

Eat Healthy!

Foods Trends of Today and Tomorrow

If you want to be healthy, you have to eat healthy. You are what you eat! In our main feature we look at the latest trends in health food and learn how healthy eating is becoming more and more popular with people around the world.

California Avocado Organization



Carlo Petrini, the founder and president of Slow Food

SLOW FOOD — RAPID SUCCESS

By Roberta Kedzierski

Food as pleasure, food as a renewal of our links with the past. Founded in the Piedmont region of northwestern Italy, Slow Food has wasted no time in spreading the word, worldwide.

Established in July 1986 as a response to the threat of unsafe food, and now counting 80,000 members on five continents and offices in 50 countries, Slow Food has rapidly become an important voice in the debate on what we eat, why we eat it, and how.

“Food is something we cannot do without,” explains Carlo Petrini, the president of, and the brains behind, the organization. “Food is fuel but it is also pleasure. Eating should be a pleasant experience, an activity to which we must devote

the correct amount of time, an activity that should be shared with friends as often as possible.”

But he adds, “While we must be aware of the enjoyment that food can provide, we must also be aware of what we eat. This awareness is not just of what goes into our food—which is of course very important—but is also an awareness that what we eat is part of a particular culture.”

People are interested. The biennial Salone del Gusto (Exhibition of Taste) held in Torino regularly attracts 150,000 visitors and 600 producers of food, wine, fruit and vegetables.

Slow Food also arranges smaller events for



specific products, such as the well-named “Cheese” event. “In launching this exhibition in 1997, we wanted to bring attention to the range and scope of local cheese production, as well as how these products are used in the cuisine of the area,” says Petrini. “We also wanted to

encourage people to realize that these cheese products are a part of our heritage. This heritage needs to be protected and made better known.”

Another event, held in the seaport city of Genoa, is “Slow Fish.” The objective here is to provide an overview of fishing on an artisan level, to explore quality fish-farming, and to highlight under-appreciated fish species.

Slow Food’s latest high-profile venture is the University of Gastronomic Sciences. “This is not a cooking school, let’s make that clear from the start,” says Vittorio Manganelli, director of the

“Food is fuel but it is also pleasure. Eating should be a pleasant experience.”

have 70 prospective students from the United States. Another 15 came from Brazil and Switzerland, while 13 applications have come from Japan.”

On top of everything else, Slow Food is also a publisher. One of its top-selling guides is *Osterie d’Italia*, which highlights restaurants in Italy that serve local food and wine. Another is *Vini d’Italia*, a list of Italy’s top wine producers.

While encouraging others to take things easy, Slow Food is working at a brisk pace to make sure that its message is getting across.

Association of the Friends of the University of Gastronomic Sciences.

“We are not training chefs, but food and wine writers and journalists, professional buyers of fine quality food for hotels and the retail trade, marketing personnel for food and wine associations, as well as teachers of the food sciences.”

The five-year course follows the lines of the recently-reformed Italian university system. An initial two-year foundation course is followed by three years’ specialization.

The first term starts on October 4, 2004 and has attracted many inquiries and applications. “We need to fill 60 places,” explains Vittorio Manganelli, who is supervising admissions. “Over half of the applications came from Italians, which is to be expected. However, we were surprised—and delighted—that so many people applied from outside the country. We

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Slow Food — Rapid Success

Words and Phrases

Choose the appropriate word to complete each sentence.

1. Would you like to visit Tuscany? It is a very _____ time of year there now I'm sure.
2. "It would be my _____ to recommend a wine to go with this dish," the waiter told us.
3. One _____ of our recent trip to Italy was to drink the local wine in each of the small towns we visited.
4. She was _____ to find out that she had been accepted to the University of Gastronomic Sciences.
5. She will surely _____ herself to her studies.
6. We were extremely pleased with the _____ of the cheese we found at the "Cheese" exhibition.
7. The increasing level of interest in Slow Food must be _____ to Carlo Petrini.
8. Sharing food and wine and time with friends—it is an _____ of mine that I appreciate more and more.
9. Slow Food has _____ a lot of attention in the past few years with its many exhibitions, publications and business ventures.
10. Slow Food is working at a _____ pace to help people improve their way of life.

- | | |
|----------------|--------------|
| a. pleasure | f. pleasant |
| b. devote | g. enjoyment |
| c. quality | h. attracted |
| d. highlight | i. delighted |
| e. encouraging | j. brisk |

Comprehension

Check your understanding by circling the correct choice in the parentheses.

