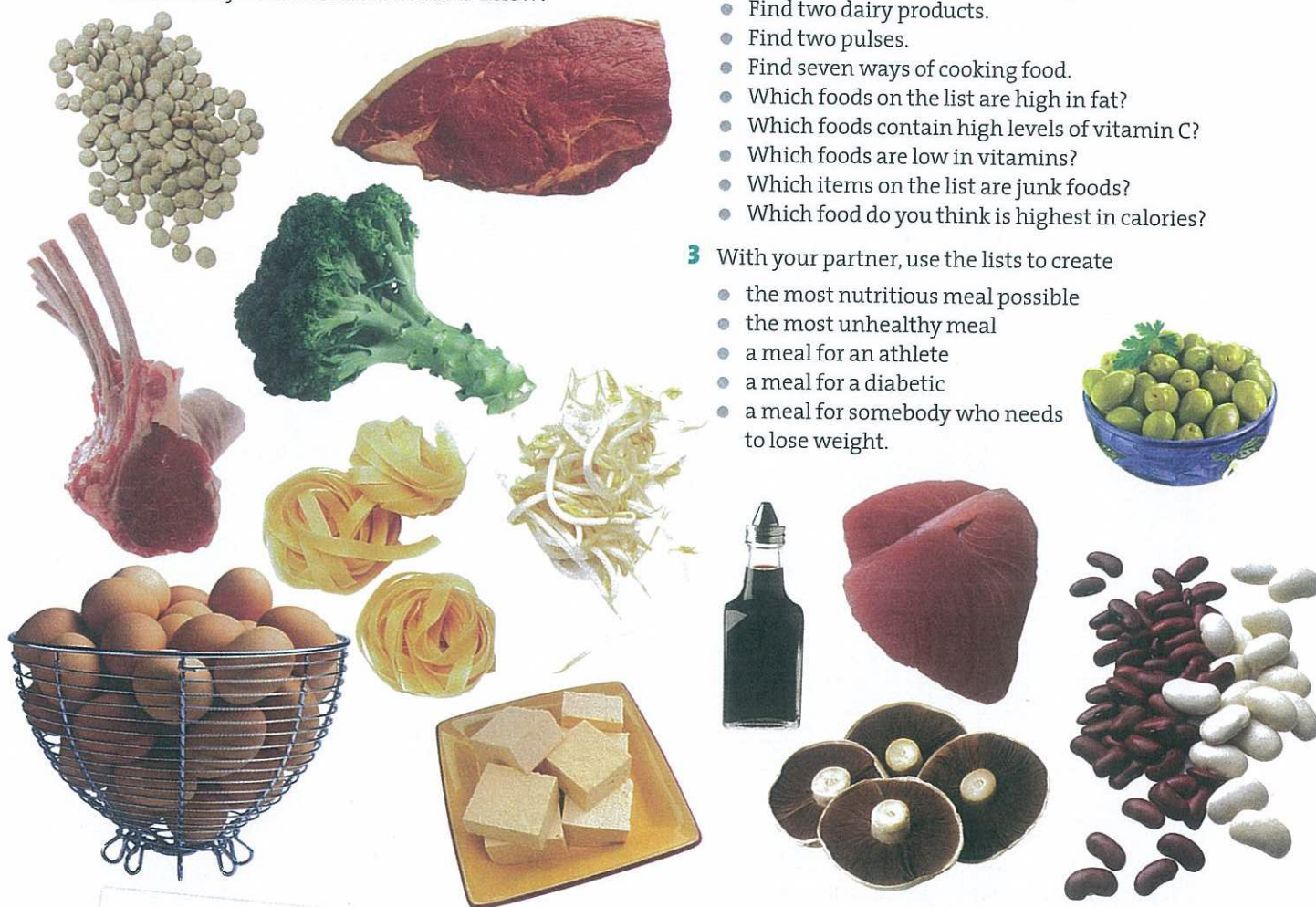


# 8 Nutrition and obesity

## Scrub up

- 1 Work with a partner. How many of these foods can you name? Can you find them in the lists below?



- 2 Look at the lists, and answer the questions.

