













**PART I: VOCABULARY & PRONUNCIATION**

**Vegetables: The best sources of good carbohydrates (fiber)**

		
<i>Tomato</i>	<i>Onion</i>	<i>Lettuce</i>
		
<i>Potato</i>	<i>Cauliflower</i>	<i>Eggplant</i>
		
<i>Cucumber</i>	<i>Pepper</i>	<i>Beetroots / beets</i>
		
<i>Carrots</i>	<i>Garlic</i>	<i>Pumpkin</i>

## PART II: VOCABULARY IN CONTEXT

### What is the importance of vegetables?

**Vegetables** are **nutrient-dense foods**. They are **low in calories** and **rich in vitamins and minerals** that support the overall health of our body.

First, vegetables are the main source of **complex carbohydrates** that are the most important group of nutrient.

All vegetables contain some amount of **fiber**, which is the healthiest and most important type of complex carbs. Fiber regulates **blood sugar** and supports the health of our **digestive system**.



In addition to that, each vegetable has its own benefits for the body. To name but few, **carrot** and **lettuce** are excellent sources of vitamin A which is needed for healthy skin, bones, and eyes. **Beetroot** and **onions** improve physical activity and support the heart health. **Cauliflower** and **eggplants** fight **heart diseases and cancer** while **garlic** has anti-biotic properties that fight off viruses and bad bacteria.

**PART III: HOME PRACTICE**

**Task:** Read the short text from PART II and answer the following questions:

**1/ Are vegetables high in calories?**

⇒

**2/ What is the main nutrient of vegetables?**

⇒

**3/ Why fiber is very important for the body?**

⇒

**4/ What are the benefits of carrot and lettuce?**

⇒

**5/ What are the benefits of beetroot?**

⇒

**6/ Does garlic have anti-biotic properties?**

⇒