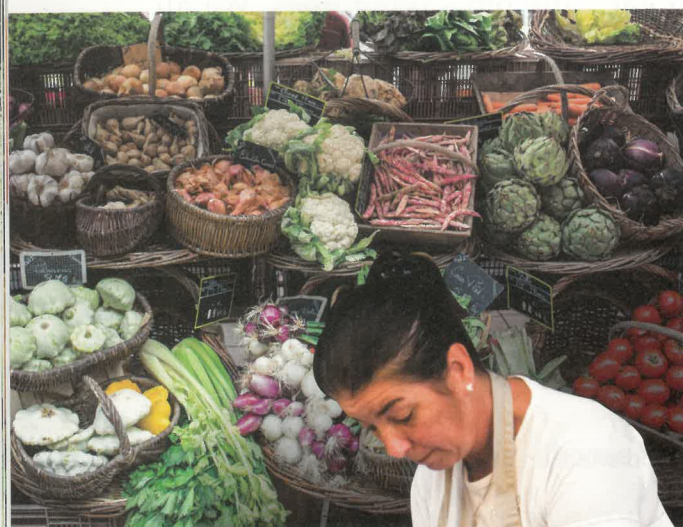


"Please your palate."

Nicoli, France

Find It Yourself

What is the "French Paradox"?



Have you heard about the "French Paradox"? French people have a diet full of cream, pastry and cheese, and yet their rates of obesity and heart disease are very low. Perhaps part of the reason French people stay healthy is that finding quality food is very important to them. They know that good ingredients are needed to create healthy meals that are delicious.

French people are willing to take the trouble to find high-quality food that will please their palate. Therefore, it is common for them to buy bread from a bakery, meat from a butcher, and vegetables from a farmer's market. It is definitely more time-consuming and sometimes more expensive than purchasing food from a grocery store, but the quality is better. The French believe that quality food means pleasure in the short term and health in the long term.

Q2 Why do many French people choose to shop at other places besides regular supermarkets?

Over to You When you buy food, what is most important to you?

- | | | |
|---|-------------------------------------|--|
| <input type="checkbox"/> please | <input type="checkbox"/> palate | <input type="checkbox"/> paradox |
| <input type="checkbox"/> pastry | <input type="checkbox"/> rate | <input type="checkbox"/> obesity |
| <input type="checkbox"/> heart disease | <input type="checkbox"/> ingredient | <input type="checkbox"/> be willing to |
| <input type="checkbox"/> take the trouble | <input type="checkbox"/> butcher | <input type="checkbox"/> definitely |

People eat around their work schedule, but Mexicans work around their eating schedule. While dinner is the largest meal of the day for most people, Mexicans traditionally enjoy *almuerzo* (lunch) as the largest meal instead. Some stores even close during the middle of the day so that people can eat a large lunch without worrying about working immediately afterwards. Lunch is usually served between 2 and 4 in the afternoon and consists of three or four courses: soup, rice or pasta, meat or chicken, and dessert.

Enjoying a hearty and nutritious lunch may help prevent overeating later. Our bodies consume less energy while we sleep, so eating late at night could cause us to gain weight. That is why it is better to eat your biggest meal at lunch time. Lunch like a king and dine like a peasant; it could really be the key to staying healthy.

Q3 How many courses do people typically eat for lunch in Mexico?

Q4 Why is it a good idea to make lunch your biggest meal?

- | | |
|--------------------------------------|----------------------------------|
| <input type="checkbox"/> consist of | <input type="checkbox"/> hearty |
| <input type="checkbox"/> nutritious | <input type="checkbox"/> prevent |
| <input type="checkbox"/> consume | <input type="checkbox"/> cause |
| <input type="checkbox"/> gain weight | <input type="checkbox"/> dine |
| <input type="checkbox"/> peasant | |

"Lunch like a king."

Enrico, Mexico