- Find two good sources of protein.
- Find two good sources of carbohydrate.
- Find two dairy products.
- Find two pulses.
- Find seven ways of cooking food.
- Which foods on the list are high in fat?
- Which foods contain high levels of vitamin C?
- Which foods are low in vitamins?
- Which items on the list are junk foods?
- Which food do you think is highest in calories?

- 3 With your partner, use the lists to create

- the most nutritious meal possible
- the most unhealthy meal
- a meal for an athlete
- a meal for a diabetic
- a meal for somebody who needs to lose weight.

### Main course

#### A (choose one)

- two grilled burgers
- tuna fish pie
- a cheese pizza
- lentil soup
- egg noodles
- two slices of roast beef
- two fried eggs
- tofu curry
- a lamb kebab

#### + B (choose two)

- fried rice
- boiled potatoes
- salad
- baked beans in tomato sauce
- tinned tomatoes
- stir-fried mushrooms
- fried onion rings
- steamed broccoli

### Dessert

- chocolate pudding
- a banana
- a doughnut
- yoghurt

### Drink

- a bottle of cola
- a glass of orange juice
- a glass of wine
- a glass of milk



**In this unit**

- nutritional value of different foods
- vitamins and minerals
- diabetes
- body measurements and bmi
- giving advice
- eating disorders

**Body bits****Nutrition**

**1** Work in pairs. Look at the pictures above. Talk about why our body needs the things shown. What does each one contain? Which part of the body is each one especially good for?

**2** Complete the descriptions of vitamins, minerals, and oils with the words below. Some words are used more than once.

teeth	organs	enzymes	nervous system
brain	eyes	skin	immune system
blood	muscles	bones	cardiovascular system
cells			

**Vitamin C** is needed to help the \_\_\_\_\_<sup>1</sup> repair itself when it is cut or damaged. It is found in fruit, especially citrus fruit like oranges and grapefruit.

**The B-vitamins** keep the \_\_\_\_\_<sup>2</sup> healthy and help reduce stress. They are found in foods like wholegrain bread and cereals.

**Vitamin A** keeps the \_\_\_\_\_<sup>3</sup> healthy and is important for good vision. It is found in fatty foods like butter, cheese, whole milk, and yoghurt.

**Vitamin D** is needed for healthy bones and \_\_\_\_\_<sup>4</sup> because it helps the body absorb calcium. Our body makes Vitamin D when our \_\_\_\_\_<sup>5</sup> is exposed to sunlight.

**Calcium** is needed for children's \_\_\_\_\_<sup>6</sup> and teeth to grow. It is found in foods like milk, cheese, and yoghurt.

**Iron** helps your \_\_\_\_\_<sup>7</sup> carry oxygen. If you do not get enough iron, you will be pale and tired and you may get anaemia. Iron is found in red meats, especially liver.

**Zinc** makes your \_\_\_\_\_<sup>8</sup> stronger so that you can fight colds and infections. It is found in shellfish, nuts, and seeds.

**Omega-3** is an essential fatty acid which helps your \_\_\_\_\_<sup>9</sup> function well. It is found in oily fish like mackerel, sardines, salmon, and tuna.

**Protein** builds up, maintains, and replaces the tissues in your body. Your \_\_\_\_\_<sup>10</sup>, your \_\_\_\_\_<sup>11</sup>, and your immune system are made up mostly of protein.

**Carbohydrates** are sugars which are broken down by \_\_\_\_\_<sup>12</sup> then stored in the \_\_\_\_\_<sup>13</sup> as a source of energy. Grain products such as rice, bread, and pasta are sources of carbohydrate.

**Fats** fuel the body and help absorb some vitamins. They are also the building blocks of hormones, and they insulate nervous system tissue in the body. Unsaturated fats, found in oils and nuts, for example, are believed to protect the \_\_\_\_\_<sup>14</sup>.

**Project**

Research two of the following substances, and write about why our body needs them, and what they are found in. Try to use some of the language in *Body bits*.

- Vitamin E
- Vitamin K
- Potassium
- Selenium
- Folic acid



**194 million** people  
worldwide suffer from diabetes.  
In the USA, it is the sixth most  
common cause of death.

## Vocabulary

### Diabetes



- Discuss with a partner what you know about diabetes.
- Match these words with their definitions.
 

