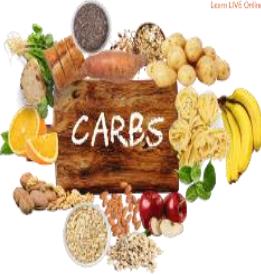
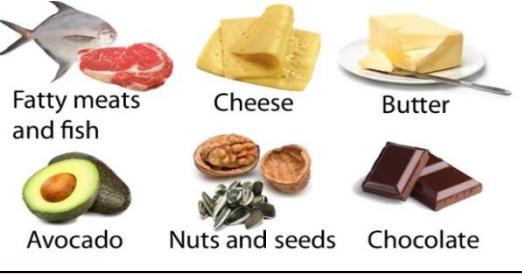
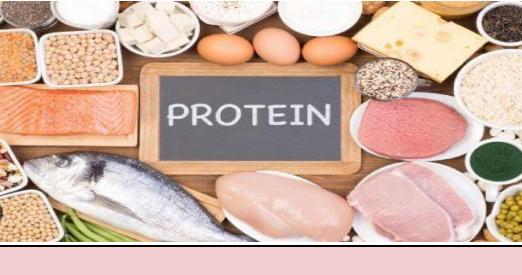


## PART I: VOCABULARY & PRONUNCIATION

### THE 5 GROUPS OF NUTRIENTS

Nutrient groups	Main role in the body	Common Food Sources
		
<u>Carbohydrates</u>	<i>Carbohydrates are the main source of energy in the body.</i>	<ul style="list-style-type: none"> <li>* <b>Simple carbs (unhealthy):</b> sugar, cakes, and white bread.</li> <li>* <b>Complex carbs (healthy):</b> Grains, fruits &amp; vegetables</li> </ul>
		
<u>Dietary Fats</u>	<i>Fats represent a secondary source of energy in the body.</i>	<ul style="list-style-type: none"> <li>* <b>Saturated fats:</b> Animal meat, Cheese &amp; Butter</li> <li>* <b>Unsaturated fats:</b> fish &amp; olive oil.</li> </ul>
		
<u>Protein</u>	<i>Protein is important for muscles build-up.</i>	Fish, eggs, meat, brown rice, ...

		
<b>Vitamins:</b> A, B, C, D, and E	<i>Each vitamin carries out a different body function.</i>	Food or Supplements
		
<b>Minerals:</b> Calcium, Iron, Zinc, and Magnesium	<i>Each mineral carries out a different body function.</i>	Food or Supplements

## PART II: VOCABULARY IN CONTEXT

"Our **health** is greatly affected by what we **eat**. That means if we want to maintain our health, the first thing to consider is our **diet**. We **must** reduce unhealthy foods **such as** sodas, candies and **junk food**, drink plenty of **water** **and** achieve a **well-balanced diet** **that** covers all the 5 **food nutrients**.

**First**, we need to have some kinds of **fruits and vegetables** in every **meal**. Fruits and vegetables are the main source of **complex carbohydrates** **that** provide the body with **energy** **and** support the health of our **digestive system**.

**Additionally**, we need to get enough supplies of **unsaturated fats** from good **fat-rich food** **like** fish and olive oil. The body needs some amount of **dietary fats** to control **cholesterol** levels **as well as** to store energy. **Besides**, the right amount of **protein** is required to build muscles and tissues. The main **protein-rich** food sources are fish, beef and eggs.

**Also**, our body can't function properly without enough supplies of essential **vitamins and minerals**, especially Vitamins A, B, C, D and E in addition to iron, calcium, zinc, magnesium and potassium.

After all, only a well-balanced diet **can** ensure that we are getting the proper amounts of every nutrient **that** our body needs on a regular basis. **Therefore**, we may conclude that "**balance**" is the main key to **healthy eating**.

### PART III: HOME PRACTICE

**Task:** Read the short text from PART II and say whether the following statements are True or False (Correct the false ones).

1/ The food we eat has no effect on our health.

.....

2/ Junk food, sodas and candies are healthy foods.

.....

3/ Everyone must drink plenty of water on a daily basis.

.....

4/ Fruits and vegetables are the main source of unsaturated fats.

.....

5/ Complex carbohydrates support our digestive health and provide us with energy.

.....

6/ Fish and olive oil are fat-rich sources of food.

.....

7/ Best protein-rich food sources are fish, beef and eggs.

.....

8/ The body can't function properly without essential vitamins and minerals.

.....

9/ We can achieve healthy eating through a well-balanced diet.

.....