



# NUTRITION



Scan to review worksheet

Expemo code:  
19MA-A6XA-E1RC

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## Warm up

In small groups, discuss the questions below.

1. What do you eat on a typical day?
2. What is your favorite fast food? How often do you eat it?
3. Have you ever tried to lose weight? How did you do it?
4. What are some problems with staying on a diet?

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## Vocabulary

First look at the sentences and read them out. What do you think the words in bold mean?

1. Most food companies use added chemicals to **enhance** the flavor of their products.
2. The hospital decided to **extend** the visiting doctor's contract for another year.
3. Fifty years ago, most food products had a very limited **shelf life**, so people used to buy smaller amounts.
4. The more food is **processed**, the less nutritious it becomes.
5. His new diet allows six meals a day but is made up of smaller **portions**.
6. In the past, salt was a popular **preservative** to keep fish for a long time.
7. Some people are allergic to food **additives**, so they have to read labels carefully.



Now, match the words in bold with the definitions below.

- a. \_\_\_\_\_ : (v) treat food in order to change it
- b. \_\_\_\_\_ : (v) make something last longer
- c. \_\_\_\_\_ : (n) the length of time food can be kept
- d. \_\_\_\_\_ : (n) amount of food large enough for an individual
- e. \_\_\_\_\_ : (v) improve the quality of something
- f. \_\_\_\_\_ : (n) a substance added to food to make it taste better or last longer
- g. \_\_\_\_\_ : (n) a substance added to food to keep it from going bad

**3****Listening for general information**

Listen to the dialogue and tick off the food terms that you hear. Check your answers with a partner.



- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> processed food | <input type="checkbox"/> fast food    |
| <input type="checkbox"/> sweets         | <input type="checkbox"/> ready-to-eat |
| <input type="checkbox"/> non-meat       | <input type="checkbox"/> high-protein |
| <input type="checkbox"/> plant-based    | <input type="checkbox"/> low-fat      |



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## Listening for details

Below is part of the dialogue between Thomas Neal and Mary-Lou Reed. Listen again and fill in the gaps with the extracts. Each gap contains between 1-3 words. Check your answers with a partner.



**Thomas Neal:** First of all, we hear about the \_\_\_\_\_<sup>1</sup> processed food. But what exactly is processed food?

**Mary Lou:** Well, any time food has \_\_\_\_\_<sup>2</sup> from its original form, it is processed. The more a food is processed, important vitamins and minerals are \_\_\_\_\_<sup>3</sup> with preservatives and other additives to extend the shelf-life.

**Mary Lou:** This type of food has added \_\_\_\_\_<sup>4</sup> to enhance the taste. For example, most ready-to-eat foods or \_\_\_\_\_<sup>5</sup> has high amounts of salt.

**Thomas Neal:** I have seen some frozen dinners with \_\_\_\_\_<sup>6</sup>.

**Mary Lou:** A recent study found that some fast-food plant-based options have more salt than a regular \_\_\_\_\_<sup>7</sup>.

**Mary-Lou:** A better option is to make meals yourself to control the amount of salt and other chemicals being added. It is worth mentioning that a few studies have shown that highly processed food actually does not \_\_\_\_\_<sup>8</sup> as much and may cause people to overeat.

**Mary Lou:** Yes, stay away from food that has ingredients that you cannot pronounce. Chances are it is processed. Choose items that have just a few ingredients \_\_\_\_\_<sup>9</sup>. Think of how your grand-parents prepared food. It was much \_\_\_\_\_<sup>10</sup> in vitamins than many of today's choices.

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## Vocabulary

Part A: Match the word with the definition on the right.