1 balance	a taking regular exercise
2 childhood	b small amounts of food that you eat between meals
3 diet	c sugar that the body uses for energy
4 glucose	d the time of your life when you are a child
5 active	e the correct amount of different things
6 obesity	f the type of foods that you usually eat
7 overweight	g the condition of being very fat, in a way that is not healthy
8 snacks	h too heavy and fat
- Put the words into the spaces in this text about diabetes.

Diabetes occurs when your body does not produce enough insulin, a hormone that controls the level of \_\_\_\_\_<sup>1</sup> in the blood. One type of diabetes appears in \_\_\_\_\_<sup>2</sup>, and the other type appears after the age of eighteen.

It is very common for very \_\_\_\_\_<sup>3</sup> people to get diabetes, so the illness is linked to \_\_\_\_\_<sup>4</sup>.

For this reason, it is important to get the right \_\_\_\_\_<sup>5</sup> between food and exercise. It is important to be \_\_\_\_\_<sup>6</sup>, and to eat a healthy \_\_\_\_\_<sup>7</sup>, containing plenty of fruit and vegetables. Nutritionists say \_\_\_\_\_<sup>8</sup> are better than big meals.

## Listening 1

### A diabetic patient

- Listen to a student nurse discussing a patient with a hospital nutritionist, and answer the questions.
  - How long has the patient had diabetes?
  - Which type of diabetes does the patient have?
  - Is the patient obese?
  - What does the patient's 'special machine' do?
  - Can the patient eat sugar?
  - Why should the patient not have big meals?
  - What is hypoglycaemia?
- Try to complete the missing verbs. Then listen again to check.
  - Does he i \_\_\_\_\_ himself with insulin?
  - He's o \_\_\_\_\_ a special diet, is he?
  - Type one diabetes is not l \_\_\_\_\_ to obesity.
  - This patient has a special machine to ch \_\_\_\_\_ levels of glucose ...
  - He needs to c \_\_\_\_\_ the calories in his meals ...
  - ...he should h \_\_\_\_\_ snacks, not big meals ...

## Reading

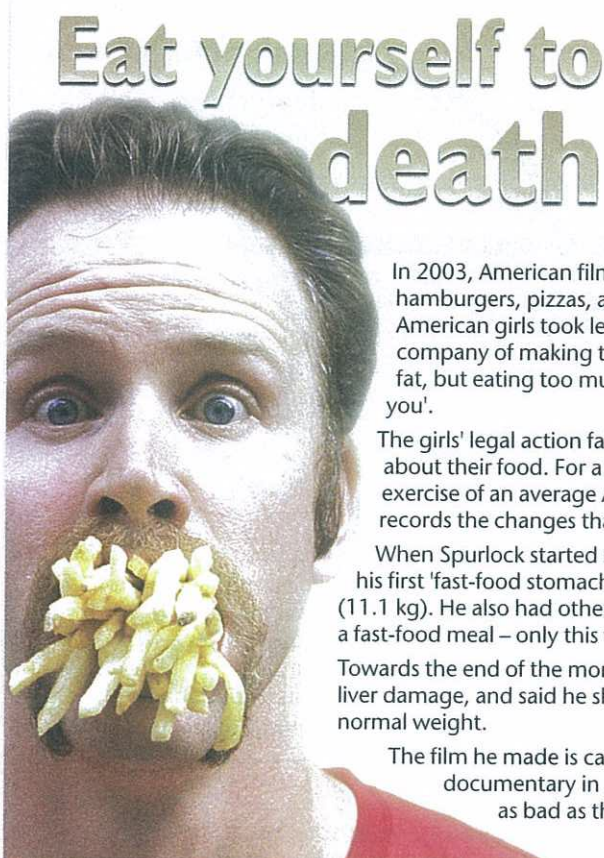
- Do you like fast food? How often do you eat it? Do you think it is addictive?
- Read the article and decide if these sentences are true (T) or false (F).
  - The two girls in the article said fast food is 'nutritious and good for you'. \_\_\_\_\_
  - Fast food changed Morgan Spurlock psychologically. \_\_\_\_\_
  - The film proved that fast food is good for you. \_\_\_\_\_
  - Morgan Spurlock was overweight when he started filming. \_\_\_\_\_
  - Morgan Spurlock became a fast food addict. \_\_\_\_\_
  - Morgan Spurlock died from liver failure. \_\_\_\_\_



