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Level 6 – 30th January, 2020

Pasta is now a vegetable in U.S. schools

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<https://breakingnewsenglish.com/2001/200130-vegetables.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

Pasta has been reclassified as a vegetable in U.S. schools. An overhaul of national dietary regulations has resulted in pasta now counting towards the vegetable requirements in school lunches across the USA. The new school guidelines were released by the U.S. Department of Agriculture last week. The rules stipulate that: "Pasta made of vegetable flour may credit as a vegetable, even if the pasta is not served with another recognizable vegetable." Pasta can only be regarded as a vegetable serving if it is made with potato, soy or other starchy, vegetable-based flour. Shocked critics of the new rules joked that bread could be regarded as a vegetable as that is also made from flour.

Other changes outlined include the halving of fruit given to children for breakfast and the provision of a greater selection of burgers, fries, pizza and other high-calorie food that is full of saturated fat and salt. The Agriculture Secretary defended the guidelines. He said the new rules would reduce food waste. He said the new policy was necessary because, "a more common-sense flexibility is needed to provide students with nutritious and appetizing meals". The guidelines reverse the Hunger-Free Kids Act of 2010, which was championed by Michelle Obama. A health expert said: "This makes absolutely no sense. Politics and industry pressure should not interfere with what is best for children's health."

Sources: <https://metro.co.uk/2020/01/25/pasta-count-vegetable-schoolkids-trump-administration-12121778>
<https://www.independent.co.uk/news/world/americas/us-politics/pasta-vegetable-trump-school-lunch-flour-a9301186.html>
<https://www.indy100.com/article/trump-pasta-vegetable-school-lunch-guidelines-potato-fruit-michelle-obama-9301296>

WARM-UPS

1. PASTA: Students walk around the class and talk to other students about pasta. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

pasta / vegetables / overhaul / regulations / guidelines / potato / soy / starch / flour / fruit / breakfast / burgers / salt / nutritious . health / expert / no sense / interfere

Have a chat about the topics you liked. Change topics and partners frequently.

3. VEGETABLE: Students A **strongly** believe pasta is a vegetable; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. DIETARY REQUIREMENTS: How important are these food groups? What do they do for us? How nutritious are they? Complete this table with your partner(s). Change partners often and share what you wrote.

	How Important?	What They Do	How Nutritious?
Vegetables			
Pasta			
Grains			
Nuts			
Dairy			
Meat			

5. FLOUR: Spend one minute writing down all of the different words you associate with the word "flour". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. VEGETABLES: Rank these with your partner. Put the best vegetables at the top. Change partners often and share your rankings.

- carrots
- broccoli
- peppers
- eggplant
- sweet corn
- garlic
- potatoes
- tomatoes

VOCABULARY MATCHING

Paragraph 1

- | | |
|-----------------|--|
| 1. reclassified | a. Consider or thought of someone or something in a specified way. |
| 2. overhaul | b. A rule or law made and maintained by an authority. |
| 3. regulation | c. A detailed examination of machinery or a system, with repairs or changes made if necessary. |
| 4. stipulate | d. A person who judges the merits of literary, artistic, musical works, or other things - especially one who does so professionally. |
| 5. regarded | e. Gave something a different grouping, type or sort to the one it had before. |
| 6. starchy | f. Demand or specify a requirement, usually as part of a bargain or agreement. |
| 7. critic | g. Food (e.g. potatoes and rice) being particularly full of a substance that is packed with carbohydrates. |

