Selecting and summarising information

**Introduction**

In this activity, you will select and summarise relevant information from different texts.

You will learn how to:

- choose appropriate texts for a range of everyday tasks
- identify relevant main points and supporting detail in more than one text
- summarise information in writing.

To complete this activity you will need to be able to **recognise the source, purpose** and **audience** of a text. If you think you would like help with this, ask your tutor for the resources:

- *Understanding the purpose of a text*
- *Evaluating a text*

Read the introduction and the ‘learn how to’ examples carefully before you try the practice questions.

- Use a dictionary to check the meanings of any unfamiliar words.
- When you have finished **check your answers** with the ones provided on pages 16 to 21.
- If you are not sure about your answers, check with your tutor.
Learn how to choose appropriate texts

You can’t read everything about a topic or issue. Whether you are researching information for a written assignment, buying a house, trying to adopt a healthy lifestyle, or planning a holiday, it is important to be able to select the texts that are most useful for your purpose, so that you don’t waste time reading useless information.

You need to use skimming and scanning skills to save time and select texts that are fit for purpose.

Choose texts that are from a reliable source and that are relevant:

- Scan for the name of the author or publisher. Usually texts written by an individual or organisation who is well qualified to write about the subject are better. If the writer is not an expert, read more widely to find out whether other sources confirm what they have written.
- Scan for the date of publication: information that is out of date may not be reliable.
- Consider how much detail you need. Some sources cover a lot of different topics but only give brief information about each. These might be best when you are looking for a definition or a general overview. Other sources that are focused on a specific topic will be useful if you are looking for more detail.
- Skim read features such as titles, headings, blurb and introduction, to decide whether a text is relevant. Take into consideration the intended audience (who the text is intended for) and why it was written (its purpose).

Try the Practice activities on the next two pages to practise choosing appropriate texts.
Practice 1

Use the information on page 2 to answer these questions.

1. Which two texts are likely to be the most useful if you were looking for information to help to buy your first house?
   a. ‘Dream House’ article in a Sunday newspaper
   c. Estate agent’s double page advertising spread in your local newspaper
   d. Choosing a mortgage – where to start (from direct.gov.uk)

2. Which two texts would be the most useful if you wanted to find out more about adapting to life with diabetes?
   a. ‘Why do people get diabetes?’ thread on an Internet message board
   b. Diabetes blog where ‘people with type 1 or type 2 diabetes discuss their symptoms, treatment and other issues with the aim of helping others deal with their diabetes’.
   d. ‘Empowering People with Diabetes’ (NHS case study, 2008)

3. You have booked a holiday cottage in the village of Cherrywell in South Devon and want to find out about short local walks. Which two texts are likely to be most useful?
   a. Quick Guide to Devon (free tourist leaflet)
   b. Visiting the West Country: Somerset, Devon and Cornwall in colour (book)
   c. Cherrywell and surroundings: interactive tourist map (web page)
   d. A wanderer’s guide to 30 South Devon villages
Use Texts A, B and C on pages 5, 6 and 7 to help you answer these questions.

1. Look at Text A. How confident can you be that the information in it is reliable and up to date? Explain your answer in one or two sentences.

2. Look at Text B. How confident can you be that the information in it is reliable and up to date? Explain your answer in one or two sentences.

3. Look at Text C. How confident can you be that the information in it is reliable and up to date? Explain your answer in one or two sentences.
Selecting and summarising information

Text A

Text A is a part of a lifestyle supplement in a newspaper.

Superfibre more important than superfoods!

Recent years have seen a marked increase in the sales of ‘superfoods’, many of which are fruit and vegetables. Sales of blueberries, for example, have risen over 130% in the past two years thanks largely to increased publicity of their health benefits. Indeed, according to some sources, sales of berries now exceed those of apples!

Claims about the health benefits of superfoods usually focus on their high antioxidant content. Antioxidants are believed to strengthen your immune system so that you are better able to fight off illness and disease. It has also been claimed that they may reduce the effects of ageing and the risk of cancer.

However, researchers have recently suggested that the key to the protection that fruits and vegetables offer against cancer may be pectin. This dietary fibre appears to slow down the growth of a cancer-causing protein called Gal3.

Pectin, perhaps better known as a gelling agent used in jam-making, is found in all fruits and vegetables, with the humble apple (not generally marketed as a ‘superfood’) being a particularly good source.