**BMI** (n) BMI means **Body Mass Index**. It is used to assess whether a person's weight is healthy or not. To calculate a patient's BMI you use the formula:

$$\frac{\text{weight in kilograms}}{\text{height in metres}^2}$$

- BMI of **18.5** to **24.9** is the right weight
- BMI of below **18.5** is underweight
- BMI of **25** to **29.9** is overweight
- BMI of over **30** is obese



In 2003, American film maker Morgan Spurlock made a film about the effects of eating only hamburgers, pizzas, and fries for a month. The idea came to him when two overweight American girls took legal action against a famous fast-food company. The girls accused the company of making them fat. The company said that it was not the food that made them fat, but eating too much. The company also said their food was 'nutritious and good for you'.

The girls' legal action failed, but Morgan Spurlock decided to test what the company said about their food. For a month he ate only fast food, three times a day, and took the daily exercise of an average American. He filmed himself during this month and the film he made records the changes that happened to him.

When Spurlock started making the film, he was healthy and slim. On the second day, he had his first 'fast-food stomach ache', and vomited. Over the following thirty days, he gained 24.5 lb (11.1 kg). He also had other problems – depression, headaches, and lethargy. He had cravings for a fast-food meal – only this would relieve the symptoms. A doctor told Spurlock he was addicted. Towards the end of the month, doctors warned him that the food was causing life-threatening liver damage, and said he should stop. It took five months on a vegetarian diet to get back to a normal weight.

The film he made is called *Super size me*. It was nominated for an Academy Award for best documentary in 2005. The film's message was that the fast-food industry was probably as bad as the tobacco industry – it made a lot of money by encouraging illness.

### 3 Discuss these questions with a partner or in a group.

- Is obesity a choice or an illness?
- Do you think fast foods should be limited like cigarettes (for example health warnings, high price, special places for eating, etc.)?
- Should overweight people pay more for health care, plane tickets, etc.?

## Speaking

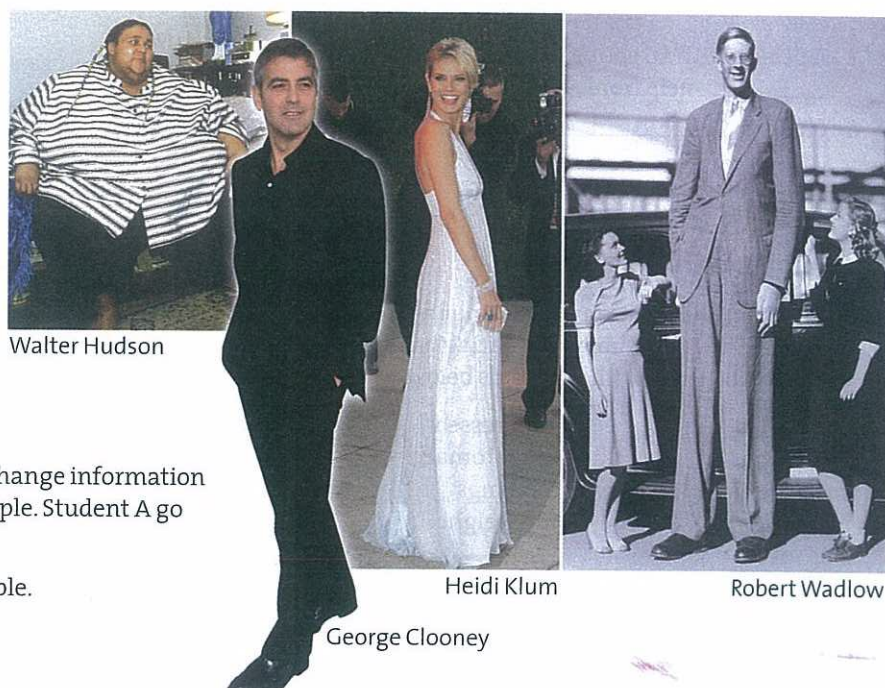
### 1 Work in pairs. Which person on the right do you think these statistics refer to?