Paragraph 2

- | | |
|------------------|---|
| 8. halving | h. The action of giving or supplying something for use. |
| 9. provision | i. Making one want to eat because of the look, smell, taste, etc. |
| 10. saturated | j. Take part or intervene in an activity without invitation or necessity. |
| 11. common sense | k. Having or holding as much as can be taken in or absorbed of something. |
| 12. appetizing | l. Support a cause; defended or promoted something or someone. |
| 13. championed | m. Good wisdom and judgment in practical matters. |
| 14. interfere | n. Dividing into two; reducing the amount of something by 50 per cent. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. Pasta was reclassified to conform to international dietary regulations. **T / F**
- b. The regulations say pasta must be served with "recognized" vegetables. **T / F**
- c. Only pasta from vegetable-based flour constitutes a vegetable serving. **T / F**
- d. Critics joked that the rules would deem bread as being a vegetable. **T / F**
- e. The new rules halve the amount of fruit given to children for breakfast. **T / F**
- f. The Agriculture Secretary said the new rules would reduce food waste. **T / F**
- g. The secretary said the new rules would provide more nourishing meals. **T / F**
- h. A health expert said the new rules were nonsensical. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|------------------------|-----------------|
| 1. overhaul | a. specify |
| 2. requirements | b. get involved |
| 3. released | c. summarised |
| 4. stipulate | d. nourishing |
| 5. joked | e. needs |
| 6. outlined | f. specialist |
| 7. defended | g. jested |
| 8. nutritious | h. recondition |
| 9. expert | i. justified |
| 10. interfere | j. issued |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---------------------------------------|-------------------------------|
| 1. Pasta has been reclassified | a. food waste |
| 2. An overhaul of national | b. school lunches |
| 3. vegetable requirements in | c. of the new rules |
| 4. soy or other starchy, vegetable- | d. sense |
| 5. Shocked critics | e. of saturated fat |
| 6. halving | f. as a vegetable |
| 7. high-calorie food that is full | g. based flour |
| 8. the new rules would reduce | h. needed |
| 9. a more common-sense flexibility is | i. dietary regulations |
| 10. This makes absolutely no | j. of fruit given to children |

GAP FILL

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

Pasta has been (1) _____ as a vegetable in U.S. schools. An overhaul of national (2) _____ regulations has resulted in pasta now (3) _____ towards the vegetable requirements in school lunches across the USA. The new school guidelines were released by the U.S. Department of Agriculture last week. The rules (4) _____ that: "Pasta made of vegetable flour may credit as a vegetable, even if the pasta is not (5) _____ with another recognizable vegetable." Pasta can only be regarded as a vegetable serving if it is made with potato, soy or other (6) _____, vegetable-based flour. Shocked (7) _____ of the new rules joked that bread could be (8) _____ as a vegetable as that is also made from flour.

stipulate
starchy
dietary
regarded
counting
critics
reclassified
served

Other changes outlined include the (9) _____ of fruit given to children for breakfast and the (10) _____ of a greater selection of burgers, fries, pizza and other high-calorie food that is full of (11) _____ fat and salt. The Agriculture Secretary defended the guidelines. He said the new rules would reduce food (12) _____. He said the new policy was necessary because, "a more common-sense flexibility is needed to provide students with nutritious and (13) _____ meals". The guidelines reverse the Hunger-Free Kids Act of 2010, which was (14) _____ by Michelle Obama. A health expert said: "This makes absolutely no (15) _____. Politics and industry pressure should not (16) _____ with what is best for children's health."

waste
halving
championed
saturated
interfere
appetizing
sense
provision

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

- 1) reclassified as a vegetable in U.S. schools. An overhaul of _____ regulations
 - a. national diet tree
 - b. national diet airy
 - c. national dietary
 - d. national die a tree
- 2) the U.S. Department of Agriculture last week. The _____
 - a. rules stipulates that
 - b. rules strip you late that
 - c. rules stipple late that
 - d. rules stipulate that
- 3) made of vegetable flour may credit as a vegetable, even if the pasta _____
 - a. is not served
 - b. is not severed
 - c. is not serve
 - d. is not saved
- 4) be regarded as a vegetable serving if it is made with potato, soy _____ ...
 - a. or other star chi
 - b. or other starch chi
 - c. or other starchy
 - d. or other start chi
- 5) be regarded as a vegetable as that is also _____
 - a. made from flour
 - b. made from flower
 - c. made from flora
 - d. made from flaw
- 6) selection of burgers, fries, pizza and other high-calorie food that is full _____
 - a. of saturate it fat
 - b. of saturate id fat
 - c. of saturates fat
 - d. of saturated fat
- 7) the new policy was necessary because a more common- _____
 - a. senses flexibility
 - b. sense flexibility
 - c. senses flexibility
 - d. sensor flexibility
- 8) reverse the Hunger-Free Kids Act of 2010, which was _____ Michelle Obama
 - a. champ pinioned by
 - b. champ pined by
 - c. champ opined by
 - d. championed by
- 9) A health expert said: "This makes _____"
 - a. absolutely not sense
 - b. absolutely no sense
 - c. absolutely know sense
 - d. absolutely now sense
- 10) Politics and industry pressure _____
 - a. should not interference
 - b. should not interfered
 - c. should not interferes
 - d. should not interfere

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

Pasta has been reclassified as a vegetable in U.S. schools. An (1) _____ dietary regulations has resulted in pasta now counting towards the vegetable (2) _____ lunches across the USA. The new school guidelines were released by the U.S. Department of Agriculture last week. The (3) _____: "Pasta made of vegetable flour may credit as a vegetable, even if the pasta is not served with another recognizable vegetable." Pasta can only (4) _____ a vegetable serving if it is made with potato, soy or other starchy, vegetable-based flour. (5) _____ the new rules joked that bread could (6) _____ a vegetable as that is also made from flour.