This does not mean that superfoods are not super good for you, just that you don’t necessarily need to rely on them. Consistently eating plenty of fruits and vegetables, and eating a wide variety of fruits and vegetables, could have the same effect on your health.
Text B

Text B is adapted from information found on the Internet in 2010 and published by the Food Standards Agency (a UK government body). Since 2010 the information has been archived and is no longer part of the Food Standards Agency website.

Q. Will eating lots of processed food give me cancer?
A. There is some evidence that people who eat lots of processed meat (such as bacon, ham, sausages and salami) might have a greater chance of developing bowel cancer (which affects the colon and rectum).

Processed foods can form part of a healthy balanced diet, but remember to check the label and choose those that are lower in fat, saturated fat, salt and sugar.

In general, people who have a healthy balanced diet, with fruit and vegetables, wholegrain starchy foods and some fish, are less likely to get certain types of cancer.

Q. Will eating broccoli and cabbage stop me getting cancer?
A. There is some evidence that vegetables in the Brassica family (broccoli, cabbage, cauliflower, Brussels sprouts) and the Allium family (onions, garlic) are good at stopping cancer developing. But this kind of research is ongoing, so it’s too early to say whether by eating cabbage every day you’ll reduce your chance of getting cancer. We do know that eating five or more portions of fruit and vegetables a day might help lower the risk of some types of cancers. It’s also good to eat a wide variety of different types of fruit and veg so that we get a mixture of vitamins and minerals.

Vegetables from the Brassica family are good sources of vitamin C and folate, both essential for good health. So even if these foods aren’t cancer busting, give them a chance. You may have been put off overcooked cabbage as a child, but it tastes like a different vegetable if it’s lightly steamed and still crunchy. You can also use it raw in salads and home-made coleslaw.

Q. Do blueberries prevent cancer?
A. Blueberries have, like lots of other foods such as green tea, avocados, broccoli, garlic, carrots, grapes, cabbage, raspberries, red wine and oranges, often been referred to as a ‘superfood’. This is because they’re rich in antioxidants or other food components that scientists have found can reduce, in laboratory conditions, the growth of cancer cells. But there’s a big leap between what works in a test tube and what works in our bodies, and it’s far too early to say that eating a handful of foods from this list is enough to keep cancer at bay.

Most of these so-called ‘superfoods’ are fruits or vegetables, and we know that eating plenty fruit and vegetables might help prevent some cancers. But it’s thought that this protective effect is due to a combination of all the different components in the fruit and veg rather than any one particular component in the food. So try to choose a variety of fruit and veg and don’t forget frozen, canned, dried or juiced. Get a healthy start to the day by adding dried fruits to breakfast cereals or drinking freshly squeezed juice with your toast instead of (or as well as!) tea or coffee.

(Contains public sector information licensed under the Open Government Licence v1.0. Adapted from www.eatwell.gov.uk/asksam/healthissues/foodmed/, July 2010.)
Freshways Organic Direct
Your complete on-line and in-store supermarket service
Customer health information leaflet – No 4. BLUEBERRIES

A little treat now and then does you good, especially if you treat yourself with superfoods!

Here at Freshways we do our bit by promoting a different seasonal superfood each month.

This month it's the turn of the deceptively simple little blueberry.

A super-healthy edible treat

Almost every week we hear news from so-called experts telling us what we shouldn’t eat and what is best for us. But staying healthy is not rocket science – just make sure that you eat regular, generous helpings of superfoods as part of your ‘five a day fruit and veg’ and you'll soon be in peak condition.

Packed full of vitamins and minerals, blueberries also contain more antioxidants than any other fruit or vegetable. These include anthocyanins which, it is believed, may improve memory function and help prevent dementia. They also help to prevent certain cancers, lower your risk of heart disease and help you look younger for longer. Blueberries are also high in pectin, a source of soluble fibre which can help aid digestion.

**Freshways tip:** We sell fresh, dried or frozen blueberries. Add them to your favourite family desserts such as pies or crumble, or stir them into healthy plain active yoghurt for a change. As a special treat why not add them to pancakes with a dash of cream or make your own high-energy smoothies?

**Special Summer Offer**

ONLY £1.99
for 200g net
You usually start looking for information because you have one or more questions in your head that you need answers to.

For example:

- Do I have to pay any extra taxes when I buy my first house?
- What is a ‘low GI’ food?
- Is there a nice walk near Cherrywell that we could do in 2–3 hours?

If you find information that answers your questions, then this information is **relevant**.

