

UNIT 6

It's time to go back to our traditional diet!

People of the Mediterranean used to have a very good and balanced diet. They were very healthy and suffered from fewer illnesses. Nowadays that they follow the "Western type" diet, more and more people get sick and die every day. Isn't it time to go back to our traditional diet?

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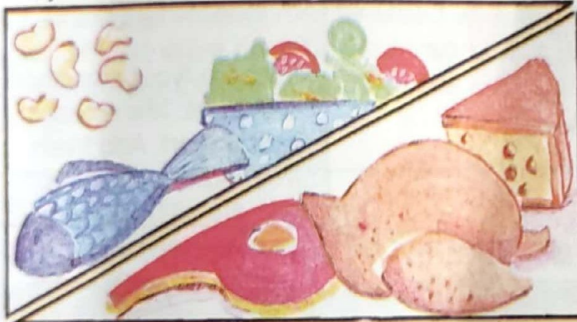
Look at the pictures and say what Mediterranean people **used to** do in the past and what they do nowadays.

In the past
Nowadays

they **used to**
they

eat cook
have use
drink make buy ...

dry beans, salads, fish



meat, cheese

brown bread



white bread

fruit for dessert



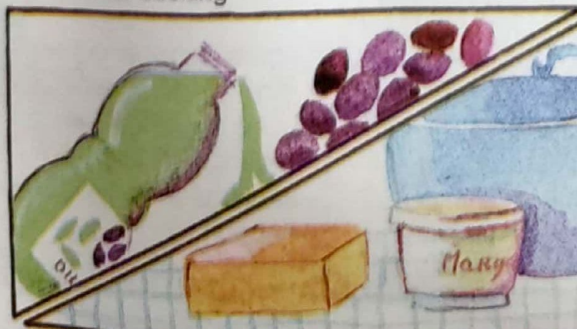
sweets and cakes for dessert

fresh vegetables



frozen vegetables

olive oil for cooking



butter, margarine for cooking

homemade wine



whiskey, beer