



Food safety



Let's Think

1. How often do you eat processed meat?
2. Do you know the health risks of processed meats?

You are Jayden. You are reading a newspaper article about processed food.

The WHO lists processed meats as cancer-causing food

Derek Lam

International health body reports sausages, bacon and ham cause cancer, ranked alongside cigarettes and alcohol

The World Health Organisation (WHO) warned that processed meats are carcinogenic and placed them in the same category as cigarettes, alcohol, asbestos and arsenic. WHO's International Agency for Research on Cancer, which has conducted about 800 studies worldwide, classified processed meats including ham, bacon, salami, sausages, etc. as group 1 carcinogens as the research found that certain chemicals can damage the cells in our colons, and a constant intake of such chemicals will induce cancer. Found naturally in meat, these cancer-inducing substances are added during processing (salting, curing, fermentation, smoking or other processes that preserve its quality or enhance flavour) or produced when cooking.

World Cancer Research Fund International advised people to cut down on processed meat intake as a daily consumption of 50g of processed meat increases the risk of getting colon cancer by 18%. As it is the accumulation of chemicals that increases cancer risks, people are advised to replace half of the processed meat such as bacon, salami and Parma ham with fruit, vegetables or wholegrains, which are high in fibre, to expel the harmful chemicals from the body. Health experts said it is impractical for us to exclude meat from our diet, and mentioned that we can limit our intake of red meat and processed meat by having foods that also provide us with the nutrients we need, such as fresh chicken or fish,



soy beans, nuts, etc., all of which are equally good sources of protein, vitamins and minerals.

Dr Pollard from Curtin University's School of Public Health in Western Australia said that though processed meat is as carcinogenic as cigarettes, the public do not need to get rid of it completely, while smokers are advised to quit smoking.

(312 words)

Part A

Answer the following questions using the information from the article. Choose the **BEST** answer and blacken **ONE** circle only.

- Which of the following is **NOT** ranked as group 1 carcinogens?
 - Chinese-style salted fish
 - turkey meat
 - salami
 - chicken nuggets
- From the article, we know that eating processed meat and smoking _____.
 - are equally bad for cancer patients
 - are bad habits
 - increase the risk of cancer
 - are not as harmful as the public thinks
- The main idea of paragraph 2 is about _____.
 - the job duties of World Cancer Research Fund International
 - World Cancer Research Fund International's advice to the public
 - the benefits of eating high-fibre food
 - the link between processed meat and colon cancer
- Which of the following is a piece of advice from the health experts?
 - Fresh chicken or fish is a good replacement for red meat and processed meat.
 - It is fine to exclude meat from our diet as long as we have alternatives to supply us with the nutrients needed.
 - Processed meat should be avoided if we are on a diet.
 - Fresh chicken or fish, soy beans and nuts are unnecessary if people are already eating meat.
- According to the article, which of the following acts is good for health?
 - to quit smoking
 - to eat foods that are rich in fibre
 - to reduce meat consumption
 - all of the above

Grammar Corner

We can use **reported speech** to report what someone said or someone's thoughts or ideas. The **reporting verb** is followed by the **that**-clause.

e.g. Dr Pollard from Curtin University's School of Public Health in Western Australia **said that though processed meat is as carcinogenic as cigarettes, the public do not need to get rid of it completely.** (Lines 58-65)

Part B

Answer the following questions using the information from the article. Write your answers in the spaces provided.

1. Look for a phrasal verb in the article which means 'to do or use less of something'.

What is 'processed food'?

2. Define 'processed food'.

3. What has the WHO done before drawing the conclusion that eating processed meat increases cancer risks?

4. Look for words or phrases in the newspaper article that match the definitions below.

- (a) _____ (para. 1) (*adj.*) happening a lot or all the time
(b) _____ (para. 2) (*v.*) to force air, liquid, etc. out of something
(c) _____ (para. 3) (*adj.*) not wise or not effective
(d) _____ (para. 4) (*idm.*) to do something so as to no longer have something

5. Complete the following speech bubbles by filling in each blank with one word only. Make sure your answers are grammatically correct.

Even a small
(a) _____ of
processed meat is bad for our
health. (b) _____
50 grams of processed meat
daily increases the risk of
colon cancer by 18%.

World Cancer Research
Fund International

To maintain a balanced
(c) _____, we
should avoid consuming too
much meat. With high-fibre
meals, harmful substances
can be (d) _____
from the body.

Health experts

Evidence shows that
processed meat can
(e) _____ cancer,
but the public need not
eliminate it due to its
(f) _____ effect.

Dr Pollard, Curtin
University

Vocabulary Bank

The following are some factors that contribute to cancer risk. Match them with the correct pictures. One of the words is not used.

alcohol use diet exhaust fumes genes nuclear radiation
 radiofrequency radiation secondhand smoke UV radiation ageing



1.



2.



3.



4.



5.



6.



7.



8.



Let's Discuss

- Do you think people should avoid eating red meat to lower the risk of having colon cancer? Why or why not?
- What are the top 3 deadliest cancers in Hong Kong?