

## Worksheet n°55

<http://www.youtube.com/watch?v=uZWb1jUUb5c>

### Starters.

What is Loretta's story?

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### Main course.

In terms of food, what is happening as we age?

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When we are 30, what should we eat? Why?

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In our 40s, what should we turn to?

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In our 50s, what is the best diet?

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Why are green leafy vegetables so important?

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What are tomatoes good for?

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### Dessert.

*Now write an account of this TV report, using the pieces of information from the worksheet above.*

### Topping.

How is this public health issue addressed in your country? Are there awareness campaigns, laws and regulations?