1. Slow Food was established in (1989 / 1986).
2. Believers in Slow Food eat with their friends as (rarely / often) as possible.
3. The president of Slow Food said that people should (be aware / not care) of what they eat.
4. The "Cheese" exhibition helps Italians (forget / understand) their heritage and culture.
5. A goal of Slow Fish is to highlight (unappreciated / unknown) species of fish.
6. The University of Gastronomic Sciences has attracted (ridicule / applications) from all over the world.
7. The staff at the university are (dejected / delighted) that so many people from outside Italy applied to the school.
8. The Slow Food guide *Osterie d'Italia* highlights restaurants that serve local food (but not / and) wine.
9. Another Slow Food publication is a guide to (making wine / wine producers).
10. It is somewhat (ironic / strange) that Slow Food is working briskly to help you eat more slowly.

NOTES

founded 「設立される」
wasted no time 「時間を浪費しない」
threat 「(悪いことの) きざし, 予兆」
important voice 「主要な代弁者, 論客」
devote 「…をささげる」
biennial 「2年に1度の」
arranges 「計画する, 手はずを整える」
specific 「特定の」
launching 「(事業などを) 開始する」
cuisine 「料理」
encourage ... to ... 「…を…するように奨励する, 促す」
heritage 「世襲財産」
objective 「目的」
explore 「探求する」
fish-farming 「養魚」
under-appreciated 「過小評価された」
retail trade 「小売業」
marketing personnel 「マーケティング担当者」
specialization 「専門課程」
inquiries 「問合せ」
applications 「申し込み」
supervising 「監督する」
prospective students 「近く学生になる人々」
on top of 「…に加えて」
at a brisk pace 「きびきびとしたペースで」
getting across 「行き渡る, 明らかになる」

Ready to eat Organic Fresh Salads



The organic vegetables section of a New York supermarket. These vegetables cost on an average of 33% more than "normal" vegetables

From Organic Food to Free-Range Chickens — Consumers Have a Choice

By Leon Schwarzbaum

In the 17th century there were no artificial fertilizers, antibiotics or pesticides. All food was "organic." Now, people who worry about their food buy "organic food." But some ask if it is worth the extra cost.

Food producers today must fill an increasing worldwide demand for their products. As a result, they use insecticides and chemical fertilizers to increase production. But these substances can poison the natural underground water supply as well as leave dangerous traces in the fruits and vegetables grown by the farmers.

As for farm animals, they are fed or injected with

food supplements, antibiotics and growth hormones to help them grow faster and not get sick. While use of these modern methods greatly helps production, traces of the chemical substances show up in our milk, butter, cheese and other dairy products, not to mention the meat that we eat.

In contrast, some farmers grow "organic" crops

and raise animals “organically”—no hormones or chemicals allowed. Such farmers do not use insecticides, but rather keep insects under control by using their natural enemies—birds and other insects. “Free-range” chickens are not cooped up in “chicken factories” or fed chemicals. Instead, they are kept in an open field with plenty of room to run around and the chance to eat any insects, grass and seeds they may find. When fed, they are fed only natural grains. Organic cattle and pigs are likewise raised in open fields and eat only natural foods.

The website of the Maine Organic Farmers and Gardeners Association (MOFGA, from the state of Maine in the USA) details further benefits of organic farming. For example, MOFGA explains how organic farming relies on microbes in the soil to break down organic matter and minerals into the form that growing plants need. As a result, all of the “trace elements” necessary to health are present. Soil in fields treated with chemical fertilizers does not produce these trace elements. As a result, it can be argued that food grown commercially is not as nutritious as organic food.

“Flavor is another benefit of healthy plants growing in a living soil,” the website adds. A chef who pays up to 50% more for organic food

agrees, saying, “Meat and vegetables taste better when they are raised organically.” But others say he is wasting his money.

Is Organic Food Worth It?

A question then is, “Are these benefits worth the additional cost?” Also, “How do we know what we are getting with ‘natural’ food?”

In supermarkets, organic vegetables are packed into bins that may have held other vegetables; when displayed, all vegetables are sprayed frequently with water that may contain a chemical “freshener.” Organic meat is cut up into serving pieces on the same worktables where non-organic meat is processed. “We can’t guarantee that all of our organic products are kept out of contact with other food,” said the manager of a large supermarket. To customers, this means they may not be getting organic food even though the label says “Organic.”