Other changes outlined include (7) _____ fruit given to children for breakfast and the provision of a greater selection of burgers, fries, pizza and other high-calorie food that is full (8) _____ and salt. The Agriculture Secretary defended the guidelines. He said the new rules would (9) _____. He said the new policy was necessary because, "a more common-sense flexibility is needed to provide students with (10) _____ meals". The guidelines reverse the Hunger-Free Kids Act of 2010, which was championed by Michelle Obama. A health expert said: "This makes (11) _____. Politics and industry pressure should (12) _____ what is best for children's health."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

1. What did the U.S. administration overhaul?
2. Which department released the new dietary guidelines?
3. What will pasta made of vegetable flour credit as?
4. What must pasta be made from to be considered a vegetable serving?
5. What did critics joke might also be a vegetable under the new rules?
6. What did the new guidelines halve in children's breakfasts?
7. What did the article say high-calorie food is full of?
8. What did a government official say the guidelines would help to reduce?
9. What is the 2010 act that the guidelines will replace?
10. What did a health expert say industry should not interfere with?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

- 1) What did the U.S. administration overhaul?
 - a) food production
 - b) national dietary regulations
 - c) school canteens
 - d) international nutrition requirements
- 2) Which department released the new dietary guidelines?
 - a) the Department of Health
 - b) the Food and Drug Administration
 - c) the Department of School Lunches
 - d) the Department of Agriculture
- 3) What will pasta made of vegetable flour credit as?
 - a) a source of omega 3
 - b) a food plus
 - c) a vegetable
 - d) a source of fibre
- 4) What must pasta be made from to be considered a vegetable serving?
 - a) potato, soy or vegetable-based flour
 - b) corn flour and arrowroot flour
 - c) other vegetables
 - d) high-fibre constituents
- 5) What did critics joke might also be a vegetable under the new rules?
 - a) eggs
 - b) bread
 - c) chocolate
 - d) meat
- 6) What did the new guidelines halve in children's breakfasts?
 - a) fruit
 - b) eggs
 - c) bread
 - d) meat
- 7) What did the article say high-calorie food is full of?
 - a) nutrition
 - b) fibre
 - c) saturated fat and salt
 - d) calories
- 8) What did a government official say the guidelines would help to reduce?
 - a) food waste
 - b) obesity
 - c) immunity to diseases
 - d) disease
- 9) What is the 2010 act that the guidelines will replace?
 - a) the Hunger-Free Kids' Act
 - b) the Free Kids Hunger Act
 - c) the Act for Kids' Hunger
 - d) the Hunger-Free Kids Act
- 10) What did a health expert say industry should not interfere with?
 - a) bread production
 - b) farming
 - c) what is best for children's health
 - d) pasta production

ROLE PLAY

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

Role A – Carrots

You think carrots are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): tomatoes, potatoes or garlic.

Role B – Tomatoes

You think tomatoes are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): carrots, potatoes or garlic.

Role C – Potatoes

You think potatoes are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): tomatoes, carrots or garlic.

Role D – Garlic

You think garlic is the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): tomatoes, potatoes or carrots.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'pasta' and 'vegetable'.

pasta	vegetable
--------------	------------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• national• across• last• credit• only• joked	<ul style="list-style-type: none">• fruit• full• waste• sense• expert• best
--	--

PASTA SURVEY

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

Write five GOOD questions about pasta in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

PASTA DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'vegetable'?
3. What do you think of vegetables?
4. How important are vegetables?
5. Is pasta really a vegetable?
6. Do you think we could grow pasta from trees one day?
7. How healthy were your school lunches?
8. What are your favourite vegetables?
9. If pasta is a vegetable, is bread also a vegetable?
10. What advice do you have for the Department of Agriculture?

