Dirty secrets

1 **Choose the correct words for the following text.**



In the past, farmers and artisans **1.** ..... to process the **2.** ..... ingredients into delicious foods that retained their nutritional content over many months or even years. This traditional processing aimed at making food **3.** ..... digestible and preserving it for use during times when food was not readily available.

In modern times, factory and industrial processing have substituted local artisanal processing and **4.** ..... the quality of the food, rather than making it more nutritious and digestible. Industrial processing depends upon sugar, white flour, processed and hydrogenated oils, synthetic food additives and vitamins, heat treatment and the extrusion of grains.

For example, cereals eaten at **5.** ..... are produced by extrusion. This process destroys most of the nutrients in the grains, the fatty acids and the chemical vitamins that are added at the end. Moreover the amino acids are chemically altered, thus diminishing and destroying their original qualities and properties.

Increasing shelf life requires the use of **6.** ....., either natural or artificial, which act as mould inhibitors, bacteria killers, antioxidants and antimicrobial chemicals. Unfortunately, some of these have adverse side **7.** ..... on human health. Vitamins evaporate, minerals are leached and fibre is long forgotten. And since anything that can be made in a lab is cheaper than a naturally sourced ingredient, and since cost has become a driving factor in consumer consideration, many food companies adopt cheaper manufacturing techniques and **8.** ..... source ingredients. Therefore, they will try to make their refined foods sound healthier than they actually are: "fruit drinks, rich in vitamin C" usually means "water with a fruit concentrate and added vitamin C"; likewise the term "pure" on bottled water is not the same as "natural"; "cereals fortified with calcium" simply means that the original minerals and vitamins **9.** ..... during the refining process are replaced with less effective synthetic materials.

Industrial food manufacturers market and use MSG (Monosodium Glutamate) as a flavour enhancer because it balances and blends the total perception of other tastes. But in 1969, scientists found MSG-induced lesions in the hypothalamus region of the mouse brain. Subsequent studies pointed in the same direction. Ninety-five percent of processed foods contain MSG, **10.** ..... is a neurotoxic substance that is absorbed directly from the mouth to the brain and causes a wide range of reactions in humans, from temporary headaches to permanent brain damage, a huge increase in Alzheimer's disease, brain cancer, seizures, multiple sclerosis and diseases of the nervous system. Moreover, investigations



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in the US pointed out that the great increase in violence in this country starting in 1960 may be due to the increased use of MSG **11.** ..... the late 1950s, particularly as it was added to baby foods.
In addition, to make food more palatable and attractive, additives, such as food colourings, are used. As the colour of a food is an important psychological consideration, almost all manufacturers add some sort of colouring, whether a natural red colour such as beet juice, a bug juice or the artificial Red #2 and Red #40. The natural pigment in the bugs (*Dactylpius Coccus*) is a bitter chemical called carminic acid, originally discovered by the Aztecs to dye royal garments, used in Europe for about 100 years to add lustre to products such as pork sausages, dried shrimp, candies, jams, and maraschino cherries and then replaced by cheaper artificial dyes Red #2 and Red #40.
Even though both carminic acid and artificial dyes are considered **12.** ..... by the FDA (*Food and Drug Administration*) because there is not sufficient evidence of ill effects, nevertheless their presence in the ingredient list of any product must be explicitly stated, because of possible allergic reactions or risks of carcinogenic effects, hyperactivity, attention problems, irritability, learning problems, aggressiveness and restlessness.

1.	**a.** used	**b.** use	**c.** using
2.	**a.** rough	**b.** raw	**c.** real
3.	**a.** more	**b.** least	**c.** less
4.	**a.** improved	**b.** decreased	**c.** diminished
5.	**a.** dinner	**b.** breakfast	**c.** lunch
6.	**a.** preservatives	**b.** colourings	**c.** additives
7.	**a.** effects	**b.** infects	**c.** affects
8.	**a.** cheapest	**b.** cheapper	**c.** cheaper
9.	**a.** added	**b.** removed	**c.** maintained
10.	**a.** which	**b.** whose	**c.** whom
11.	**a.** from	**b.** for	**c.** since
12.	**a.** dangerous	**b.** safe	**c.** poisonous

2 Write the jumbled words in the correct order.

1. made/Traditional/it/ processing/for use/more/food/preserved/digestible/and.
2. processing/times/In/industrial/modern/diminished/the/sometimes/quality/has/food/the/of/the.
3. produced/process/by/All/are/packaged/called/cereals/a/extrusion.
4. chemical/Extrusion/structures/proteins'/destroys/the/vitamins/most/and/of/alters.
5. variety/used /MSG/is/flavor/as/in/a/enhancer/of/a/foods/processed.
6. harmful/MSG/of/Some/effects/behavioural problems/of/heart problems,/the/cancer,/learning disorders/include/and.
7. become/Food/has/color/to/important/marketing/psychology.
8. food/When/as/used/additive/a/must/the/included/dye/packaging/labels/be/on.
9. with/Some/have/after/had/people/carmine/reactions/eating/allergic/coloured/foods.

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