Sometimes you might need to **summarise information** you find for a particular purpose. For example, you might need to summarise key points for discussion or to pass on information to someone else. When you summarise, you need to bear in mind what is relevant, but also how much detail you need. The **main** relevant points may be enough, or you may need some **supporting detail**.

Read this information about ‘low GI’ foods:

<table>
<thead>
<tr>
<th>GI stands for Glycemic Index, which is a tool used to measure the extent to which blood sugar levels go up after the intake of particular foods. Foods with a GI of less than 55 are considered to be low GI. Low GI foods take longer to digest and keep blood sugar levels more stable, making them suitable for people who are interested in controlling diabetes through diet. They may also have other health benefits. Low GI foods include whole grains like brown bread, porridge oats and brown rice. Vegetables and dairy products are also low GI. High GI foods include refined grains like white bread, many breakfast cereals and pasta, and refined sugar.</th>
</tr>
</thead>
</table>

How much of this information you include in a summary depends on the **purpose** and **audience** for your summary.

Here are some examples of different purposes:

If you have seen ‘low GI’ on a product description and are just curious about what it means, you may only need to find a single main point from this information: Low GI foods are those which do not raise your blood sugar too much. You may not need to summarise this in writing.

If your interest in ‘low GI’ is for a course on nutrition and health, you may need to make a note of more technical information about ‘low GI’ foods (less than 55; slowly digested; OK for diabetes).

On the other hand, if you are planning a meal for someone on a low GI diet, you might need to make a note of examples of low GI foods and possibly also high GI foods so that you know what sort of things to include and what to avoid.
Practice 3

You overhear a conversation in a supermarket. Someone is buying blueberries, which according to the shopper will prevent her from getting cancer. You are doubtful but curious and want to find out more. **Read Text B on page 6 to find out more and answer the questions.**

1. **Can blueberries stop you getting cancer?** Highlight the *relevant* parts of Text B – the parts of the text that help you answer the question.

2. **What are the main points of the first paragraph of the FAQ about blueberries in Text B?** Select two answers.
   a. Blueberries, avocados and broccoli are examples of ‘superfoods’.
   b. Blueberries may help fight cancer.
   c. Scientists have been researching superfoods by working in laboratories.
   d. It is not possible to be certain that blueberries can prevent cancer.

3. **What is the main point of the second paragraph of the FAQ about blueberries in Text B?** Select one answer.
   a. Most superfoods are fruit and vegetables.
   b. It is important to eat lots of fruit and vegetables.
   c. The protective effect is not due to one particular component in food, but a combination.
   d. Frozen, canned, dried and juiced fruit and vegetables are also good for you.

4. **Which detail from the FAQ about blueberries would you be more likely to include in a summary if you wanted to persuade your reader that they should eat more blueberries?** Select one answer.
   a. Blueberries are rich in antioxidants that may help prevent cancer.
   b. As well as blueberries, there are a number of other ‘superfoods’.
   c. What works in the lab may not work in our bodies.
   d. Eating plenty of fruit and vegetables, not necessarily ‘superfoods’ will probably help protect against cancer.

(Continues on page 10.)
Selecting and summarising information

5. Which detail from the FAQ about blueberries would you be more likely to include in a summary if you wanted to persuade your reader that they should eat a healthy diet generally? Select one answer.
   a. Blueberries are rich in antioxidants that may help prevent cancer.
   b. As well as blueberries, there are a number of other ‘superfoods’.
   c. What works in the lab may not work in our bodies.
   d. Eating plenty of fruit and vegetables, not necessarily ‘superfoods’, will probably help protect against cancer.

6. Look at the other FAQs in Text B. Which statement best sums up the main point of the whole text?
   a. A diet high in superfoods is a healthy diet.
   b. A diet high in processed foods is an unhealthy diet.
   c. A varied diet is a healthy diet.
   d. A diet that does not include processed foods is a healthy diet.

Practice 4

Use Text A on page 5 to help you complete these activities.

1. You want to explain to a friend, who doesn’t eat many fruits or vegetables, why eating more would benefit their health. Use a coloured pen to highlight the parts of Text A that you think are relevant.

2. What is the main point of Text A? Sum up the main point in one sentence.

3. Make a note of two points from Text A that you could include in an e-mail to your friend to support your explanation of why eating fruit and vegetables is a good idea.
   a. 
   b. 
Sometimes you will have to summarise the information and ideas from more than one text. For example, if you were looking for holiday accommodation for a short break with a group of friends, you might summarise information about several different options in an e-mail to them.

