

Unit 5 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

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 2 Food - vocabulary

Match words from the box with the words below to create collocations.

diet craving 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

desperate / feel / have a _____ for

Task 3 Video

(<https://ed.ted.com/lessons/how-the-food-you-eat-affects-your-gut-shilpa-ravella#watch>)

Watch a video on how the food you eat affects your gut and answer the questions below.

1. What functions does the gut microbiome perform?
The bacteria can break down, produce, regulate, protect against
2. What factors influence our microbiome?
3. What kind of dietary fibre is the best fuel for gut bacteria?
4. What happens when bacteria digest fibre?
They produce....., improve, help prevent
5. What goes wrong with our gut bacteria when we eat low-fibre processed foods?
6. How can we increase bacterial diversity?

Task 4 Speaking

Are the following statements true or false?

1. The best sources of calcium are dairy products, but many other foods such as salmon also contain calcium.
2. Thirst is a good indicator of when to drink.
3. Physically active individuals should consume a diet that contains a variety of foods to eliminate the need for nutritional supplements.
4. If you are craving certain foods, it is because your body needs the nutrients they provide.
5. Vegetarian athletes may be at greater risk of developing poor iron status.
6. Pre-exercise meal should be sufficient in fluid, low in fat and fibre, moderate in protein and high in carbohydrate.
7. Eating extra protein automatically builds muscle.
8. Water is all I need to rehydrate after exercise.

Task 5 Revision of tenses

A) Complete the sentences with suitable time expressions and explain when we use them:

1. She is drinking green tea...
2. She..... drinks green tea...
3. She drank green tea...
4. She was drinking green tea...
5. She has drunk green tea...
6. She has been drinking green tea...
7. She had drunk green tea...
8. She will drink green tea...
9. She is going to drink green tea...
10. She will have drunk green tea...

B) Ask about the underlined expression:

1. He is currently taking medication for hypertension.
.....?
2. Paula goes to the gym twice a week.
.....?
3. Simon takes Pilates classes.
.....?
4. She put on a lot of weight during pregnancy.
.....?
5. Professor Jenkins taught anatomy last year.
.....?
6. Professor Jenkins taught anatomy last year.
.....?
7. They have analysed ten cases.
.....?

Task 6 Writing

What questions would you use in a questionnaire for your clients in nutritional therapy?