In a “taste test” conducted by *The New York Times*, most tasters couldn’t tell the difference between organic and “commercial” chickens. The article’s conclusion: “Not worth the extra cost.”

But each person must decide for themselves whether or not organic food is worth buying. There are good arguments for each side.



Bad Foods That Are Good for You

By Anouska S. Willson

Do you love eating chocolate and drinking wine, but avoid them because they are unhealthy? New research shows that these and other “bad” foods could actually help your health.

Chocolate: Recent findings show that chocolate, just like fruit and vegetables, is chock-full of antioxidants, substances that fight heart disease and cancer. Chocolate also helps your mental health by releasing serotonin, a hormone that makes you feel happy. Nutritionists recommend dark chocolate, the purest form of chocolate.

Cheese: Cheese is high in calories but has calcium, which is helpful for building and maintaining strong bones. Also, the fat in cheese is a “good” fat that could lessen the risk of cancer, diabetes, and heart disease.

Coffee: Apparently, caffeine does not cause heart disease or high blood pressure after all. Since it can improve concentration and increase alertness, it just may help prevent brain-related illnesses like Alzheimer’s and

Parkinson’s disease. Experts suggest drinking two cups a day and avoiding oversized, high-calorie, flavored coffee drinks.

Wine: Red wine helps reduce the risk of heart disease, stroke, cancer and diabetes; white wine may help prevent food poisoning. However, moderate drinking only: no more than two small glasses a day.

Nuts: Although nuts are full of fat, like cheese they contain “good,” heart disease-fighting fat. Also, nuts help you lose weight because they help you feel full for longer.

Eggs: Though high in cholesterol, eggs are low in fat—and a low-fat diet is very important. Eggs also contain a nutrient called lutein that protects your eyes.

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From Organic Food to Free-Range Chickens — Consumers Have a Choice

Words and Phrases

The words in the box are often used when people talk about organic food. Fill them in to create the conversation between Karen and Michael.

poison	dangerous	traces	insecticide	fertilizer
organic	supplements	nutritious	natural	microbes

Karen: Why don't you want to use any _____ in our garden? It would kill all of the bugs.

Michael: Oh, that stuff is just _____. And I'm sure that _____ of it would remain on the things we grow. I don't want to eat that!

Karen: Yeah, you're right, me neither. But what about _____? That just helps things grow, right?

Michael: You're right, it does help stuff grow. But it's chemicals too, like the insecticide. It would be just as _____ I think.

Karen: Oh, so what can we use as _____ to help the plants grow?

Michael: Oh, lots of things. But as long as we don't use chemicals, we'll find that _____ in the soil create all the nutrition our plants will need.

Karen: _____ farming sounds like a lot of trouble. But if the food we grow is more _____ than what we can get from the supermarket I'm all for it.

Michael: Glad to hear that. I think it is only _____ to like organic farming.

Comprehension

Determine which method, organic or commercial, uses each of the practices listed below. Put a checkmark in the appropriate column.

	organic	commercial
1. Is more efficient		
2. Uses chemical-based fertilizers		
3. Does NOT use chemical-based insecticides		
4. Leaves traces of chemicals in our food		
5. Controls insects with their natural enemies		
6. Uses microbes in the soil to break down substances		
7. Has only the basic trace elements		
8. Has a lower cost for the consumer		
9. Is sprayed with a chemical freshener		
10. Appeals to people who want natural food		

NOTES

Free-range chickens 「放牧されて育った鶏」
artificial fertilizers 「人工化学肥料」
antibiotics 「抗生物質」
pesticides 「殺虫剤」
worth 「…の価値がある」
insecticides 「殺虫剤」
substances 「物質」
poison 「汚染する」
injected with 「…を注射される」
growth hormones 「成長ホルモン」
show up 「現れる」
in contrast 「対照的に」
under control 「抑制した」
cooped up 「閉じ込められた」
plenty of room 「広々とした空間」
grains 「穀物、穀草」
details 「詳細を述べる」
relies on 「…に依存する」
microbes 「微生物」
soil 「土壌、耕土」
trace elements 「微量元素」
nutritious 「栄養分に富む」
freshener 「洗剤」
cut up into serving pieces 「調理しやすい片に切り分けられた」
processed 「加工された」
out of contact with 「…と接触しないで」
findings 「調査結果」
chock-full of 「…がぎっしり詰まった」
antioxidants 「老化防止剤」
fat 「脂肪」
lessen 「減少させる」
diabetes 「糖尿病」
alertness 「敏捷性、警戒性」
stroke 「発作」
food poisoning 「食中毒」
feel full 「満腹感がする」
nutrient 「栄養分」
lutein 「ルテイン」(卵黄などの黄体から得るホルモンの一種)