- 1 1.80 m
- 2 95.7 kg
- 3 5'11"
- 4 211 lbs
- 5  $1.8 \times 1.8 = 3.24$
- 6  $95.7 \div 3.24 = 29.54$

### 2 How do you say them? Listen and check.

### 3 Work in pairs. You are going to exchange information about the other three pictured people. Student A go to p.110. Student B go to p.113.

### 4 Calculate the BMI of the three people.



Walter Hudson

Heidi Klum

Robert Wadlow

George Clooney



The idea of human beauty changes over time. At the beginning of the 20th century, **Lillian Russell**, a Hollywood star, weighed over **200 pounds (91 kilos)**.



Obesity now contributes to the death of more than **360,000** Americans a year. The incidence of childhood obesity is now at epidemic levels.

**Tom Harkin**  
American politician

## ● Language spot

### should / shouldn't

- We use *should* / *shouldn't* to give advice and to say what would be correct.

*You **should** give up smoking.*

*Your blood sugar **shouldn't** go over 240 mg/dl.*

- *Should* is weaker than *must*.

*I **should** stop eating sweets – but I'm not going to!*

- Here are some other ways of giving advice.

*It **would be a good idea** to lose some weight.*

*I'd see a nutritionist if I **were** you.*

### » Go to Grammar reference p.120

Complete these sentences using *should* or *shouldn't* + verb.

- 1 You should drink some water before you go running.
- 2 I'm getting fat. I \_\_\_\_\_ more exercise.
- 3 You \_\_\_\_\_ breakfast – it wakes up the body and provides fuel for the day.
- 4 People with high blood pressure \_\_\_\_\_ too much salt on their food.
- 5 You \_\_\_\_\_ plenty of vitamin C in your diet.
- 6 People with diabetes \_\_\_\_\_ large meals.
- 7 A person with an eating disorder \_\_\_\_\_ help from a psychologist.
- 8 Children \_\_\_\_\_ too many sweets.

## Writing

### Advice to a friend via email

- 1 A close friend has written you an email asking for advice. She is worried about her eating habits. Complete the email with the words below.

addicted to  
bad for you  
cut down  
cut out  
skip meals

feel depressed  
fills my stomach  
get cravings  
losing weight

The composite image consists of three parts. At the top is a speedometer with a needle pointing to 14. In the middle is a screenshot of an email in a window titled 'Email'. The email text is as follows:

and that's terrible because I should be only 65 kilos! I'm really shocked. Every time I look in a mirror I \_\_\_\_\_<sup>1</sup>, but that just makes me eat more. I am so busy these days, and I don't have any time for exercise. Of course, I know fast food is \_\_\_\_\_<sup>2</sup>, but every time I stop eating it I \_\_\_\_\_<sup>3</sup> for a burger. I suppose I must be \_\_\_\_\_<sup>4</sup> fast foods. Nothing \_\_\_\_\_<sup>5</sup> in the same way.

I am trying hard to lose a kilo a week. Sometimes I \_\_\_\_\_<sup>6</sup>, but it doesn't work. I just feel hungry and then I give in and have spaghetti or a steak – they're better for me than burgers, aren't they? I will stop eating fast foods, I promise – but don't say I should do without cola, because I have \_\_\_\_\_<sup>7</sup> on chocolate and even \_\_\_\_\_<sup>8</sup> sugar from hot drinks completely.

I thought, being a nurse, you should know about \_\_\_\_\_<sup>9</sup> and diet, and you could give me some advice.

Love  
Hesta

At the bottom of the composite image is a close-up photograph of a person's feet, showing toes and the bottom of the feet.

- 2 Discuss with a partner what advice to give Hesta to help her lose weight successfully and in a healthy way. Think about these topics.

- exercise
- how much weight to lose
- how quickly to lose weight
- what to eat
- what not to eat
- when to eat
- what to drink
- other good habits

- 3 Write an email replying to Hesta.

## Listening 2

### An eating disorder

- 1 Eating too much is not the only eating disorder. What other kinds do you know?
- 2 Listen to a staff nurse pass on information about a new patient at a shift handover. Answer the questions about the patient.



