

► Reading 1 P

1 Look at the photos of children eating. Which do you think is important for your health as an adult? Tick (✓) a, b or c.

- a ☐ your diet as an adult
 b ☐ your parents' diets and habits during childhood
 c ☐ both of the above

Now read the article and check your answer.

HEALTH ACROSS GENERATIONS

Today many people know that there is a link between what you eat and your health. Scientists tell us that what you eat in childhood affects how you grow and your health in later life, and that a diet with the right balance of vitamins and minerals can help us to fight disease and help to prevent serious illnesses developing. However, scientists are now discovering that our diet and environment can also affect future generations. This means that our health might depend on our parents' and our grandparents' diet and environment.

It appears that what girls do between the ages of eight and ten, and what boys do from age nine to twelve, is particularly important for the next generation. Scientists call these stages 'Slow Growth Periods'. Scientists know that environment is more important during this phase. They also think that the effect is passed from father to son and from

mother to daughter. For example, for men, smoking during this period is bad for the smoker's health and also for their son's health, although it may be many years before they have a child. The sons of young male smokers are often overweight, as are the sons of men who ate a lot in their pre-teen years. Having enough food to eat is not always good for you.

In contrast, for women, eating well during this pre-teen period seems to improve the health of their daughters, but scientists don't know why there is a difference between the sexes. What they do know is that diet and environment influence the way our genes work. These factors switch some genes on and switch other genes off. This means we should all remember that it's not just the colour of our hair and eyes we'll pass on to the next generation, but also the state of our health.



2 Choose the correct answer, A, B, C or D.

- 1 Scientists ... that there is a link between diet and health.
 - A are sure
 - B suspect
 - C believe
 - D doubt
- 2 Healthy diets...
 - A stop us getting all serious diseases.
 - B encourage serious diseases.
 - C help to prevent many kinds of illness.
 - D limit the length of any serious disease.
- 3 During the ages of nine and twelve, boys...
 - A grow slowly.
 - B grow fast.
 - C stop growing.
 - D put on weight.
- 4 Boys who eat too much between the ages of nine and twelve may harm the health of...
 - A all their children.
 - B their sons.
 - C their daughters.
 - D their granddaughters.
- 5 Between the ages of eight and ten girls should...
 - A limit what they eat.
 - B eat well.
 - C eat only vegetables.
 - D eat too much.