To do this you have to find the **important** and **relevant information** from each text. You may find contradictory information in different texts. You may need to decide which version of the truth is more reliable or to mention both versions of the ‘truth’ depending on the reliability of your sources and depending on your purpose.

### Practice 5

Practise selecting and summarising information from two or more texts by answering these questions.

1. **Tick all the texts that tell you or imply what is stated in column 1. The first one is done for you.**

<table>
<thead>
<tr>
<th></th>
<th>Text A</th>
<th>Text B</th>
<th>Text C</th>
</tr>
</thead>
<tbody>
<tr>
<td>We should eat more ‘superfoods’.</td>
<td>✔</td>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>We should eat more fruit and vegetables.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>There is some evidence that certain foods help to prevent or treat cancer.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>There is research currently going on into diet and cancer.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Antioxidants are a component in food that may help to fight cancer.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pectin is a component in food that may help to fight cancer.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(Continues on page 12.)
2. Which information from Texts A, B and C would you include in an assignment about the nutritional content and health benefits of eating blueberries? Make notes of relevant information.
Selecting and summarising information

Learn how to summarise information in writing

Sometimes you may only need to summarise information in your head or in note form for yourself. For example, you may need to summarise the key points from a report before having a discussion with someone about it. You have already practised the skills you need to do this.

In this section, you are going to combine these skills with your writing skills to produce short written summaries. Written summaries get the main relevant points across concisely. They may be written in different styles and may contain different details or a different level of detail depending on the purpose and audience. For example, a summary of a company’s annual report written for public view on the company’s website might be different from one written for employees.

(If you think you need more help with purpose and audience, read the note on page 1.)

Summary writing tips

When you write your summary

☐ Make notes from the text(s) first.

☐ Use your own words where possible rather than copying chunks from the original text.

☐ Consider your purpose and audience, and write in an appropriate style.

☐ If word count is important, consider how much detail you can include within the word limit.

☐ Check your summary and delete any irrelevant information.

☐ If you are over the word limit, check your summary and delete or combine supporting details. Don’t delete any main points!
Use the information in Texts A, B and C to complete these activities.

1. Write about 100 words for a college assignment on nutrition explaining how blueberries are good for you. Use your notes from Practice 5 above.

2. On a separate piece of paper, write an e-mail to a friend persuading them that they should eat more fruit and vegetables. Use information from Text A, B and/or C as appropriate.
Selecting and summarising information

Check your skills

1. Which text would best help you answer the question below?
   Rather than just eating them plain, how can I add blueberries to my diet?
   a. Text A
   b. Text B
   c. Text C

2. Which text gives you information about the increasing popularity of blueberries?
   a. Text A
   b. Text B
   c. Text C

3. According to Text A, which one of these statements is not true?
   a. Gal3 is a protein that causes cancer.
   b. There is now evidence that pectin prevents cancer.
   c. Sales of blueberries have increased in recent years.
   d. Some recent research suggests that pectin offers some protection against cancer.

4. Which best summarises the main point of the long (4th) paragraph in Text C?
   a. Blueberries can lower your chances of getting many diseases.
   b. Blueberries contain more antioxidants than any other fruit or vegetable.
   c. Blueberries help digestion.
   d. Anthocyanins, quercetin and ellagic acid are all antioxidants.

5. Referring to all three texts, which one of these statements is not true?
   a. Antioxidants are food components.
   b. Blueberries are high in antioxidants and the dietary fibre pectin.
   c. Pectin is found in all fruits and vegetables.
   d. All 'superfoods' are either fruits or vegetables.
Many of these are suggested answers. You might have written something different or had an idea that is also correct. Talk to your tutor if you need help checking your answers.

**Practice 1**

1. **Which two texts are likely to be the most useful if you were looking for information to help to buy your first house?**
   - d. Choosing a mortgage – where to start (from direct.gov.uk) – this is a government advice and information site and will probably be kept up to date.

   and one of:
   
   - b. Your First House: What to do before you sign on the dotted line (book, published 2013) – this will be useful if it is still up to date when you read it. If it is a few years old, you may want to find a more recent source in case anything has changed.
   
   or:
   
   - c. Estate agent’s double page advertising spread in your local newspaper – the house prices will be up to date and the adverts will be local, so this could give you an idea of what is available. However, remember that an estate agent’s information will be biased. Read some more reliable sources too!

   (Option a (‘Dream House’ article in a Sunday newspaper) is unlikely to be geared towards first-time buyers.)

