



Noticing verbs

Underline the **verbs** in the text below. The first one has been done for you.

Family Food Survey

A recent Family Food Survey found that households where the head of the household was under 30 years old were spending more than 40 per cent of their food budget on eating out.

When we eat out it usually means that we have little control over how the food is prepared or how large the portion is. Foods we eat when out tend to be higher in fat and research has shown that those who eat out regularly will have higher intakes of fat, salt and calories. Studies have also shown that eating with friends can tempt us to overeat. Meals with multiple courses that we eat over longer periods and with alcohol are all associated with overindulgence. Large serving bowls and spoons increase the likelihood that you will pile more food on your plate than you usually eat.

Unlike packaged food, foods that we buy from cafes, restaurants etc don't have to carry nutritional information and so opting for the healthiest option might not always be obvious, or easy. However, with some knowledge and thought, eating out can be enjoyable and healthy!