- 1 How old is the patient?
- 2 How long is she in for observation?
- 3 What is her weight?
- 4 What illness does her mother think Anita has?
- 5 What is Anita obsessed with?

- 3 Complete these symptoms that the staff nurse mentions.

- |                   |                |
|-------------------|----------------|
| 1 abnormal        | a changes      |
| 2 attacks of      | b constipation |
| 3 difficulty      | c dizziness    |
| 4 feeling         | d loss         |
| 5 frequent        | e miserable    |
| 6 hair            | f weight loss  |
| 7 mood            | g periods      |
| 8 personality     | h sleeping     |
| 9 stomach         | i swings       |
| 10 stopped having | j pains        |

## Project

Interview a person about their food intake, and write a report. Include information about these topics.

- what they typically eat in a day
- their calorie intake
- how active they are
- how balanced their diet is
- their bad habits
- their general health
- your recommendations

## Checklist

Assess your progress in this unit. Tick (✓) the statements which are true.

- I can talk about food groups
- I can describe the nutritional value of food
- I can talk about diabetes
- I can use *should* / *shouldn't* to give advice
- I can understand a text about the effects of fast food
- I can make calculations about people's size

## Key words

### Adjectives

addicted  
diabetic  
obese  
overweight

### Nouns

calorie  
craving  
diet  
intake  
junk food  
mineral  
nutritionist  
protein  
snack  
source  
vitamin

Look back through this unit. Find five more words or expressions that you think are useful.



### 3 Hospital error

- 1 Read the text and decide if the sentences are true (T) or false (F).
- 1 The patient was admitted with an injured foot. \_\_\_\_\_
  - 2 The patient was admitted to the surgical ward. \_\_\_\_\_
  - 3 The patient did not get the correct medication. \_\_\_\_\_
  - 4 The patient died before he could be operated on. \_\_\_\_\_
  - 5 The patient died of brain damage. \_\_\_\_\_
  - 6 It was decided that the patient's death had been an accident. \_\_\_\_\_
- 2 Match the words (1-6) from the text with the correct definitions (a-f).
- 1 inquest
  - 2 coroner
  - 3 lawyer
  - 4 counter
  - 5 vascular
  - 6 pulmonary
- a of the blood vessels
  - b to act against something
  - c of the lung
  - d a person trained in the law who does legal work for other people
  - e a person who investigates the causes of death
  - f an inquiry to find out the facts

## Inquest told of hospital error

A HOSPITAL error left a dying man on the wrong ward for two days as deep vein thrombosis (DVT) ravaged his body, an inquest heard. Stephen Melvin Newbold suffered massive brain damage when a blood clot formed in his veins. Now his family are considering legal action against York Hospital, saying that his death was 'untimely and unnecessary'.

Mr Newbold, a 52-year-old maintenance worker, went to York Hospital on November 3 complaining of a swollen right foot. He should have been sent to a surgical ward where he would have been treated with Fragmin, a drug which counters the effects of DVT. However, hospital staff wrongly admitted him to an orthopaedic ward, where he stayed for two days, before finally being transferred to the care of a consultant vascular surgeon. Twenty-four hours later, on November 6, doctors decided they would have to operate to remove his leg below the knee.

The operation went ahead on November 10, but two days later Mr Newbold suffered a cardiac arrest. A scan revealed he had had a pulmonary embolism, a condition related to DVT. Mr Newbold suffered brain damage and died in the hospital on November 16.

Giving evidence, the surgeon said he could not explain why Mr Newbold had been admitted to an orthopaedic ward where it was not policy to administer Fragmin. He did not know why his medical team had not given Mr Newbold the drug later.

York coroner Donald Coverdale said, 'From November 3 until the day of the operation, no Fragmin was given to Mr Newbold. If he had been admitted to a consultant vascular surgeon's care from day one, it is clear that Fragmin would have been prescribed. Fragmin reduces the risk of DVT, but does not eliminate it. It is impossible to say whether Mr Newbold would have suffered this DVT if he had received the Fragmin.' He recorded a verdict of death by misadventure.

