

- Instrucciones:**
- a) Duración: 1 hora.
 - b) Puntuación hasta 10 puntos.
 - c) Se deberá realizar una traducción sin diccionario del texto propuesto, que no tendrá que ser necesariamente una traducción literal del mismo. El texto en castellano deberá respetar las normas formales de este idioma.

Food is not medicine

Hippocrates supposedly said, "Food must be your medicine and medicine must be your food." I disagree. Food is *not* medicine. Thinking about food as medicine does not help either food or medicine.

Food is so much more than medicine. Food is culture, love, and joy. Medicalizing food deprives it of these positive attributes. A healthy relationship with food is essential, but not because it has medicinal properties. Food is not just a fuel. It is more than nutrients to take in — and we don't consume it just to reduce our disease risk.

People tend to think that a "superfood" can have instant benefits. But what we eat in the present has a small, subtle influence on our health, which becomes powerful by affecting us over our lifespan. Diet is just one of many factors influencing our health. The environment, physical activity and genetics play important parts too. The 'food is medicine' philosophy also makes you think of disease as a punishment: if you get sick, you must have eaten the wrong food. People who are sick do not need that extra baggage.

On the other hand, medicine is the practice of maintaining health and preventing and treating disease. I suffer from diabetes and use medicine every day to stay alive. I could eat the healthiest foods every day, but without medicine I would still die. Modern medicine is incredible and we are living longer than ever before due in great part to public health and modern medicine.

Food is food, medicine is medicine, and both of them are really amazing.