



PDF 1: Warm-up & Reading
What's Really in Your Food?



Everything looks good on the shelf... but is it real?

Warm-up Questions (Ask and answer in pairs)

1. What's your favorite food or drink? (honey, olive oil, coffee, maple syrup...)
2. Have you ever bought something that didn't taste quite right? What happened?
3. Do you usually check the labels when you buy food? Why or why not?

Vocabulary

Word	Meaning	Sounds Like
fraud	cheating by selling fake or poor quality products	FRAWD
adulterate	to mix something with cheaper ingredients	uh-DUL-tuh-rayt
pure	clean and not mixed with other things	PYOOR
ingredient	one of the things used to make a food	in-GREE-dee-ent
label	the information on a product's package	LAY-bul
blend	a mixture of different things	BLEND
trusted	reliable and honest	TRUS-ted
consumer	a person who buys products	kon-SOO-mer
awareness	knowing about something important	uh-WARE-ness

The Story – Fake Foods

Mr. Lee and his daughter were doing the weekly shopping when they reached the honey aisle. There were dozens of jars with nice labels and golden colors, but the prices varied a lot.

Mr. Lee picked up a cheap jar and frowned. His daughter noticed and asked, “Dad, what’s wrong?”

He sighed and said, “Not all of these are real honey. Some companies mix real honey with cheap corn syrup or sugar to make more money. They do the same with olive oil, maple syrup, and even coffee. This is called **food fraud**.”

His daughter looked surprised. “Really? But it says ‘honey’ right on the jar!”

“Exactly,” replied Mr. Lee. “That’s why we have to be careful. Food fraud is a big problem around the world. It costs billions of dollars every year, and sometimes the fake versions aren’t as healthy as the real ones.”

They walked further and saw a big sign that read: “Fake or Real? Check the Label!”

Mr. Lee smiled at his daughter and said, “From today, we’re going to be smart shoppers. We’ll read the ingredients list and choose trusted brands.”

That simple shopping trip turned into an important lesson: If something looks too good to be true, it’s always smart to check twice.

Fun Facts

- Up to one third of all honey sold worldwide may be mixed with cheap syrup.
- Many “extra virgin” olive oils are diluted with cheaper oils.
- Food fraud is a global problem that costs billions of dollars every year.
- The best protection is to read the ingredients and buy from trusted brands.

Comprehension Questions

A. True or False

True / False

1. All the honey in the supermarket is 100% pure. _____
2. Some companies mix honey with corn syrup. _____
3. Mr. Lee told his daughter to check labels carefully. _____

B. Answer the questions

1. What surprised Mr. Lee in the honey aisle?
2. Why do companies make fake or adulterated foods?
3. What advice did Mr. Lee give his daughter?



C. What do you think?

Look at the picture. Why do the shoppers look confused or worried?