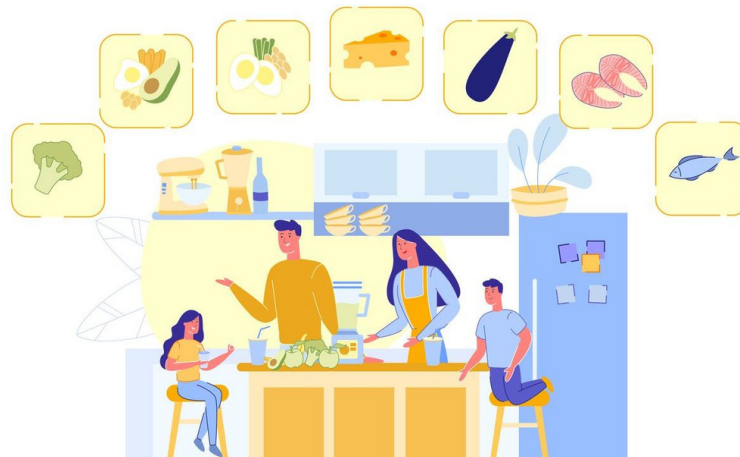
- |                     |  |
|---------------------|--|
| 1. carbohydrate (n) | a. an important or leading position                        |
| 2. metabolism (n)   | b. decide how to deal with a problem                       |
| 3. address (v)      | c. achieve something                                       |
| 4. reinstate (v)    | d. return to a previous position                           |
| 5. accomplish (v)   | e. a substance in food that gives the body heat and energy |
| 6. incorporate (v)  | f. include something to be a part of something             |
| 7. gradually (adv.) | g. slowly over a long period of time                       |
| 8. forefront (n)    | h. a chemical process that turns food into energy          |



**Part B: Fill in the gaps with a word from above. Not all the words are used. Check your answers with a partner.**

1. She wanted to start a diet that limits the number of \_\_\_\_\_ but her doctor advised against it.
2. The hospital director decided to \_\_\_\_\_ the lack of staff by hiring more nurses and specialty doctors.
3. The hospital has \_\_\_\_\_ the visiting hours that were in place before the COVID-19 crisis.
4. The new director of research is planning to \_\_\_\_\_ several large-scale projects in the next couple of years.
5. The key to a healthy lifestyle is to \_\_\_\_\_ healthy habits that are easy to follow.
6. The medical students will \_\_\_\_\_ get to practice on patients at the hospital in their third year of study.
7. The new hospital is at the \_\_\_\_\_ of diabetic research.

**Now, look at the image below and talk about some healthy and easy-to-follow habits you incorporated into your life. Explain your choices.**

**6****Reading for general information**

**Read the text about *Fad diets* quickly and decide which paragraph the information below could be added to. Check your work with a partner when finished.**

- |  |  |
|--|--|
| <input type="checkbox"/> The importance of planning meals    | <input type="checkbox"/> The number of people who diet each year |
| <input type="checkbox"/> How calories are turned into energy | <input type="checkbox"/> How advertising influences fad diets    |
| <input type="checkbox"/> The best exercises for weight loss  | <input type="checkbox"/> The dangers of liquid diets             |



## Fad diets

### Why they do not work

1. The popularity of fad diets has increased through social media campaigns offering quick solutions to lose weight. Liquid only diets, high protein, low fat, low carbohydrate, and elimination diets are at the forefront promising easy weight loss. Since the majority of dieters wish they could lose weight rapidly and effortlessly, these diets appear to be the answer. Those who are looking to lose weight often wish they had a magic pill. The global market for weight loss products and services was over \$250 billion in 2021 and it is expected to continue growing. However, such diets often provide short-term results and do not address long-term weight management strategies.
2. Restricting calories is one of the basic parts of most fad diets. A calorie is a measurement of energy and our bodies need a certain amount in order to survive. The average adult needs approximately 1800-2500 calories to fulfill their basic body functions. Everyone has different calorie needs depending on activity level, age, height and weight. Females need fewer calories than males, whereas children and teenagers need more to meet their growth development. When calories are severely limited, there are consequences.
3. There are several problems with fad diets. First of all, most are restrictive and limit food items that may contain essential nutrients. Our bodies need a balance of protein, fat and carbohydrates to feed cells and provide energy. Vitamins and minerals are also needed to carry out special requirements of cell function and growth. Limiting these nutrients through dieting can cause tiredness, dizziness and even depression. Another problem is that the majority of people gain the weight back once they stop the diet. Extreme dieting also slows the metabolism to prevent energy loss. After regaining the weight, most dieters wish they had never suffered through the fad diet to begin with. Additionally, some diets such as low carbohydrate may cause extreme water loss. The initial weight loss is water, which is quickly gained back once regular meals are reinstated. Any diet that limits water intake should be avoided. Finally, extreme diets do not teach the healthy lifestyle habits that dieters need in order to maintain a healthy weight once they stop the diet. This results in weight gain as well as displeasure at not accomplishing their weight loss goals.
4. The best method to lose weight is to do it gradually. Experts recommend reducing 500 calories a day from your daily meals. This would result in a weight loss of about half a kilo a week. Exercise is also an important element in a healthy lifestyle. Exercise helps to burn the calories that were consumed. Also, food choice is important. Eating lean protein such as chicken or fish and increasing vegetable portions is a better diet plan than fad diets. It is also vital to look at overall health, manage stress and be sure to get an adequate amount of sleep. Incorporating healthy habits is key to maintaining a healthy weight.

