

## Vocabulary – Food / Healthy or unhealthy lifestyle? – YouTube video

This is Borough Market, London's largest fruit and vegetable market right next to London Bridge Station. It's open on Thursdays between 11 am to 5 pm, Fridays between 12 pm to 6 pm and Saturdays between 9 am to 4 pm. There are 150 stalls and fresh products arrive every day. There are lots of tasty things to try out and buy in the market from cooked meals to fresh bread and homemade pies. You can also find more and more organic products with 30 stalls now selling exclusively organic food. In Britain there are also public awareness campaigns to get people to eat more healthily as nearly 43% of men and 33% of women are obese and 23% of both sexes are clinically obese. One of these campaigns is called five-a-day which means you're supposed to eat five portions of fruit and vegetables every day. This could also be a freshly made fruit juice called "smoothie" or a fruit salad for example, that way it's easier to get children eat fruit.

"You can get nice fresh meat and vegetables there, better than what you get in the supermarkets."

*"Is organic food important?"*

"Yeah, yes, it can be. I mean, I like organic vegetables because they just taste better."

"I like good food ingredients, so I like going to markets and I try to, I try to be more healthy with my food."

"Well, as a student it's kind of ... organic food's expensive so I usually go to the local Sainsbury's and ... or I eat in college, just in the canteen there."

"I'd like to buy my own food but it's tempting to go for that unhealthy stuff instead of like, a lot of vegetables and fruit."

"I can be health conscious, but I've already had a sausage sandwich this morning and I'm thinking about maybe having something else that's not so healthy but very good."

*"Do you buy organic food?"*

"I try to, yes. And organic wine sometimes too."

*"What's good about organic food and what are the negatives?"*

"I think it lasts longer, it seems to be fresher for longer, it usually tastes very good but it can be a little bit more expensive."

"Organic food is grown without pesticides or chemicals and so some people think that it's more healthy for them and that possibly they might live a longer and healthier life if they eat organic food. Personally I'm not that convinced, so I just buy ordinary fruits and vegetables."