Kim Daniells, Mr Newbold's family's lawyer, said, 'The family hope that the hospital will learn from the errors, and that no other families will have to suffer in the future.'

A spokeswoman for York Hospital's NHS Trust said, 'We would like to extend our sincere sympathies to the family of Stephen Newbold during this difficult time.'



## 4 Accidents in the home

1 Which of the categories in the text do these home accidents belong to?

- 1 Lucy Mann left a candle burning when she went to bed. \_\_\_\_\_
- 2 Two-year-old Toby Smith fell into a neighbour's swimming pool. \_\_\_\_\_
- 3 76-year-old Eric Baker slipped on a wet bathroom floor. \_\_\_\_\_
- 4 One-year-old Ben Brown put a small toy in his mouth and it lodged in his throat. \_\_\_\_\_
- 5 Jasvinder Singh cut his hand badly while opening a tin of peaches. \_\_\_\_\_
- 6 Ten-year-old Jason Gold swallowed some of his father's medicine. \_\_\_\_\_
- 7 82-year-old Iris Watts dropped a pan of boiling water on her foot. \_\_\_\_\_
- 8 Nick Young suffered cuts, bruises, and a broken arm when he was putting up some shelves in his home. \_\_\_\_\_
- 9 Lee Fenton was hit by a falling tree which he was cutting down. \_\_\_\_\_

2 Join these word combinations used in the text.

- |             |              |
|-------------|--------------|
| 1 safety    | a resources  |
| 2 total     | b leaflets   |
| 3 simple    | c cost       |
| 4 limited   | d services   |
| 5 advice    | e guidelines |
| 6 emergency | f campaigns  |



In the UK, about 2.8 million people every year seek treatment at an Accident and Emergency department after an accident in the home. More than 3,000 people die every year as a result of home accidents, and the total cost of home accident injuries has been estimated at £25 billion per year.

*Research shows that most home accidents occur in the following categories:*

- falls
- poisoning
- fires
- DIY accidents
- choking
- packaging accidents
- burns and scalds
- garden accidents
- drowning

Many of these accidents could be prevented by following simple guidelines. With this in mind, the government produces a range of safety campaigns and advice leaflets to warn people about dangers around the home. This would clearly reduce the load on Accident and Emergency departments and emergency services, such as police, fire and ambulance, allowing them to use their limited resources for other work.



## 7 Secrets of a long life

- 1 Read the article and decide if the sentences are true (T) or false (F).
  - 1 Genetic factors explain the long life of Okinawans. \_\_\_\_\_
  - 2 Elderly people in Okinawa usually eat large meals. \_\_\_\_\_
  - 3 Elderly Okinawans are physically active. \_\_\_\_\_
  - 4 Elderly Okinawans are usually cheerful and relaxed. \_\_\_\_\_
  - 5 On Okinawa, elderly people are often involved in group activities. \_\_\_\_\_
  - 6 Young Okinawans follow the same lifestyle as their grandparents. \_\_\_\_\_
- 2 Add these sentences to the end of the paragraphs (A–G) where they fit best.
  - 1 All of these factors give Okinawans *ikigai*, or 'a reason for living', which makes their lives happier and more fulfilled. \_\_\_\_\_
  - 2 The life expectancy of Brazilian Okinawans is 17 years lower than that on Okinawa itself. \_\_\_\_\_
  - 3 Rates of osteoporosis, heart disease, strokes, cancer, and dementia are all low on Okinawa. \_\_\_\_\_
  - 4 Okinawans under the age of 50 have Japan's highest rates of obesity, heart disease, and premature death. \_\_\_\_\_



