

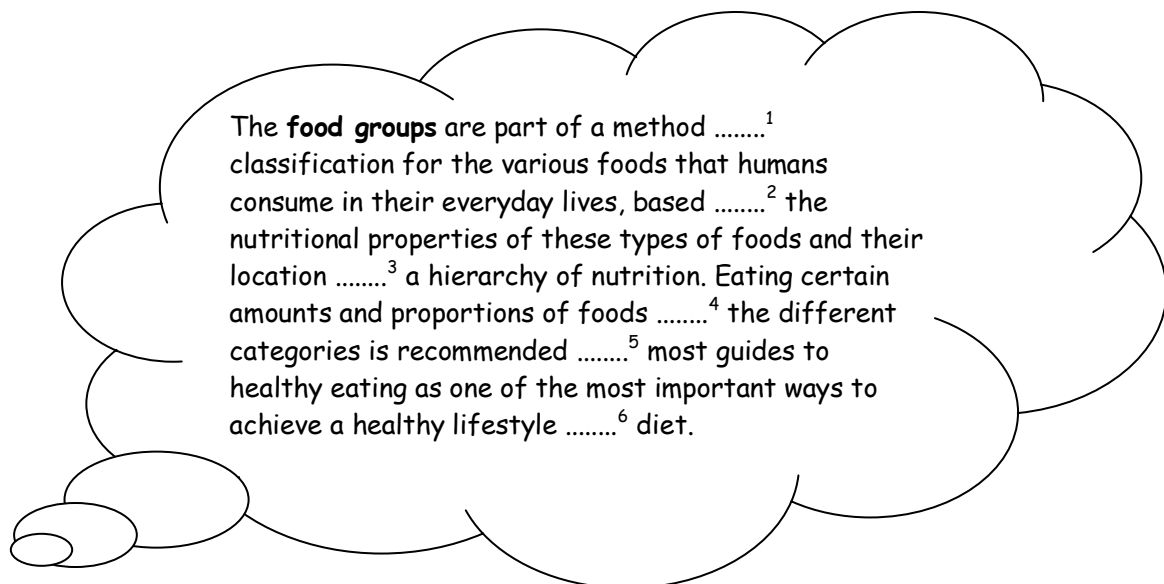
Unit 3 Nutrition

Task 1: Study the words in the columns. Write the correct name of the food group for each column.

| 1. | 2. | 3. | 4. | 5. | 6. |
|---|--|---|---|--|--|
| pasta, rice, noodles, cracker, couscous bread, pit(t)a, cereals, wheat, corn, oatmeal | cauliflower, onion, lettuce, potato, cucumber, tomato, pepper, beetroot, carrot, garlic, cabbage | plum, pear, pineapple, cherries, currants, apricot, peach, raspberries, strawberries, apple, watermelon | cheese, yogurt, cottage cheese, milkshake, ice cream, soft cheese, sliced cheese, pudding, cream, whipped cream | eggs, lentils, legumes, nuts, beans, pork, bacon, beef, ham, veal, mutton, lamb, duck, goose, salmon, mackerel | butter, lard, margarine, cooking oil, cream, chocolate, biscuits, cakes, sweets, crisps, chips, fizzy drinks |

Task 2: Work in pairs. Describe at least two words from each food group. The other will try to guess which words you meant. Then switch roles.

Task 3: Read the introductory paragraph about food groups. Complete the correct prepositions.



Task 4: Reading: Divide into two groups. Group A will read the first 3 paragraphs (grain groups; vegetables; fruits). Group B will read the rest (dairy products; meat; fats, oils and sugars).

Comprehension questions:

1. How can each food group be defined?
2. What substances (e.g. vitamins, minerals, etc.) does each food group contain?
3. What quantity of each food group should be consumed every day?

Grain products include foods derived from cereal crops. Grains supply food energy in the form of starch, and are also a source of protein. Whole grains contain dietary fibre, essential fatty acids, and other important nutrients. Milled grains, though more palatable, have many nutrients removed in the milling process and thus are not as highly recommended as whole grains. Whole grains can be found especially in oatmeal, brown rice, corn tortillas and whole wheat bread. 5-12 servings of grain products are recommended per day.

A **vegetable** is a part of a plant consumed by humans that is not considered grain, fruit, nut, spice, or herb, i.e. the stem, root, flower, etc. Vegetables contain many vitamins and minerals, for example, green vegetables typically contain vitamin C, dark orange and dark green vegetables contain vitamin A, and vegetables like broccoli and related plants contain iron and calcium. Vegetables are very low in fats and salt, but cooking can often add these sometimes unwanted nutrients. The vegetable food group is sometimes combined with the fruit food group. It is optimal to consume 3-5 servings of vegetables in a day.