Pasta is now a vegetable in U.S. schools – 30th January, 2020
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PASTA DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'pasta'?
13. What do you think about what you read?
14. What do you think of halving the fruit given to kids?
15. What is a very healthy breakfast?
16. Why are children being given high-calorie food for school lunch?
17. How much 'common sense' is in the new rules?
18. How nutritious and appetizing is pasta?
19. What will the guidelines do for obesity in the USA?
20. What questions would you like to ask the Department of Agriculture?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

Pasta has been (1) _____ as a vegetable in U.S. schools. An overhaul of national dietary regulations has resulted in pasta now (2) _____ towards the vegetable requirements in school lunches across the USA. The new school guidelines were released by the U.S. Department of Agriculture last week. The rules (3) _____ that: "Pasta made of vegetable flour may (4) _____ as a vegetable, even if the pasta is not served with another recognizable vegetable." Pasta can only be regarded as a vegetable serving if it is made with potato, soy or other (5) _____, vegetable-based flour. Shocked critics of the new rules joked that bread could be regarded (6) _____ a vegetable as that is also made from flour.

Other changes outlined include the (7) _____ of fruit given to children for breakfast and the provision of a greater selection of burgers, fries, pizza and other high-calorie food that is full of (8) _____ fat and salt. The Agriculture Secretary defended the guidelines. He said the new rules would reduce food waste. He said the new policy was necessary because, "a more common-(9) _____ flexibility is needed to provide students with nutritious and appetizing meals". The guidelines (10) _____ the Hunger-Free Kids Act of 2010, which was championed (11) _____ Michelle Obama. A health expert said: "This makes absolutely no sense. Politics and industry pressure should not (12) _____ with what is best for children's health."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-----------------|------------------|----------------|----------------|
| 1. | (a) rectified | (b) reclassified | (c) receded | (d) ratified |
| 2. | (a) surmounting | (b) counting | (c) numerating | (d) numbering |
| 3. | (a) stimulate | (b) speculate | (c) satiate | (d) stipulate |
| 4. | (a) debit | (b) credit | (c) plus | (d) minus |
| 5. | (a) scorched | (b) scary | (c) starry | (d) starchy |
| 6. | (a) was | (b) has | (c) as | (d) gas |
| 7. | (a) halving | (b) having | (c) holing | (d) heaving |
| 8. | (a) soaked | (b) sopping | (c) saturated | (d) wet |
| 9. | (a) idiocy | (b) thought | (c) wise | (d) sense |
| 10. | (a) reverse | (b) reserve | (c) sever | (d) several |
| 11. | (a) by | (b) at | (c) to | (d) of |
| 12. | (a) interfere | (b) aghast | (c) cookery | (d) nutritious |

SPELLING

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

Paragraph 1

1. Pasta has been ceirfeialdss as a vegetable
2. An overhaul of national yiaterd regulations
3. new school iusldinege
4. The rules etautipsl that
5. other rstayhc, vegetable-based flour
6. bread could be regdrade as a vegetable

Paragraph 2

7. the vlgaihn of fruit
8. food that is full of auedstatr fat
9. common-sense efliytixbil
10. nutritious and iaentzippg meals
11. This makes ltobusyela no sense
12. should not rretnifee with what is best

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

Number these lines in the correct order.

- () last week. The rules stipulate that: "Pasta made of vegetable flour may credit as a vegetable, even
- (**1**) Pasta has been reclassified as a vegetable in U.S. schools. An overhaul of national dietary
- () regulations has resulted in pasta now counting towards the vegetable requirements in school lunches
- () regarded as a vegetable serving if it is made with potato, soy or other starchy, vegetable-
- () across the USA. The new school guidelines were released by the U.S. Department of Agriculture
- () provide students with nutritious and appetizing meals". The guidelines reverse the Hunger-Free Kids Act of
- () based flour. Shocked critics of the new rules joked that bread could be regarded as a vegetable as that is also made from flour.
- () and salt. The Agriculture Secretary defended the guidelines. He said the new rules would reduce food
- () of a greater selection of burgers, fries, pizza and other high-calorie food that is full of saturated fat
- () if the pasta is not served with another recognizable vegetable." Pasta can only be
- () sense. Politics and industry pressure should not interfere with what is best for children's health."
- () Other changes outlined include the halving of fruit given to children for breakfast and the provision
- () 2010, which was championed by Michelle Obama. A health expert said: "This makes absolutely no
- () waste. He said the new policy was necessary because, "a more common-sense flexibility is needed to

