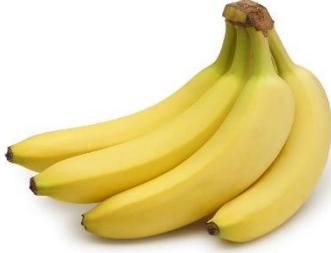


**PART I: VOCABULARY & PRONUNCIATION****Fruits: The anti-disease food category!**

		
<b>Apple</b>	<b>Bananas</b>	<b>Orange</b>
		
<b>Peach</b>	<b>Grapes</b>	<b>Lemon</b>
		
<b>Melon</b>	<b>Watermelon</b>	<b>Figs</b>
		
<b>Apricot</b>	<b>Pear</b>	<b>Pomegranate</b>

## PART II: VOCABULARY IN CONTEXT

### Why fruits are important?

Just like vegetables, **fruits** are nutrient-dense foods that are low in calories and come with great benefits for the body.

First, most of fruits are rich in fiber, which helps **regulate blood pressure** and support the health of our **digestive system**.

Also, **citrus fruits** like **orange** and **lemons** are high in **vitamin C** that help with **weight loss** and **weight control**.

Additionally, \***watery fruits** like **melon**, **grapes** and **watermelon** keep the body **well-hydrated** due to their high content of water.



More importantly, fruits are rich in calcium, magnesium and even essential vitamins like Vit K and Vit E. These can treat various chronic **\*disorders** and also improve our resistance against germs and **\*illnesses**.

Fruits must be an **\*indispensable** part of our diet if we wish to lead a disease-free life. As they say, "an apple a day keeps the doctor away!"

\* **disorders** = **illnesses** = **diseases** (e.g.: heart diseases, cancer, type 2 diabetes)

\* **indispensable** = irreplaceable: something we can't replace.

\* **watery fruits**: fruits that are saturated with water.

### PART III: HOME PRACTICE

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

1/ Are fruits rich in fiber?



2/ What are the benefits of fiber for the body?



3/ What fruits are rich in vitamin C?



4/ What is the importance of watery fruits like grapes and melon?



5/ Can fruits treat chronic disorders and prevent illnesses?



6/ Do fruits represent an indispensable part of our diet?

