

**What is the Slow Food Movement?**

**Comprehension questions**

1. Why is there a need to improve our eating habits?;
2. Why do we have such problems as obesity and diabetes nowadays?;
3. What happens when we eat out more often?;
4. What is the concept of the slow food movement?;
5. What are the three things the slow food programme is focusing on?;
6. What is understood by 'just food'?;
7. Explain how the slow food movement helps to build community life;
8. How does the community garden work? In what way is it different?;
9. Who gets free bags of food and why?;
10. How can we elevate people's appreciation of food?

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