WELLBEING
ENGLISH

Nutrition Science: Evidence-Based or Constantly Changing?

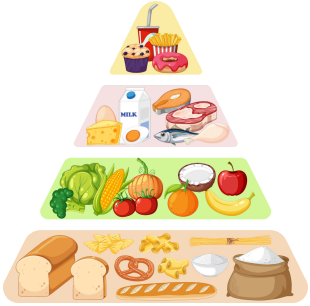
Advanced (C1-C2)

WARM UP

Read the quote below and then discuss the questions.

"Let food be thy medicine and medicine be thy food."
— Hippocrates

1. Do you agree that food is the most powerful form of medicine?
2. How much do you trust nutritional advice in the media?
3. Have you ever changed your diet based on new research or trends?
4. Should governments play a role in guiding people's nutrition choices?



READING TEXT

Part 1. Read the following text.

Nutrition Science: Evidence-Based or Constantly Changing?

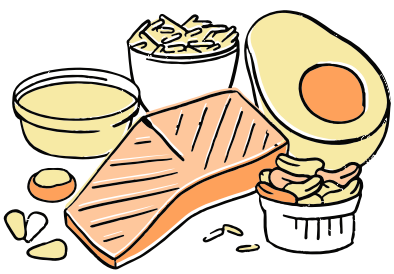
Nutrition science influences how we eat, shop, and think about health. Advocates argue it is an evidence-based field that helps prevent disease, improves wellbeing, and guides policy. From the benefits of fruit and vegetables to the dangers of trans fats, many discoveries have transformed public health.

Yet critics point out that nutrition advice often seems inconsistent. Eggs are demonised, then celebrated; fat is condemned, then rehabilitated. Studies may conflict due to different methods, funding, or media distortion. For the public, the result is confusion, scepticism, and "nutrition fatigue."

The central debate is whether nutrition science is a reliable guide for healthy living, or whether its constant shifts undermine trust. Should we treat nutrition as solid science, or as an evolving field where certainty is always provisional?

Part 2. Discuss the questions below based on the text.

1. What positive impact has nutrition science had on public health?
2. Why do critics say nutritional advice is inconsistent?
3. How do funding or media play a role in conflicting studies?
4. What is meant by "nutrition fatigue"?
5. Does the text lean more towards evidence-based reliability or constant change?



DEBATE

Part 1. Match the terms to their meanings.

Dietary guidelines	Evidence-based research	Nutrition fatigue	Conflicting studies
Media distortion	Scientific consensus	Evolving field	Public scepticism

1. _____ The agreement among experts based on the majority of valid evidence.
2. _____ Advice or recommendations about what people should eat.
3. _____ When the public grows tired or cynical about changing nutrition advice.
4. _____ Investigations that reach different or opposing conclusions.
5. _____ Manipulation or oversimplification of research findings in the press.
6. _____ Rigorous investigation based on data and peer-reviewed methods.
7. _____ The idea that knowledge develops and adapts over time.
8. _____ Doubt among ordinary people about the reliability of nutrition advice.

Part 2. Complete the sentences with the correct terms.

1. Nutrition is an _____, meaning advice may adapt as evidence grows.
2. Misinformation has contributed to _____ in many communities.
3. Many people experience _____ after years of mixed messages.
4. Government _____ recommend limiting sugar and processed food.
5. Health advice should be based on _____, not celebrity opinion.
6. Confusion is fuelled by _____ in high-profile journals.
7. The headline was an example of _____, exaggerating the results of one study.
8. Most scientists accept that a plant-rich diet reflects _____.

Part 3. Look at the useful expressions. Rewrite the sentences using these expressions to make them sound more formal and persuasive for a debate.

Framing the issue: The key question is whether… / We might reframe this as…
Hedging: It could be argued that… / To some extent, I agree, although…
Challenging assumptions: Doesn't that overlook the fact that…? / Are we assuming that…?
Weighing trade-offs: We must balance X against Y… / The benefits are clear, but we must also consider…
Conceding then pivoting: That's a fair point; however… / I agree up to a point, but…

1. Nutrition science always tells the truth. ->
2. Advice changes all the time, so it's useless. ->
3. The media can't be trusted with nutrition stories. ->
4. People shouldn't follow dietary guidelines. ->

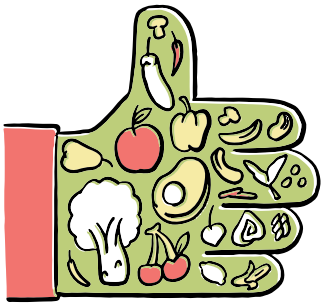
Part 4. Take part in a structured debate with your teacher/partner. Use the vocabulary and debate expressions from this lesson. Speak fluently, challenge ideas politely, and support your opinions with clear reasons and examples.

Dietary guidelines	Evidence-based research	Nutrition fatigue	Conflicting studies
Media distortion	Scientific consensus	Evolving field	Public scepticism

Round 1: Argue that nutrition science is evidence-based and reliable.

Round 2: Argue that nutrition science is constantly changing and unreliable.

Round 3: Free debate — suggest how nutrition science could be communicated more clearly.



REFLECTION

Discuss the following questions.

1. How much do you personally trust nutrition science?
2. Have you ever been confused by changing advice? Give an example.
3. What should experts do to improve public trust in nutrition?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write an opinion article (180–220 words):

"Nutrition Science: Evidence-Based or Constantly Changing?"

- Use at least 4 vocabulary items (e.g., scientific consensus, nutrition fatigue, evidence-based research, media distortion).
- Use at least 2 debate expressions.
- Present one counterargument and refute it.