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#Diego Butler



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2. Another key idea is the relationship between affluence, diet, and health. The article illustrates this by referring to several different societies. Explain how affluence changes diet and health, and refer to at least two cultures that illustrate it.

Answer:

From Europe, Diet Europeans are largely determined by the social class. For most of the people, the farmers, the majority of their daily diet consists of grains such as wheat, rye, oats or barley (carbohydrates). Whole grains are boiled in soups or stews, ground into flour and made into bread or malt and brewed into ale.

From Greece, The simple diet followed by Greek peasants is the key to a long and healthy life and may protect against known health hazards such as smoking and lack of medical care. Their diet included wholegrain bread, potatoes and other cereals. They ate cooked meals and soups, and salads rich in olive oil and accompanied by beans, lentils and vegetables were consumed in sizeable portions. Fresh fruit was a staple.

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