Sources: [heart.org](https://www.heart.org);  
[nutritionpro.net](https://www.nutritionpro.net); [online.uga.edu](https://online.uga.edu)





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**Reading comprehension**

Read the text again and answer the questions below.

1. What are some of the fad diets named in the text?

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2. How much was spent in 2021 globally on weight loss products and services?

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3. What is a calorie?

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4. What factors influence calorie needs?

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5. Name three problems with fad diets.

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6. What is the best way to lose weight?

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7. How many calories should you limit from your diet?

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8. Why is exercise important?

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## 8

**Grammar point: wish, would and could**

Read the notes below and do the tasks.

**Wish (present)**

When we speak about wanting something in the present to be different, we use:  
**wish + simple past or past continuous tense**

*For example:*

- 1) *Those who are looking to lose weight often **wish they had** a magic pill.*
- 2) *The doctor **wishes** her patient **was willing** to exercise.*



## Wish (past)

When we regret something in the past, we use:

**wish + past perfect tense**

*For example:*

- 1) After regaining the weight, most dieters **wish they had never suffered** through the fad diet to begin with.
- 2) He **wishes he had learned** another language in school.

## Would/Could

When we speak about wishes for the future, we use:

**would or could**

*For example:*

- 1) The majority of dieters **wish they could lose weight rapidly and effortlessly.**
- 2) He wishes that his local grocer **would sell** more lactose-free food.

Fill in the gap with the correct verb form.

1. She \_\_\_\_\_ (wish) she \_\_\_\_\_ (not/have) to present the marketing strategy.
2. Most smokers \_\_\_\_\_ (wish) they \_\_\_\_\_ *never* \_\_\_\_\_ (start) smoking.
3. They \_\_\_\_\_ (wish) it \_\_\_\_\_ (not/be) so cold today because they wanted to swim.
4. Do you \_\_\_\_\_ (wish) you \_\_\_\_\_ (can/travel) to a luxury resort?
5. Because the city is so polluted, he \_\_\_\_\_ (wish) he \_\_\_\_\_ (not/live) there.
6. He \_\_\_\_\_ (wish) his parents \_\_\_\_\_ (will/allow) him to attend the party.
7. He \_\_\_\_\_ (wish) he \_\_\_\_\_ (know) more about computers so he \_\_\_\_\_ (can/apply) for the job.
8. Her mother \_\_\_\_\_ (wish) she \_\_\_\_\_ *never* \_\_\_\_\_ (marry) so young.



Make your own sentences. Write 2 sentences of your own using "wish". Check your work with a partner when you have finished.

1)

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2)

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### Talking point

Discuss the following questions in small groups.

(1)

How would you convince a busy family to avoid highly processed food?

(2)

If you had to change one thing about your eating habits, what would it be and why?

(3)

Why do you think people go on extreme diets?

(4)

How would you convince an overweight patient to lose weight gradually (no fad diets)?

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### Optional extension/writing

Choose a topic and write 100 words. Give examples to support your ideas. Use three new vocabulary words from this lesson.

- If you had to change one thing to make your lifestyle healthier, what would it be and why?
- Why do you think people go on extreme diets?
- What advice would you give to a patient with a busy lifestyle about reducing highly processed food from their diet?