

# NEWSREEL EASY

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### Programmanus

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Hi, and welcome to Newsreel Easy. I'm Kate Holland.

Coming up:

- Restaurants start displaying calories on menus

*Rachel: It's kind of making those recovery challenges even more difficult*

But first

#### Use less energy to support Ukraine

The EU has released a plan for people to use less energy so that less money goes to Russia.

Currently, Russia is a major supplier of oil and gas to Europe.

The EU doesn't want to help fund Russia's war in Ukraine so they are asking people to use less oil and gas.

*Ditte Juul Jørgensen: The one thing that everyone can do, that each of us can do, is to save energy.*

That's Ditte Juul Jørgensen, the European Commission Director-General for Energy speaking at a meeting in Brussels.

She says that people should work from home and travel by train, not plane. She also says using less energy will save people money.

**support**

*stötta*

**released**

*släppte*

**supplier**

*leverantör*

**oil**

*olja*

**fund**

*finansiera*

**save energy**

*spara energi*

**director-general**

*generaldirektör*

**should**

*borde*

## Calories on menus

Now, do you worry about the amount of calories you are eating?

After a change in the law, large restaurant chains in England must show the calorie count of each meal on their menus.

The government says this will help people make healthier choices.

The BBC spoke to a few people eating in a restaurant in Manchester to find out what they thought.

*Patrick:* Yeah, it would make a difference. I'd choose what I thought was the healthiest option.

Patrick says he would choose the 'healthiest option' on the menu.

*James:* I don't count the calories. I'm young and healthy. I don't think it really affects me in any way.

James says the new menus won't affect him.

But some people think that having calories on menus is a bad idea.

I spoke to Rachel Egan who works for a mental health charity called Mind.

*Rachel:* I do think that having calorie labels on food is harmful for people like me who are in recovery from an eating disorder.

Why are these new menus bad for people recovering from eating disorders?

**worry**

*oroa sig*

**law**

*lag*

**chains**

*kedjor*

**the government**

*regeringen*

**difference**

*skillnad*

**healthiest**

*mest hälsosamma*

**affects**

*påverkar*

**in any way**

*på något sätt*

**mental health**

*psykisk hälsa*

**charity**

*välgörenhetsorganisation*

**labels**

*märkningar*

**recovery**

*tillfrisknande*

**eating disorder**

*ätstörning*

*Rachel: That's because a big part of recovery is around kind of learning to let go of that extreme control of food, learning to eat foods where you don't necessarily know exactly what's in it. By putting the calorie counts on that, it's kind of making those recovery challenges even more difficult.*

**necessarily**  
*nödvändigtvis*  
**challenges**  
*utmaningar*

She says that having calories on the menu makes recovery from an eating disorder 'more difficult'.

How can restaurants help people recovering from an eating disorder?

*Rachel: I think that they could offer a calorie free menu and a menu with the calories listed. And basically just ask people which one they would prefer when they sit down.*

**offer**  
*erbjuda*  
**prefer**  
*föredra*

Rachel says restaurants should offer menus without the calories listed if people want them.

And finally

### **Hero gets his music on the radio thanks to his best friend**

*Jimi: I let you know, bridges got to burn, I let it go, heartfelt pain through these bars, I let it show...(Music)*

**bridges**  
*broar*

That's the music of Folajimi Olubunmi-Adewole, known as Jimi, who died trying to save a woman who had fallen into the River Thames.

**save**  
*rädda*

His friends have recently released his music one year after his death and they even got it played on the BBC.

**released**  
*släppte*  
**got it played**  
*fick den spelad*

Jimi had been recording music in secret, but his best friend Bernard found this music after he died. Bernard will now be releasing an album of Jimi's songs to raise money for charity.

**in secret**  
*i hemlighet*  
**raise money**  
*samla pengar*

Thanks for listening and speak to you all next time.

Goodbye!