

Imię i nazwisko

Klasa

PARAFRAZOWANIE
Poziom ROZSZERZONY
Uzupełnianie luk w streszczeniu

ROZUMIENIE TEKSTÓW PISANYCH **POZIOM ROZSZERZONY (B2+/C1)**

Przeczytaj tekst i uzupełnij jego streszczenie. Uzupełnij luki 1–4 zgodnie z treścią tekstu, tak aby jak najbardziej precyzyjnie oddać jego sens. Na pytania należy odpowiedzieć w języku angielskim. W każdą lukę możesz wpisać maksymalnie trzy wyrazy.

GOING TO EXTREMES

There are two pieces of advice that we hear over and over again: ‘watch what you eat’ and ‘keep fit’. However, going to extremes is always bad for our health. Our guest writers, a clinical psychologist and a sports nutritionist, describe two different examples of taking health advice too far.

Dr Marion Jason, Clinical Psychologist

Taking an interest in food is healthy, but obsessing over it is one of the first signs of an eating disorder. I use the word *signs* and not *causes* intentionally, because eating disorders are almost always the result of inner suffering and clearly illustrate the close links between emotional and physical health.

Eating disorders can affect anyone, but a large proportion of sufferers tend to be perfectionists with low self-esteem. In the early stages, people often deny that they have a problem, but it’s critical they recognise the danger they are in and seek help, because eating disorders can be life-threatening. In fact, the mortality rate is higher than that of any other psychological illness.

There is light at the end of the tunnel, however, because we can successfully treat eating disorders. I use therapy to help my patients, so they can learn to have a healthy relationship with food again.

Dr Frank Benn, Sports Nutritionist

We all know that exercise is important, both for physical and mental health. Some people also exercise to lose weight and build muscle. There is nothing wrong with this, as long as you follow an approved programme and take measured steps. However, these days, many people cut corners by taking sports supplements, and some of these are not considered safe.

For example, it’s easy to buy weight loss medication online, but this means it is not regulated. Therefore, it often contains potentially dangerous ingredients that can have horrific side effects. Protein powder is another popular supplement that helps to build muscle. Although unnecessary for the majority of people, it is recommended for some athletes who follow intense training regimes. However, people often misuse protein powder, using it to replace their meals. This is highly inadvisable because most powders contain a lot of sugar and have no nutritional value besides the protein.

Dr Marion Jason says that eating disorders are caused by inner suffering and demonstrate how people's mental and physical health **1.** _____ . She notes that the majority of people who suffer from an eating disorder are perfectionists with low self-esteem. She recommends people seek help as soon as they realise they have a problem, because more people **2.** _____ eating disorders than any other mental health issue.

Dr Frank Benn believes a measured approach to weight loss and building muscle is acceptable, but he advises against **3.** _____ by taking sports supplements. He describes the dangers of weight loss medication purchased from the Internet. He also notes that, while protein powder is a useful supplement for some athletes, it is unnecessary for most people. He advises against using protein powder to replace meals because of its high **4.** _____ and low nutritional value.