6. The government believes that **health checks need to change / prevention is better than cure / cardiovascular disease is the biggest problem**.

#### 4 Key language

a. Look at these sentences from the article and answer the question below.

The charity is asking the government to make the food industry improve its products by removing hidden high levels of salt and sugar, **which** are bad for health.

The proposed ban on firms **whose** products are considered unhealthy sponsoring sports events would prohibit energy drinks Carabao from attaching its name to English football's League Cup or McDonald's from sponsoring the Football Association's youth football development programme, for example.

Which of the words in bold ...

1. is used to add extra information about something? \_\_\_\_\_
2. is used to show that something belongs to someone or something? \_\_\_\_\_

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#### b. Complete the sentences using *which* or *whose*.

1. I have a book \_\_\_\_\_ explores how our diet has changed in the past decade.
2. He is the boy \_\_\_\_\_ project will be implemented.
3. The author \_\_\_\_\_ book I'm reading is now very famous.
4. The movie, \_\_\_\_\_ won a couple of awards, is really interesting.
5. I went to a restaurant \_\_\_\_\_ menu is healthy and tasty.

### 5 Discussion

#### a. Discuss these statements.

- 'Strong warning labels should be put on everyday foods, new taxes imposed on salty products and junk food sponsorship of sport should be banned to cut rising deaths from heart disease'.
- 'Labels need to be mandatory because simply asking food companies to voluntarily make their products healthier does not work'.
- 'Food packaging is incredibly deceptive'.

### 6 In your own words

- a. In pairs or small groups, write five questions to ask your classmates about what they eat.
- b. Ask your classmates and write down their answers.
- c. Analyse your results and share the most interesting findings with the class.
- d. Listen to your classmates' findings and make some notes.
- e. In pairs again, write three or four sentences with suggestions for a healthier diet.
- f. Share with the class. Are your ideas similar or different?