Food that Beautifies and Slows Aging

By Ming E. Wong



California Avocado Organization

Ever wish for a magic potion that can prevent sagging skin, fading eyesight and other symptoms of aging? Well, there's growing research that shows that you're better off feeding your body right than buying a lot of expensive cosmetics. Here's some beautifying food to add to your grocery list.

How can one stay young-looking, healthy and happy as the years go by? Why do some people seem to age more quickly than others? Part of the answer is in our diet. In China people have long made a connection between food and health; for example, that green tea helps slow down aging, or that eating sea cucumbers is good for general beauty.

In addition to the Chinese approach, you can find health and beauty foods in the aisles of your local supermarket with the guide below.

Citrus fruits: oranges, lemons, grapefruit, etc. High in Vitamin C, they stimulate the immune system and fight off colds. Eat them raw, cook them in soups or toss them into salads. Citrus fruits are good detoxifiers, flushing toxins out of the body.

Avocados: The richest fruit source of Vitamin E, avocados help to slow down the aging process and protect against heart disease. They also contain folic acid, which promotes healthy cell and tissue development. Eat avocado by itself or mash it up for dips, salsa or sandwich spread.

Aloe vera: The sap and leaves of this cactus-like plant have long been used for skin injuries or problems such as dry or sensitive skin and wrinkles. It is available as a cream, gel or drink.

Avocados, full of Vitamin E, help to slow down the aging process.

Olive oil: Keeps pores clean and maintains hormonal balance that is important for skin elasticity and smoothness.

Tofu: Soy products help promote new cell growth. The calcium present in tofu also helps to keep skin clear and prevent loss of bone density.

Green tea: Cosmetic manufacturers are putting it into shower gel or skin lotions. Green tea fights viruses, lowers blood sugar, helps to control weight, and slows down aging.

Water: Most people drink less than the 1.5 to 2 liters which they need daily. Low water intake leads to dry skin, low energy levels, and bags under eyes. Drink more water to improve your digestive system, the condition of your skin and the brightness of your eyes. It will also help you avoid gallstones.

Healthy eating isn't really complicated. If you eat sensibly, then having junk food occasionally won't ruin your health. Aging is influenced somewhat by genetic factors but our environment and daily lifestyle have a much greater effect on the face we present to the world. The key to looking good is not found in a bottle. Give yourself healthy habits that improve your lifestyle, and as a by-product, your looks will improve too.

Low Carbs, High Carbs, No Carbs? Which Will It Be?

By Leon Schwarzbaum

People looking for a way to lose weight quickly may not be eating properly and not giving their bodies the minerals and nutrients they need. But some people say the Atkins Diet works safely. Who is right?

In parts of the world where people eat low-fat meals of fish, vegetables and rice, few people are fat. In other parts of the world a majority of the populace weighs too much. Case Western Medical School in Ohio estimates that 300,000 Americans die each year from conditions caused by obesity. And 65% of American adults and 15% of children are overweight.

Many people are trying to lose weight quickly by following the diet prescribed by the late Dr. Robert Atkins. People on the Atkins Diet eat almost no "carbs" (carbohydrates, which are found in sugars and the starches in grains such as wheat and rice).

Most doctors warn against diets that include only proteins. Women who are pregnant or planning to have children are warned not to skip carbohydrates. Bread, noodles and cereals contain folic acid, which is essential to the development of babies before they are born.

Cardiologists warn of danger in eating too much cholesterol-rich red meat, since that chemical compound causes arteries to clog up. Scientists who study food and its effect on the body warn that a diet that does not contain a balance of all of the things the body needs may result in weight loss but may also cause the dieter to suffer diseases caused by a lack of vitamins, minerals and fiber.

Weight Watchers International warns people not to be fooled by "popular" diets.