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

1. vegetable . been reclassified has as a Pasta
2. has national resulted . regulations dietary of An overhaul
3. vegetables . flour made Pasta credit may as of
4. vegetable . with another is recognizable not served Pasta
5. regarded be could vegetable . as a also Bread
6. for children given fruit Halving to the breakfast .
7. fat . High-calorie saturated full of that is food
8. food rules new waste . reduce said He would
9. meals . To with and provide students nutritious appetizing
10. what with best is Interfere health . children's for

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

Pasta has been reclassified *as / has* a vegetable in U.S. schools. An overhaul of national dietary regulations has resulted *on / in* pasta now counting towards the vegetable requirements in school lunches *crossed / across* the USA. The new school guidelines *were / was* released by the U.S. Department of Agriculture last week. The rules *stimulate / stipulate* that: "Pasta made of vegetable flour may *credit / debit* as a vegetable, even if the pasta is not *severed / served* with another recognizable vegetable." Pasta can only be *regarded / regard* as a vegetable serving if it is made with potato, soy or other starchy, vegetable-based flour. *Smocked / Shocked* critics of the new rules joked that bread could be regarded *was / as* a vegetable as that is also made from flour.

Other changes outlined include the *having / halving* of fruit given to children for breakfast and the *provision / provides* of a greater selection of burgers, fries, pizza and other high-calorie food that is full of saturated *fatty / fat* and salt. The Agriculture Secretary *defended / defensively* the guidelines. He said the new rules would *reduce / deduce* food waste. He said the new policy was necessary because, "a more common-sense *flexible / flexibility* is needed to provide students with *nutrition / nutritious* and appetizing meals". The guidelines *reserve / reverse* the Hunger-Free Kids Act of 2010, which was championed by Michelle Obama. A health expert said: "This makes absolutely no *senses / sense*. Politics and industry pressure should not *interfere / interference* with what is best for children's health."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

P_s t_ h_s b__ n r_c l_s s_f__ d _s _ v_g_t_b l_ _n U
. S. s c h__ l_s . A n _v_r h__ l _f n_t__ n_l d__ t_r
y r_g_l_t__ n s h_s r_s_l_t_d _n p_s t_ n_w c__ n
t_n g t_w_r d_s t h_ v_g_t_b l_ r_q__ r_m_n t_s _n s c
h__ l l_n c h_s _c r_s s t h_ U S A . T h_ n_w s c
h__ l g__ d_l_n_s w_r_ r_l__ s_d b y t h_ U . S .
D_p_r t m_n t _f A g r_c_l t_r_ l_s t w__ k . T h_
r_l_s s_t_p_l_t_ t h_t : " P_s t_ m_d_ _f v_g_t_b l_ f
l__ r m_y c_r_d_t _s _ v_g_t_b l_ , _v_n _f t h_ p_s
t_ _s n_t s_r v_d w_t h _n_t h_r r_c_g n_z_b l_
v_g_t_b l_ . " P_s t_ c_n _n l y b_ r_g_r d_d _s _
v_g_t_b l_ s_r v_n g _f _t _s m_d_ w_t h p_t_t_ ,
s_y _r _t h_r s_t_r c h y , v_g_t_b l_ - b_s_d f_l__ r .
S h_c k_d c_r_t_c s _f t h_ n_w r_l_s j_k_d t h_t b
r__ d c__ l d b_ r_g_r d_d _s _ v_g_t_b l_ _s t h_t
_s _l_s _m_d_ f_r_m f_l__ r .

O t h_r c h_n g_s __ t_l_n_d _n c_l_d_ t h_ h_l v_n g _f
f_r__ t g_v_n t_ c h_l d r_n f_r b_r__ k f_s t _n d t
h_ p_r_v_s__ n _f _g_r__ t_r s_l_c t__ n _f b_r_g_r s
, f_r__ s , p_z z_ _n d _t h_r h_g h - c_l_r__ f__ d t
h_t _s f_l_l _f s_t_r_t_d f_t _n d s_l_t . T h_ A g
r_c_l t_r_ S_c_r t_r y d_f_n d_d t h_ g__ d_l_n_s . H_
s__ d t h_ n_w r_l_s w__ l d r_d_c_ f__ d w_s t_ .
H_ s__ d t h_ n_w p_l_c y w_s n_c_s s_r y b_c__
s_ , " _m_r_ c_m m_n - s_n s_ f_l_x_b_l_t y _s n__ d_d
t_ p_r_v_d_ s_t_d_n t_s w_t h n_t_r_t__s _n d _p
p_t_z_n g m__ l_s " . T h_ g__ d_l_n_s r_v_r s_ t h_
H_n g_r - F_r__ K_d s A c t _f 2 0 1 0 , w h_c h w_s
c h_m p__ n_d b y M_c h_l_l_ O b_m_ . A h__ l t h _x
p_r t s__ d : " T h_s m_k_s _b_s_l_t_l y n_ s_n s_ .
P_l_t_c s _n d _n_d_s t_r y p_r_s_s_r_ s h__ l d n_t _n
t_r f_r_ w_t h w h_t _s b_s_t f_r c h_l d r_n ' s h__
l t h . "