### Secrets of a long life

- A A hundred years ago, not many people lived into their seventies. Today, it is fairly common to do so in developed countries. But on the Japanese island of Okinawa, people live longer than anywhere else in the world, with an average life expectancy of 81.2 years. Many people on Okinawa live to be over 100 years old – the highest ratio of centenarians per head of population in the world. And they don't just live longer, they live better.
- B So what's the Okinawan secret? So far all the findings indicate that lifestyle, not genetic factors, is largely responsible.
- C Okinawans eat a traditional diet of soya, fruit, and vegetables. They consume a lot of fish, such as tuna, mackerel, and salmon, which are rich in omega-3 fatty acids, and help reduce the risk of heart disease and breast cancer. They don't eat a lot of red meat, and their diet is low in fats. Many elderly Okinawans also live by the motto 'Eat until you are 80% full', and this helps them to control portion sizes.
- D Elderly Okinawans enjoy walking, gardening, and T'ai Chi, and often work long after the usual age of retirement in Western countries. Interviews with elderly Okinawans reveal that they are optimistic, adaptable, and easy-going. They have strong religious beliefs, which give them comfort and support. They have a valued role in society and the family, and they are respected for their wisdom and experience of life.
- E Most of them belong to *moai*, groups of old classmates, colleagues, friends, or neighbours that meet several times a week to drink tea and chat. These networks provide emotional and financial support throughout their lives.
- F Unfortunately, younger Okinawans have abandoned these good habits. They have followed a more Western diet and lifestyle, and the results have been devastating.
- G For Okinawans who move away from the island, the picture is similar. Around 100,000 Okinawans moved to Brazil and adopted the eating habits of their new home, including eating a lot of red meat. ■



## 8 Chocolate

- 1 Read the text quickly. Who is this information for?

- a doctors
- b nutritionists
- c the general public

- 2 Read the text again and complete it using words from below.

unfortunately	after	tooth
decreases	slowly	full
hungry	mood	same
improves	before	risk
because	lower	high
quickly		

- 3 Match these words from the text with the correct definitions.

- a pros and cons
- b fatigue
- c sensation
- d addicted to
- e contribute to
- f clog up

- 1 to help cause something
- 2 feeling
- 3 tiredness
- 4 to block
- 5 good points and bad points
- 6 can't stop doing something, eating something, etc.

## Is chocolate good for you? The pros and cons

*Chocolate is made from the beans of the cacao tree, and has been popular for thousands of years. The Aztecs in South America used cocoa beans to make a chocolate drink which was refreshing and nourishing, but bitter to taste. In Europe, sweeteners were added, and modern chocolate contains cocoa butter, sugar, and cream or milk.*

**But is chocolate good for you? First, the good news:**

Research at Harvard University suggests that people who eat chocolate three times a month will live almost a year longer than people who don't.

Chocolate contains flavonoids – substances that can reduce the \_\_\_\_\_<sup>1</sup> of coronary artery disease. Chocolate also contains small amounts of caffeine, which can be beneficial as it \_\_\_\_\_<sup>2</sup> your endurance and \_\_\_\_\_<sup>3</sup> feelings of fatigue.

Eating chocolate makes you feel good. Like other sweet food, chocolate stimulates the release of endorphins – natural body hormones that produce feelings of pleasure and help to lift your \_\_\_\_\_<sup>4</sup>. And because chocolate melts in the mouth at body temperature, it produces a wonderful, silky sensation that people love. According to psychologists, this is one of the main reasons why people can become addicted to chocolate.

But it's not all good news. \_\_\_\_\_<sup>5</sup>, chocolate contains a lot of calories – just 100 g of milk chocolate contains 520 kJ, while dark chocolate contains 510 kJ. That's about the \_\_\_\_\_<sup>6</sup> number of calories as 2.5 kg of grapes or 300 g of grilled chicken.

The Harvard research also suggests that people who eat too much chocolate have a \_\_\_\_\_<sup>7</sup> life expectancy. Chocolate is \_\_\_\_\_<sup>8</sup> in saturated fats and sugar, so eating too much can contribute to obesity and related health problems. And the sugar in chocolate can cause \_\_\_\_\_<sup>9</sup> decay.

But if you really can't resist chocolate, eat dark chocolate – it's higher in cocoa than milk chocolate and helps to increase levels of HDL, a type of cholesterol that helps prevent fat clogging up arteries.

**And here are some more tips:**

- Eat good-quality, dark chocolate, not milk or white chocolate.
- Don't eat more than 100 g per day.
- Eat chocolate after a meal, when you are \_\_\_\_\_<sup>10</sup>.
- Clean your teeth \_\_\_\_\_<sup>11</sup> eating chocolate.
- Eat it with fresh fruit.
- Eat it \_\_\_\_\_<sup>12</sup> so that you can experience the full flavour.