2. **Which two texts would be the most useful if you wanted to find out more about adapting to life with diabetes?**
   
   - b. Diabetes blog where ‘people with type 1 or type 2 diabetes discuss their symptoms, treatment and other issues with the aim of helping others deal with their diabetes’ – although anyone can contribute so this may contain some unreliable information, it will provide a range of views and experiences, some of which will probably be backed up by more than one person.

   and

   - d. Empowering People with Diabetes (NHS case study, 2008) – this is relatively recent and from a reliable source.

   (Option a (‘Why do people get diabetes?’ thread on an Internet message board) is probably not reliable but in any case it is not relevant; and option c (Home Health Encyclopaedia book, published 1978) will probably not have enough detail to be useful and some information may be out of date.)
Selecting and summarising information

3. You have booked a holiday cottage in the village of Cherrywell in South Devon and want to find out about short local walks. Which two texts are likely to be most useful?

   c. Cherrywell and surroundings: interactive tourist map (web page) – this is focused enough to be likely to contain detail about local walks.

   d. A wanderer’s guide to 30 South Devon villages – this is for walkers (‘wanderers’) and is focused on South Devon.

(Options a (Quick Guide to Devon – free tourist leaflet) and b (Visiting the West Country: Somerset, Devon and Cornwall in colour) will probably not have enough detail about walks and will contain too much irrelevant information about places outside of the immediate area.)

Practice 2

Suggested answers. Your answers may be different.

1. Look at Text A. How confident can you be that the information in it is reliable and up to date? Explain your answer in one or two sentences.

   This came from a newspaper (and we don’t know which newspaper) so it may not be reliable. We do not know when it was written, so we cannot be certain it is up to date.

2. Look at Text B. How confident can you be that the information in it is reliable and up to date? Explain your answer in one or two sentences.

   This is from a government source so is probably reliable, but we know that it was published in or before 2010 so it could be out of date if more research has been done.

3. Look at Text C. How confident can you be that the information in it is reliable and up to date? Explain your answer in one or two sentences.

   Although it claims to be an ‘information’ leaflet, this is written by a supermarket in a persuasive style to try to sell more blueberries. It includes a lot of ‘facts’ but is biased, so may not be reliable.

Practice 3

You overhear a conversation in a supermarket. Someone is buying blueberries, which according to the shopper, will prevent her from getting cancer. You are doubtful but curious and want to find out more. Read Text B to find out more and answer the questions.

1. Can blueberries stop you getting cancer? Highlight the relevant parts of Text B – the parts of the text that help you answer the question.

   See suggested highlighting below:

   A. Blueberries have, like lots of other foods such as green tea, avocados, broccoli, garlic, carrots, grapes, cabbage, raspberries, red wine and oranges, often been referred to as a ‘superfood’. This is because they’re rich in antioxidants and other food components that scientists have found can reduce, in laboratory conditions, the growth of cancer cells. But there’s a big leap between what works in a test tube and what works in our bodies.
far too early to say that eating a handful of foods from this list is enough to keep cancer at bay.

Most of these so-called ‘superfoods’ are fruits or vegetables, and we know that eating plenty of fruit and vegetables might help prevent some cancers. But it’s thought that this protective effect is due to a combination of all the different components in the fruit and veg, rather than any one particular component in the food. So try to choose a variety of fruit and veg and don’t forget frozen, canned, dried or juiced.

2. What are the main points of the first paragraph of the FAQ about blueberries in Text B? Select two answers.
   a. Blueberries may help fight cancer.
   b. It is not possible to be certain that blueberries can prevent cancer.
   (Answers a and d are mentioned in the paragraph, but they are not main points.)

3. What is the main point of the second paragraph of the FAQ about blueberries in Text B? Select one answer.
   b. It is important to eat lots of fruit and vegetables.
   (Answers a and d are mentioned in the paragraph but they are not main points; answer c is supporting detail.)

4. Which detail from the FAQ about blueberries would you be more likely to include in a summary if you wanted to persuade your reader that they should eat more blueberries? Select one answer.
   a. Blueberries are rich in antioxidants that may help prevent cancer.
   (The other answers are all mentioned in the FAQ but they are less likely to persuade your reader to eat more blueberries.)

5. Which detail from the FAQ about blueberries would you be more likely to include in a summary if you wanted to persuade your reader that they should eat a healthy diet generally? Select one answer.
   d. Eating plenty of fruit and vegetables, not necessarily ‘superfoods’, will probably help protect against cancer.
   (The other answers are all mentioned in the FAQ but they are less likely to persuade your reader to eat more blueberries.)

