**English Language Learner Reading Comprehension Activity  
  
The New York Times Learning Network**

Modified From Michael Pollan Answers Readers' Questions (http://www.nytimes.com/interactive/2011/10/02/magazine/29mag-food-issue.html#/pollan)

Student Instructions: Cut-out each question and answer. Put the correct answer under the question, and highlight "clue" words that make you believe that it is the correct question. Glue the questions and their correct answers only after they have been checked.

**QUESTIONS:**

## 1. Our family is on a budget and can't afford to eat all organic. Where should we direct our money to get the most benefit? Organic produce? Meats? Dairy?

## 2. I'm torn between artificial sweeteners and regular sugar. I know that both aren't good for your health, but if I just can't live without some form of sweetener in my morning coffee, which would you pick? In other words, which one is better for you health-wise?

## 3. What is the single best food we all should be eating every day?

## 4. Is frozen produce as nutritious as fresh?

## 5. How in the world do I cook fish?

## 6. What healthful breakfasts can you recommend?

## 7. I'm of Asian descent, and I don't understand why everyone seems to be saying that white rice Is bad for you, when Asians have been eating it for thousands of years. Do I really have to give up rice to lose weight and prevent diabetes?

## 8. What is the "real deal" on egg consumption? Good or bad?

ANSWERS

a. Less is more: the big trick to cooking fish is to undercook it.

b. Single best? Probably whole grains — they offer a lot that's missing from the industrial diet, from fiber to important antioxidants and healthy fats.

c. In general you're better off eating brown rice than white, which (unless it has been fortified with vitamins) is pretty much pure starch. But a little white rice isn't going to kill you or give you diabetes.

d. If you have young kids, it's worth paying the organic premium on whatever they eat or drink the most of organically. So if they drink lots of apple juice — which they shouldn't, by the way — or milk, then spring for it there.

e. Sugar is probably the biggest culprit in obesity and diabetes, but I wouldn't make a capital case of a teaspoon of sugar in coffee.

f. Can't go wrong with oatmeal.

g. Eggs are great and always were.

h. Frozen vegetables and fruits are a terrific and economical option when fresh is unavailable or too expensive. The nutritional quality is just as good — and sometimes even better, because the produce is often picked and frozen at its peak of quality.