



Slow Food versus Fast Food



You probably know about the Slow Food Movement. It is now very popular all over the world. It is a reaction to the so-called **Junk Food** that is bad for our health. Junk Food and Fast Food are sometimes the same: easy to get, fast to consume, with ingredients that are seldom natural or seasonal. Here are some basic ideas to understand what Slow Food is:

1. **Buy local.** When we buy local food, we support local farming and agriculture and we protect the environment. In addition, local foods are also very nutritious because you eat them right after **picking**.
2. **Eat in season.** When you buy local you also eat what is in season. For example, in hot climates the emphasis is on watery fruits and vegetables like strawberries, cucumbers, melons, peppers. These foods contribute to our need for more liquids and vitamins in hot weather. In cold climates our bodies need **stocky** foods such as potatoes and other **root** vegetables. Eating in season is good for our body, the environment and local farmers.
3. **Cook natural food.** You can cook delicious meals with very few ingredients. The key is to cook a variety of fresh, seasonal foods without using pre-prepared or junk food. This way you avoid many additives and **preservatives** and save money. With only three or four ingredients you can cook a really delicious meal that the whole family can enjoy.
4. **Make food a priority.** For the Slow Food Movement food is a priority in our lives because it is a way of having a good time with family and friends.

Glossary

Junk Food: cibo spazzatura; **to pick:** cogliere; **stocky:** solido; **root:** tuberi; **preservatives:** conservanti

practice

- A.** Read the text and write T (True) or F (False) at the end of the statements. Correct the false statements.

	T	F
1. The Slow Food movement starts in opposition to the consumption of Junk Food.		
2. Local food is not very nutritious.		
3. Pre-packaged foods are expensive in comparison with fresh natural food.		
4. Fresh vegetables maintain their nutrition content for a long time.		

B. Read the text again and answer the questions.

1. What are the main ideas of the Slow Food movement?

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2. What are the advantages of buying local seasonal foods?

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3. What does “making food a priority” mean?

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C. Write in the right column watery vegetables and root vegetables choosing from the box. Write the Italian equivalent. Use the dictionary for help.

watermelon • carrots • tomatoes • potatoes • beans • peas • spinach •
courgettes • artichokes • chickpeas • cucumbers • eggplant • cabbage • onions • beetroot

Watery vegetables	Italian equivalent	Root vegetables	Italian equivalent
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D. Complete the sentences with the words given in the box.

to enjoy • friends • junk food • cook • preservatives • nutritious • health • vegetables •
movement • seasonal • ingredients • pre-packaged foods • protect • Slow Food • meals

- Many people are getting tired of because it's bad for our
- The key ideas of are and local products.
- When we buy local food we also the environment.
- Local seasonal fruit and are very
- You can simple but tasty using few fresh
- Slow Food is also a way of saving money because are very expensive.
- For the Slow Food food is a key moment in people's lives: meals are moments with families or
- When you cook using fresh natural ingredients you also avoid

E. Look in your fridge. Are there any seasonal ingredients? Are there any pre-packaged foods? List them using *there is/there are*.

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