6. Look at the other FAQs in Text B. Which statement best sums up the main point of the whole text?
   c. A varied diet is a healthy diet.
Selecting and summarising information

Practice 4

Use Text A on page 5 to help you complete these activities.

1. You want to explain to a friend, who doesn’t eat many fruits or vegetables, why eating more would benefit their health. Highlight the parts of Text A that you think are relevant.

Suggested highlighting is shown below:

**Superfibre more important than superfoods!**

Recent years have seen a marked increase in the sales of ‘superfoods’, many of which are fruit and vegetables. Sales of blueberries, for example, have risen over 130% in the past two years thanks largely to increased publicity of their health benefits. Indeed, according to some sources, sales of berries now exceed those of apples!

Claims about the health benefits of superfoods usually focus on their **high antioxidant content**. Antioxidants are believed to strengthen your immune system so that you are better able to fight off illness and disease. It has also been claimed that they may reduce the effects of ageing and the risk of cancer.

However, researchers have recently suggested that the key to the protection that fruits and vegetables offer against cancer may be **pectin**. This dietary fibre **appears to slow down the growth of a cancer-causing protein called Gal3**.

Pectin, perhaps better known as a gelling agent used in jam-making, is **found in all fruits and vegetables**, with the humble apple (not generally marketed as a ‘superfood’) being a particularly good source.

This does not mean that superfoods are not super good for you, just that you don’t necessarily need to rely on them. Consistently eating plenty of fruits and vegetables, and eating a wide variety of fruits and vegetables, could have the same effect on your health.

2. What is the main point of Text A? Sum up the main point in one sentence.

*Suggested answer:*

New research indicates that it may be more important to eat plenty of fruit and vegetables than to eat superfoods.

3. Make a note of two points from Text A that you could include in an e-mail to your friend to support your explanation of why eating fruit and vegetables is a good idea.

a. They contain antioxidants which some experts believe help fight illness.

b. They contain pectin, which has recently been shown to help prevent cancer.
Selecting and summarising information

Practice 5

Practise selecting and summarising information from two or more texts.

1. Tick all the texts that tell you or imply what is stated in column 1. The first one is done for you.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Text A</th>
<th>Text B</th>
<th>Text C</th>
</tr>
</thead>
<tbody>
<tr>
<td>We should eat more ‘superfoods’.</td>
<td>×</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>We should eat more fruit and vegetables.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>There is some evidence that certain foods help to prevent or treat cancer.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Antioxidants are a component in food that may help to fight cancer.</td>
<td>×</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Pectin is a component in food that may help to fight cancer.</td>
<td>✓</td>
<td>×</td>
<td>×</td>
</tr>
</tbody>
</table>

2. Which information from Texts A, B and C would you include in an assignment about the nutritional content and health benefits of eating blueberries? Make notes of relevant information.

Sample notes – your answer may be different.

**Vitamins and minerals**

More antioxidants than any other fruit or veg:
- strengthen immune system so you don’t get ill
- may have anti-ageing properties
- may fight cancer

**Anthocyanins (type of antioxidant)**
- may help memory and prevent dementia

**Contain pectin (fibre)**
- helps digestion; may help prevent cancer
Selecting and summarising information

Practice 6

Use the information in Texts A, B and C to complete these activities.

Suggested answers. Your answers may be different.

1. Write about 100 words for a college assignment on nutrition explaining why and how blueberries are good for you. Use your notes from Practice 5 above.

   Blueberries are rich in vitamins and minerals and are also an excellent source of antioxidants. The antioxidant content of blueberries may boost the immune system and help the body combat infection. Furthermore, blueberries may have anti-ageing properties. Anthocyanins, which may be good for the memory and help to prevent dementia, are also found in blueberries. Blueberries contain pectin, which is good for the digestion. It is highly likely that blueberries can help prevent cancer, though further research is needed to confirm whether this is due to the antioxidants or the pectin that they contain.

2. Write a short e-mail to a friend persuading them that they should eat more fruit and vegetables. Use information from Text A, B and/or C as appropriate.

   (Ask your tutor to check your completed e-mail.)

Check your skills

1. c. Text C
2. a. Text A
3. b. There is now evidence that pectin prevents cancer.
4. a. Blueberries can lower your chances of getting many diseases.
5. d. All ‘superfoods’ are either fruits or vegetables.