Fruits are the seed-bearing parts of plants. Fruits are low in fats, and a source of natural sugars, fiber and vitamins. Processing fruits when canning or making into juices unfortunately often adds sugars and removes nutrients; therefore fresh fruit or canned fruit packed in juice rather than syrup is recommended. The fruit food group is sometimes combined with the vegetable food group. It is best to consume 2-4 servings of fruit in a day.

Dairy products are produced from the milk of mammals, most usually but not exclusively cattle. They are the best source for the mineral calcium, but also provide protein, phosphorus, vitamin A, and in fortified milk, vitamin D. However, many dairy products are high in fat, which is why skimmed products are available as an alternative. For adults, 2-4 servings of dairy products are recommended per day. In youths, pregnant women, or breastfeeding women, 3-4 servings are recommended, while in children under 9, 2-3 servings are recommended.

Meat is the tissue - usually muscle - of an animal consumed by humans. Since most parts of many types of animals are edible, there is a vast variety of meats. Meat is a major source of protein, as well as iron, zinc, and vitamin B. However, since many of these nutrients can also be found in foods like eggs, dry beans and nuts, such foods are typically placed in the same category as meats, as meat alternatives. Although meats and alternatives do provide energy and nutrients, they are often high in fat, and can be high in sodium. 2-3 servings per day of meat or alternatives are recommended. For those who are ethically opposed to consuming meat or animal products, meat analogues such as tofu are available to fill this nutritional niche.

Fats, oils, and sugars is the designation given to those foods that do not fit into any of the previous nutritional categories. Salad dressings, butter, lard and mayonnaise all fall under the category of fats and oils, while candies and sweets fall under the sugars category. They provide calories, usually without any other vitamins or nutrients. However, they are not entirely bad, and must be consumed in moderation.

Translation: Read the same paragraphs again. Find the following expressions in the text.

Group A

obilí, obilniny _____

zdroj bílkovin _____

vláknina _____

celé zrna _____

nežádoucí živiny _____

kompot _____

Group B

obohacený _____

odstředěné výrobky _____

kojící _____

jedlý _____

obdoby masa _____

konzumovat s _____

mírou _____

Task 5

Food - vocabulary

Match words from the box with the words below to create meaningful phrases.

| | | | | | | | |
|------|-------|--------|------|-------|------|------|--------|
| diet | fruit | eating | meal | salad | food | meat | weight |
|------|-------|--------|------|-------|------|------|--------|

lose / reduce/ put on / gain _____

a balanced / a healthy / an adequate/ a special / a poor/ a slimming/ a weight-loss

healthy / nutritious / organic / fresh / junk / fast/ convenience / GM _____

a light / a heavy / a big / a nourishing / a lovely / our main _____

ripe / tropical / rotten / tinned _____

white / red/ lean / fatty / raw / bad / frozen _____

a potato / a green / a fruit / a side _____

comfort / binge / _____ / disorder

Task 6 GRAMMAR - Revision of tenses

Study the examples below and then write your own sentences on the same topic:

MY EATING HABITS

1. Present Simple

I eat out a few times a week.

2. Present Continuous

I am trying to lose weight these days.

I'm cooking dinner for a few friends tonight.

3. Past Simple

I had a tuna salad for lunch yesterday.

4. Past Continuous

I was preparing this fantastic fish dish when I found out we had run out of lemons.

5. Present Perfect Simple

I've already had three cups of coffee today.

I've never eaten an insect intentionally.

Oh, I've just eaten a fly!

6. Present Perfect Continuous

I have been waiting for my meal for 30 minutes.

I have been trying to find the perfect recipe for the cake since my grandma died.

7. Past Perfect

I had been a few kilos overweight before I changed my lifestyle in adulthood.

8. Future

I think you will feel better if you give up eating junk food.

9. Future Perfect

I will have lost 5 pounds by the end of this year.

10. Going to

I'm going to eat regularly, healthily and stick to a balanced diet – starting tomorrow!

Task 7 Grammar Exercise - What a language course can do



Fill the gaps with the correct tenses.

1. I (learn) English for seven years now.
2. But last year I (not / work) hard enough for English, that's why my marks (not / be) really that good then.
3. As I (pass / want) my English exam successfully next year, I (study) harder this term.

