**Letter to a chef:**

Dear Chef:

I’m writing to you to suggest some dishes for your TV programme. One of the best diets in the world (as medical community says) is the Mediterranean one, based on fruits, vegetables, legumes and fish so I think you should include some of these dishes in your show:

1. Chickpea pottage.
2. Mediterranean salad made with lettuce, tomatoes, onions, olive oil and vinegar.
3. Tuna with onions

I really think that our way of eating is getting worse due to the influence of the American way of life in our own customs. You only have to count how many Mc Donalds we do have today around us and compare this number with some years ago. It’s a real threat.

I think shows like yours are very necessary and interesting to preserve an important part of our culture: the food. People and their health will thank you.

Yours faithfully

Andrés Melero.

Word count: 152