

Nutrition

A. Expressing Opinions

What does this saying mean?
Do you think it is true?
Why or why not?

An apple a day keeps
the doctor away.
English Proverb



B. Expanding Vocabulary

Part 1. Food groups ♦ Write down as many examples in each food group as you can.

Food Group	Examples
Grains	
Vegetables	
Fruits	
Dairy Products	
Meats and Proteins	
Fats, Oils, and Sugars	

Part 2. ♦ Discuss the meanings of these words with your teacher and classmates.

<p><u>Verbs</u></p> <p>build your immune system be lactose intolerant be allergic to eat a balanced diet eat healthy chew swallow digest</p>		<p><u>Adjectives</u></p> <p>quick ≠ slow cooked ≠ raw natural ≠ artificial delicious / tasty fresh ≠ frozen fresh ≠ canned nutritious organic</p>	<p><u>Nouns</u></p> <p>nutrition vitamins minerals digestion indigestion deficiency immune system food allergy food sensitivity fast food junk food metabolism</p>
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Part 3. Vitamins ♦ Listen and complete the information in the box below.

Vitamin	Helps our ...	Source
	eyes, immune system, skin	milk, eggs, orange or green vegetables, orange fruits
Vitamin C		red berries, red and green bell peppers, tomatoes, broccoli, spinach, oranges, grapefruit
Vitamin D	bones	
	cells, red blood cells	vegetable oils, nuts, green leafy vegetables, avocados, whole grains
Vitamin B1		breads, cereals, pasta, meat, fish, dried beans, soy, whole grains
Vitamin B6	brain, nervous system, red blood cells	
	red blood cells, nerve cells	fish, red meat, poultry, milk, cheese, eggs

Part 4. ♦ What vitamin would be good for Staci? What foods should she eat more of?



Vitamin _____

Food _____

C. Exploring Culture – A Balanced Diet

♦ Read the text.

The U.S. Department of Agriculture (USDA) developed The Food Guide Pyramid to help people understand how to eat healthy. Many Americans have unhealthy diets and weigh too much.

A rainbow of colored, vertical stripes represents the five food groups plus fats and oils. The colors stand for:

- orange = grains
- yellow = fats and oils
- green = vegetables
- blue = milk and dairy products
- red = fruits
- purple = meat, beans, fish, and nuts



MyPyramid.gov
STEPS TO A HEALTHIER YOU

The agency later released a special version for kids with a picture of a girl climbing the pyramid. That is a way of showing kids how important it is to exercise and be active every day. In other words, kids should move a lot and be active when they play.

Some of the other messages this symbol is trying to send are: eat a variety of foods, and eat less of some foods and more of others. People need more fruits, vegetables, grains and dairy food than meats and oils. Visit www.mypyramid.gov.

♦ Answer the questions.

1. Do people eat a balanced diet in your country? Do children eat healthy?
2. What do you do to stay healthy?
3. What foods in your diet are the most nutritious? Why?
4. What foods in your diet are less healthy? Why?

D. Explaining Language

Part 1. Compound sentences with “and”

A basic English sentence contains a *subject*, a *verb*, and usually an *object*. A group of words with *subject*, *verb*, and *object* is also called an *independent clause*. Two independent clauses can be joined by a *conjunction*, such as *and*.

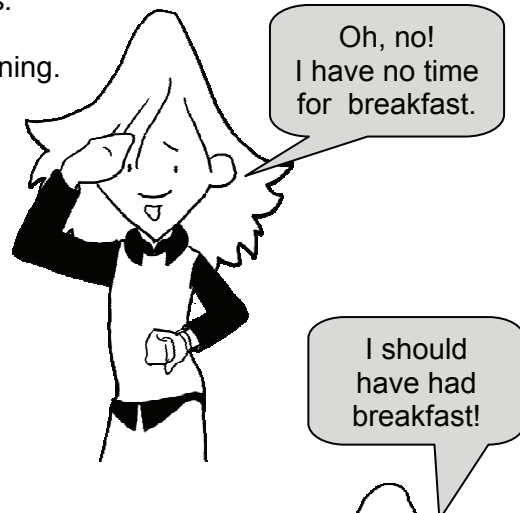
Example: Green leafy vegetables contain a lot of vitamins, *and* many people do not get enough of them.

Punctuation notes:

- A comma separates two independent clauses combined with *and*.
- Only the first word of the first clause is capitalized.
- The compound sentence ends with a period (.), question mark (?), or exclamation point (!).

♦ *Put the sentences together using “and.” Write the compound sentences on separate paper. Be careful with your punctuation and capitals.*

1. Most people do not have time to cook in the morning.
Sometimes they do not even have time to eat.
2. Breakfast is important.
It makes a difference all day.
3. People think better when they eat breakfast.
They have more energy in the morning hours.
4. It is easy to make breakfast quickly.
No one has to go hungry in the morning.



Part 2. Gerunds

Gerunds are verbs ending in *-ing* which function as nouns (*subject* or *object*) in the sentence. If the verb in a gerund has an object, the whole phrase serves as the noun.

	<i>subject</i>	<i>verb</i>	<i>object</i>
Examples:	I	like	<u>cooking</u> .
	<u>Eating breakfast</u>	is	a healthy habit.

♦ *What can you do to have a healthy lifestyle? Fill in the blanks below with your own ideas, using gerunds.*

1. _____ is a good idea.
2. _____ keeps you healthy.
3. _____ makes you feel younger.
4. _____ helps you sleep better.



E. Exchanging Information – Giving Advice

There are many ways to make suggestions or give advice.

You should...	Try to...	Be sure to...
You should not...	Try not to...	Be sure not to...
Why don't you...?	What if you...?	If I were you, I would...
You could...	Could you...?	I think you should...

Sometimes, using a question form or adding *maybe* makes advice easier to hear.

Examples: Maybe you could eat fresh vegetables for a snack.
What if you exercise in the morning before work?



Positive suggestions with the verb *try* are often in gerund form (-ing).

Examples: Try *drinking* warm milk before bed.
What if you *try taking* vitamins?
Try not to eat a lot of sweets.

Part 1. ♦ Look at the list below and write five suggestions of things a person should or should not do to stay healthy. Use phrases from the box above.

- | | | |
|------------------------|----------------------------------|------------------------------|
| eat whole grains | cook your vegetables a long time | eat a lot of processed foods |
| stay up all night | exercise often | skip meals |
| eat a lot of sweets | just take vitamins instead of | eat colorful vegetables |
| eat more fish and nuts | eating healthy food | |

1. _____
2. _____
3. _____
4. _____
5. _____

Part 2. ♦ Read your suggestions to a classmate. Practice accepting or declining the advice.

Example of accepting: Thank you. That's a good idea!
Examples of declining: Maybe I should, but...
I appreciate the advice, but I just...

F. Enjoying English



♦ With a classmate, plan three healthy meals with a good balance of food groups and plenty of vitamins. Be sure to include foods you both like!

What do you eat to stay healthy?