4. During my last summer holidays, my parents (send) me on a language course to London.
5. It (be) great and I (think) I (learn) a lot.
6. Before I (go) to London, I (not / enjoy) learning English.
7. But while I (do) the language course, I (meet) lots of young people from all over the world.
8. There I (notice) how important it (be) to speak foreign languages nowadays.
9. Now I (have) much more fun learning English than I (have) before the course.
10. At the moment I (revise) English grammar.
11. And I (begin / already) to read the texts in my English textbooks again.
12. I (think) I (do) one unit every week.
13. My exam (be) on 15 May, so there (not / be) any time to be lost.
14. If I (pass) my exams successfully, I (start) an apprenticeship in September.
15. And after my apprenticeship, maybe I (go) back to London to work there for a while.
16. As you (see / can) , I (become) a real London fan already.

<https://www.ego4u.com/en/cram-up/tests/language-course>

SPORTS NUTRITION

Task 8 Discuss

What do you know about the relationship between nutrition and performance? Discuss with a partner, then write down the main points.

Task 9 Nutrition and Fitness: Summary

Complete the text with appropriate verbs from the list. There is one verb you do not need to use. Change the form of the verb if necessary.

meet break down increase replace consume include restore
recommend transform fuel form

1. A gradual increase in regular physical activity is _____ for all healthy persons. A minimum plan _____ 30 minutes of physical activity on most (or all) days; 60 minutes a day provides even more benefit, especially if weight control is an issue. An intense program lasting about 60 to 90 minutes should begin with warm-up exercises to _____ blood flow and warm the muscles and end with cooldown exercises. Regular resistance activities and stretching add further benefits.
2. Human metabolic pathways extract chemical energy from food and _____ it into ATP, the compound that provides energy for body functions.
3. In carbohydrate fuel use, glucose is _____ into the three-carbon compound pyruvic acid, yielding some ATP. This is metabolised further via the aerobic pathway to _____ carbon dioxide (CO₂) and water or via the anaerobic pathway to form lactic acid.
4. Anyone who exercises regularly should consume a diet that _____ calorie needs and is moderate to high in carbohydrates and fluid and adequate in other nutrients such as iron and calcium.
5. Athletes should consume enough fluid to both minimise loss of body weight and ultimately _____ pre-exercise weight. Sports-drinks help _____ fluid, electrolytes, and carbohydrates lost during workouts. Their use is essentially appropriate when continuous activity lasts beyond 60minutes.
6. Plenty of carbohydrates should be in pre-event meal, especially for endurance athletes. High-glycemic-load carbohydrates should be _____ by an athlete within 2 hours after a workout to begin restoration of muscle glycogen stores. Some protein in the meal is also helpful.

Task 10 Passive Voice

Find examples of passive voice in the summary above. Then rewrite the sentences below into passive voice.

1. The athlete consults a nutritionist. The nutritionist
2. The athlete is consulting a nutritionist. The nutritionist
3. The athlete consulted a nutritionist. The nutritionist
4. The athlete has consulted a nutritionist. The nutritionist
5. The athlete should consult a nutritionist. The nutritionist

Task 11 Case study

Planning a Training diet

Michael is training for a 10km run coming up in 3 weeks. He has read a lot about sports nutrition and especially about the importance of eating a high-carbohydrate diet while in training. He has also been struggling to keep his weight in a range that he feels contributes to better speed and endurance. Consequently he is also trying to eat as little fat as possible. Unfortunately, over the past week his workouts in the afternoon have not met his expectations. His run times are slower, and he shows signs of fatigue after just 20 minutes into his training programme.

His breakfast yesterday was a large bagel, a small amount of cream cheese, and orange juice. For lunch, he had a small salad with fat-free dressing, a large plate of pasta with broccoli, and a diet soft drink. For dinner, he had a small broiled chicken breast, a cup of rice, some carrots, and iced tea. Later, he snacked on fat-free pretzels.

In the text above find synonyms to the following expressions:

1. tiredness
2. trying hard to do something difficult
3. as a result
4. cooked under direct heat
5. increases, adds to something

In pairs, answer the following questions:

1. Is the high-carbohydrate diet a good idea during Michael's training?
2. Are there any important components missing in Michael's diet? Are missing components contributing to his fatigue?
3. Describe some changes that should be made in Michael's diet including some specific foods that should be included.
4. How should fluid needs be met during workouts?
5. Should Michael focus on fuelling his body before, during or after workouts?

Links to interesting lectures:

1. **The Use of Diet and Nutritional Supplements to Maximize Wellness and Prevent Illness:**

<https://www.youtube.com/watch?v=lhycggHr3kM>

2. **Food and Vitamins and Supplements! Oh My!**

<https://www.youtube.com/watch?v=j9E8bUIEsIo>

