Trying to Eat Well in a World of Mixed Messages

Advanced (C1-C2)

Part 1. When you think about food advice today, what comes to mind? You can choose from the words below or use your own.

overwhelming • confusing • everywhere • contradictory •
exhausting • helpful • noisy • guilt-inducing • trendy

Part 2. Read the statements below and discuss the questions.

1. "Everything in moderation."
2. "Carbs are the problem."
3. "Sugar is the real enemy."
4. "Ultra-processed food is killing us."
5. "Your gut controls everything."

Discuss:
- Where do you hear this?
- Do you take it seriously?
- Does it influence how you eat?

Part 3. Read the situations. Discuss how realistic they feel for you or people you know.

1. You change how you eat after reading something online — then a week later, a new article says the opposite.
2. A friend sends you nutrition advice that clearly works for them, but not for you.
3. You start questioning foods you've eaten your whole life because they're suddenly "bad".

Part 4. Read the reactions below. Which ones do you recognise? Choose one and explain what led to it.

1. "I try to keep up, then I lose interest."
2. "I feel guilty, even when I eat normally."
3. "I've stopped listening because it changes too fast."
4. "I'll deal with this later — it's too much."

Part 5. Rank these from most trusted to least trusted when it comes to food advice. Explain your choices.

1. Doctors
2. Scientists
3. Fitness influencers
4. Friends or family
5. Food labels
6. How your body feels

Part 6. Read the situations. Respond naturally, as if speaking to a friend or colleague.

1. "I want to eat better, but I don't want food to take over my life."
2. "Every time I think I'm doing the right thing, I hear something new."
3. "I feel bad enjoying food now — like I should know better."
4. "I'm tired of feeling like I'm doing it wrong."

Part 7. Choose one option and explain your choice.

Listening to your body	or	**following guidelines?**
Cutting foods out	or	**eating intuitively?**
Simple rules	or	**flexible habits?**
Information	or	**personal experience?**
Consistency	or	**balance?**

Part 8. People often talk about food in extreme ways. Read the statements and rephrase them to sound more realistic.

Example:

"Sugar is poison."

→ "Too much sugar probably isn't great for you, but context matters."

Now try these:

1. "Processed food is always bad."
2. "Clean eating fixes everything."
3. "If you care about your health, you shouldn't eat that."
4. "There's one correct way to eat."

REFLECTION

Complete the sentences with your own ideas.

1. Something I'd tell my past self about food is _ _ _ _ _ _ _ _ _ _.
2. One piece of food advice I'm more sceptical about now is _ _ _ _ _ _ _ _ _ _.
3. What eating well realistically looks like for me is _ _ _ _ _ _ _ _ _ _.