

1 What's in food?

David: Hi Jenny, great to see you. How was your day?

Jenny: Hi Dave. We did quite an interesting project at school. In biology.

David: What was it about?

Jenny: We talked about food. What it does to your body. How important it is to eat healthily.

David: That's so boring. You are what you eat, if you eat too much fast food, you get fat and unhealthy, and get sick ... bla, bla, bla

Jenny: No, it wasn't like that. Mr Bates, the biology teacher, said he eats fast food, too. With his family, and that there is nothing wrong with it.

David: And he said you can eat as much fast food as you want?

Jenny: Well, not quite. He said that the problem with burgers and most of the other fast food is that there is so much sugar in it. Did you know that ketchup is full of sugar?

David: You're joking. Ketchup is made with tomatoes. And you say it's full of sugar.

Jenny: It is. Many people, like you, think it's all tomatoes. But that's not right.

David: Wait a minute. You're telling me that ketchup contains lots of sugar?

Jenny: That's what I learned today in class. We also learned that many people want to eat food without fat because they think fat is bad. So, the food companies sell food without much fat in it, but the food doesn't taste very good. So, the companies put in sugar.

David: I see. They put in sugar, so the food gets a better flavor. OK. That's why people like ketchup so much.

Jenny: That's right. So, it's better to cook your own meals. Then you know what is in the food you eat. There is one more important thing you should watch out for. Fizzy drinks.

David: Even I know they are full of artificial flavors and sugar.

Jenny: The artificial flavors are not the real problem, it's the sugar again. Sometimes there are more than ten teaspoons of sugar in one can of fizzy drink.

David: That much?

Jenny: You shouldn't drink so many fizzy drinks. In class we saw some really terrible pictures of what sugar can do to your teeth.

David: Are you going to stop drinking fizzy drinks now?

Jenny: One or two fizzy drinks a week aren't so bad, but I will definitely watch out for sugar in my food.