

World Food Prize awarded to fish expert

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The World Food Prize has been awarded to a nutrition expert for her innovative work on fish. Dr Shakuntala Thilsted, 71, received the coveted prize for pioneering new methods of raising fish that are rich in

nutrients. She also successfully campaigned to incorporate fish into the diets of people in developing countries. U.S. Secretary of State Antony Blinken commended Dr Thilsted on her work. He said she "figured out how these nutrient-rich small fish can be raised locally and inexpensively". He added that, "millions of low-income families...are eating small fish regularly, dried and fresh, in everything from chutneys to porridge". He said: "The key nutrients in the fish will protect children for a lifetime."

The World Food Prize was created by a Nobel Peace Prize laureate in 1986. He wanted to recognise scientists who improved the quality and availability of food. The recipient of the award receives a \$250,000 prize. Dr Thilsted grew up on the Caribbean island of Trinidad. She fully appreciated the nutritional value of fish in improving our health. She went on to conduct research on malnutrition and fish diets in Bangladesh in the 1980s. She said: "I was able to assess the nutritional composition of small fish species and realized that they were extremely rich in multiple vitamins and minerals." She hopes her award will inspire more women in developing countries to continue her research.

Sources: apnews.com / npr.org / thefishsite.com

Writing

We should all eat more fish and less meat. Discuss.

Chat

Talk about these words from the article.

nutrition / expert / innovative / pioneering / fish / diets / low income / chutney / key / scientists / quality / value / malnutrition / species / vitamins / minerals / inspire

True / False

- 1) The World Food Prize was awarded for pioneering innovative methods. T / F
- 2) The prizewinner asked people in rich nations to eat fish and not meat. T / F
- 3) The U.S. Secretary of State praised the prizewinner for her work. T / F
- 4) The Secretary of State said people are now eating fish in porridge. T / F
- 5) The World Food Prize was created by a top-ranked chef. T / F
- 6) The winner of the prize grew up in the Caribbean island of Jamaica. T / F
- 7) The recipient of the prize once suffered from malnutrition. T / F
- 8) The prizewinner hopes more women will conduct research like hers. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|-------------------|
| 1. awarded | a. acknowledge |
| 2. innovative | b. include |
| 3. incorporate | c. motivate |
| 4. commended | d. valued |
| 5. key | e. praised |
| 6. recognise | f. makeup |
| 7. appreciated | g. given |
| 8. conduct | h. essential |
| 9. composition | i. do |
| 10. inspire | j. groundbreaking |

Discussion – Student A

- a) What do you think of the World Food Prize?
- b) What should people get the World Food Prize for?
- c) How important are fish?
- d) Should we all switch from eating meat to eating fish?
- e) How good is eating fish for us?
- f) How nutritious is the food you eat every day?
- g) What could you do to improve your nutrition?
- h) Should we go fishing to catch our own dinner?

Phrase Match

- | | |
|--|----------------------------|
| 1. The World Food Prize has been awarded | a. on malnutrition |
| 2. pioneering new methods | b. out how |
| 3. He said she figured | c. in the fish |
| 4. millions of low- | d. availability of food |
| 5. The key nutrients | e. of raising fish |
| 6. created by a Nobel Peace Prize | f. in developing countries |
| 7. scientists who improved the quality and | g. to a nutrition expert |
| 8. She went on to conduct research | h. in multiple vitamins |
| 9. extremely rich | i. income families |
| 10. inspire more women | j. laureate in 1986 |

Discussion – Student B

- What do you think about what you read?
- What are the biggest issues concerning food?
- What are the healthiest kinds of diets?
- Is the quality of the food we eat getting better?
- Where do you get most of your vitamins and minerals from?
- How inspirational is Dr Thilsted?
- What would it be like to conduct research on nutrition?
- What questions would you like to ask Dr Thilsted?

Spelling

- awarded to a nouinttir expert
- her nivoatnvie work on fish
- received the votedec prize
- nioirnepeg new methods of raising fish
- aeorrintopc fish into the diets
- everything from chtenyus to porridge
- created by a Nobel Peace Prize uaaerelt
- The cepiteirn of the award
- She fully rpptediaace the...
- conduct research on iurmaolttnni
- small fish pcesies
- her award will nrpisei more women

Answers – Synonym Match

1. g	2. j	3. b	4. e	5. h
6. a	7. d	8. i	9. f	10. c

Role Play

Role A – Meat

You think a meat diet is best. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the worst of these diets (and why): fish, fruit or any food.

Role B – Fish

You think a fish diet is best. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the worst of these diets (and why): meat, fruit or any food.

Role C – Fruit

You think a fruit diet is best. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the worst of these diets (and why): fish, meat or any food.

Role D – Any Food

You think an "any food" diet is best. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the worst of these diets (and why): fish, fruit or meat.

Speaking – Diets

Rank these with your partner. Put the best diets at the top. Change partners often and share your rankings.

- | | |
|------------------------|---------|
| • Lacto-ovo vegetarian | • Meat |
| • Pollo vegetarian | • Fish |
| • Mediterranean diet | • Fruit |
| • Low-carb diet | • Vegan |

Answers – True False

1	T	2	F	3	T	4	T	5	F	6	F	7	F	8	T
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Answers to Phrase Match and Spelling are in the text.