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

pasta has been reclassified as a vegetable in us schools an overhaul of national dietary regulations has resulted in pasta now counting towards the vegetable requirements in school lunches across the usa the new school guidelines were released by the us department of agriculture last week the rules stipulate that pasta made of vegetable flour may credit as a vegetable even if the pasta is not served with another recognizable vegetable pasta can only be regarded as a vegetable serving if it is made with potato soy or other starchy vegetable based flour shocked critics of the new rules joked that bread could be regarded as a vegetable as that is also made from flour other changes outlined include the halving of fruit given to children for breakfast and the provision of a greater selection of burgers fries pizza and other high calorie food that is full of saturated fat and salt the agriculture secretary defended the guidelines he said the new rules would reduce food waste he said the new policy was necessary because a more commonsense flexibility is needed to provide students with nutritious and appetizing meals the guidelines reverse the hunger free kids act of 2010 which was championed by michelle obama a health expert said this makes absolutely no sense politics and industry pressure should not interfere with what is best for childrens health

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2001/200130-vegetables.html>

Pasta has been reclassified as a vegetable in U.S. schools. An overhaul of national dietary regulations has resulted in pasta now counting toward its vegetable requirements in school lunches across the USA. The new school guidelines were released by the U.S. Department of Agriculture last week. The rules stipulate that: "Pasta made of vegetable flour may credit as a vegetable, even if the pasta is not served with another recognizable vegetable." Pasta can only be regarded as a vegetable serving if it is made with potato, soy or other starchy, vegetable-based flour. Shocked critics of the new rules joked that bread could be regarded as a vegetable as that is also made from flour. Other changes outlined include the halving of fruit given to children for breakfast and the provision of a greater selection of burgers, fries, pizza and other high-calorie food that is full of saturated fats and salt. The Agriculture Secretary defended the guidelines. He said the new rules would reduce food waste. He said the new policy was necessary because, "a more common-sense flexibility is needed to provide students with nutritious and appetizing meals". The guidelines reverse the Hunger-Free Kids Act of 2010, which was championed by Michelle Obama. A health expert said: "This makes absolutely no sense. Politics and industry pressures should not interfere with what is best for children's health."

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. PASTA: Make a poster about pasta. Show your work to your classmates in the next lesson. Did you all have similar things?

4. VEGETABLES: Write a magazine article about classing pasta and bread as vegetables. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on pasta. Ask him/her three questions about pasta. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. e 2. c 3. b 4. f 5. a 6. g 7. d
8. n 9. h 10. k 11. m 12. i 13. l 14. j

TRUE / FALSE (p.5)

- a F b F c T d T e T f T g T h T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. An overhaul of national dietary regulations
2. The Agriculture Department
3. A vegetable
4. Potato, soy or vegetable-based flour
5. Bread
6. Fruit
7. Saturated fat and salt
8. Food waste
9. The Hunger-Free Kids Act
10. What is best for children's health

WORDS IN THE RIGHT ORDER (p.20)

1. Pasta has been reclassified as a vegetable.
2. An overhaul of national dietary regulations has resulted.
3. Pasta made of flour may credit as vegetables.
4. Pasta is not served with another recognizable vegetable.
5. Bread could also be regarded as a vegetable.
6. Halving the fruit given to children for breakfast.
7. High-calorie food that is full of saturated fat.
8. He said new rules would reduce food waste.
9. To provide students with nutritious and appetizing meals.
10. Interfere with what is best for children's health.

MULTIPLE CHOICE - QUIZ (p.10)

1. a 2. c 3. b 4. d 5. a 6. d 7. b 8. d 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)