Stores hang "Low Carb" signs on anything they can to attract dieting customers

Weight Watchers International, developers of the largest and most successful U.S. weight loss program, issued a booklet, *Live Well, Live Long*, warning members not to be fooled by "popular" diets. "Carbohydrates are your body's main source of energy," the booklet advises. "Where carbohydrates are not available, protein and fat are used as energy sources and cannot be used for building muscle."

Some businesses see a way to make money from this new diet. A "Low Carb" label now appears on many brands of beer, bread, cake and ice cream. Restaurants now serve high fat, high protein meals to Atkins-following customers. But not everyone is on the bandwagon.

One such detractor is a 58-year-old man who has sued the Dr. Atkins' estate. His doctors found that the Atkins diet had caused blockage in a major artery, causing grave medical problems.

The American Heart Association is also not on board with the Atkins diet. It issued a statement saying, "Eating large amounts of high-fat foods for a sustained period raises the risk of heart disease, diabetes, stroke and several types of cancer." But many people want to be thin at any cost, and the Atkins diet shows no signs of losing popularity. Who is right?

EXERCISE

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Food That Beautifies and Slows Aging

Comprehension

For each problem below, give advice by circling the best choice.

Problem	Advice
1. I get colds easily.	Maybe you should a. drink green tea. b. eat more citrus fruit.
2. My skin gets a lot of blemishes.	I think that you should a. eat more tofu. b. have more olive oil in your diet.
3. I have really sensitive skin.	Why don't you a. eat more citrus fruit? b. drink aloe vera-based beverages?
4. I need to control my weight better.	How about a. drinking lots of green tea? b. eating lots of avocados?
5. My skin is not as smooth as it used to be.	It might be a good idea to a. use more olive oil when you cook. b. eat a lot of lemons, as many as you can.
6. I'm really worried about aging.	If I were you, I would a. eat more avocados. b. drink more water.
7. People tell me my eyes look dull these days. How can I make them bright again?	I suggest that you a. drink more water. b. eat more oranges.

NOTES

potion 「ある種の薬になる飲物」

sagging 「たるんでいく」

fading 「ぼやけていく」

symptoms 「兆候」

better off 「より良い状態で」

slow down 「…をゆっくりと進ませる」

sea cucumbers 「なまこ」

stimulate 「刺激する」

immune system 「抗体組織」

fight off 「…を撃退する」

detoxifiers 「解毒剤」

flushing 「洗い流す」

toxins 「毒素」

folic acid 「葉酸」

cell and tissue development 「細胞組織の発育」

sap 「樹液」

wrinkles 「しわ」

pores 「毛穴」

elasticity 「弾力性」

bags under eyes 「目の下のたるみ」

digestive system 「消化系統」

gallstones 「胆石」

as a by-product 「副産物として」

EXERCISE

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Low Carbs, High Carbs, No Carbs? Which Will It Be?

Words and Phrases

Many special terms are used in the Low Carbs article. The author explains them in the text with an example or an explanation.

First, cover the article with a sheet of paper, and complete the “in article definition” with the term being defined. After you finish, skim the article to confirm/complete any missing definitions.

1. low- _____ meals: (n) examples listed are “meals of fish, vegetables and rice”
2. the _____ Diet: (n) explanation: people on this diet “eat almost no ‘carbs’ (carbohydrates)”
3. _____: (n) explanation: substances that “are found in sugars and the starches in grains such as wheat and rice”
4. _____: (n) explanation: a substance that is “essential to the development of babies before they are born.”
5. _____: (n) explanation: a “chemical compound that causes arteries to clog up”
6. _____ International: (n) explanation: “developers of the largest and most successful U.S. weight loss program”
7. _____: (n) explanation: “your body’s main source of energy”

NOTES

carbs (= carbohydrates) 「炭水化物」
populace 「住民, 民衆」
obesity 「肥満」
prescribed 「処方された, 指示された」
starches 「でんぷん質」
proteins 「たんぱく質」
pregnant 「妊娠した」
essential to 「…に不可欠な」
cardiologists 「心臓学者」
compound 「化合物」
arteries 「動脈」
clog 「詰まる」

result in 「…という結果になる」
fiber 「繊維」
issued 「発行した」
on the bandwagon 「流行に乗って, 便乗して」
detractor 「非難する者, 中傷者」
sued 「…を訴えた, 告訴した」
blockage 「障害」
on board with 「…と同じ意見で, 味方して」
sustained 「持続した」
at any cost 「是が非でも, どんな犠牲を払っても」