

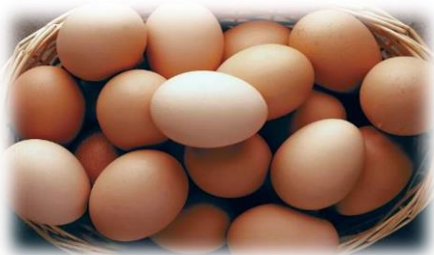



## PART I: VOCABULARY &amp; PRONUNCIATION

## POULTRY / SEAFOOD / AND DAIRY PRODUCTS

Protein-rich food	Health facts (per 100 grams)
 <p><b>Poultry</b> (E.g.: Chicken)</p>	<ul style="list-style-type: none"> <li>• <b>Calories:</b> 239</li> <li>• <b>Proteins:</b> 27 grams</li> <li>• <b>Carbs:</b> 0 grams</li> <li>• <b>Fat:</b> 14 grams (25% saturated; 75% unsaturated)</li> <li>• <b>Vitamins:</b> B12 &amp; B6</li> <li>• <b>Minerals:</b> iron and potassium.</li> </ul>
 <p><b>Seafood</b> (E.g.: Sardines, lobsters,...)</p>	<ul style="list-style-type: none"> <li>• <b>Calories:</b> 170</li> <li>• <b>Proteins:</b> grams</li> <li>• <b>Carbs:</b> 22 0 grams</li> <li>• <b>Fat:</b> 9 grams (20% saturated; 80% unsaturated)</li> <li>• <b>Vitamins:</b> C and B6</li> <li>• <b>Minerals:</b> Magnesium.</li> </ul>
 <p><b>Eggs</b></p>	<ul style="list-style-type: none"> <li>• <b>Calories:</b> 155</li> <li>• <b>Proteins:</b> 23 grams</li> <li>• <b>Carbs:</b> 0 grams</li> <li>• <b>Fat:</b> 11 grams (30% saturated; 70% unsaturated)</li> <li>• <b>Vitamins:</b> D and B6</li> <li>• <b>Minerals:</b> iron and calcium</li> </ul>
 <p><b>Dairy products</b> (milk)</p>	<ul style="list-style-type: none"> <li>• <b>Calories:</b> 44</li> <li>• <b>Proteins:</b> 3.4 grams</li> <li>• <b>Carbs:</b> 0 grams</li> <li>• <b>Fat:</b> 1 grams (60% saturated; 40% unsaturated)</li> <li>• <b>Minerals:</b> calcium and magnesium.</li> </ul>

## PART II: VOCABULARY IN CONTEXT

### Protein from non-meat sources!

"**Protein** is an essential nutrient that the body needs for muscle growth and maintenance. **Animal meat** has been our primary source of protein for a long time. However, **high consumption of animal meat** could be **unhealthy** and dangerous **due to its high content of saturated fat** which increases risks of heart diseases and cancer.

For this reason, many people prefer to get their supplies of protein from **alternative sources** that are **low in saturated fat**. As an alternative to animal meat, we might get enough supplies of proteins from **eggs** and **dairy products** such as milk and butter in addition to **seafood** like sardines and salmons. These are packed with protein and contain mostly **unsaturated fat** such as Omega-3 fatty acids that are essentially good for the brain health.

This way, we can get our needed supplies of protein without worrying about **the side-effects** of saturated fat."

## PART III: HOME PRACTICE

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

1/ Is animal meat low-fat? →

2/ Are there low-fat protein sources? →

3/ What are they? →

4/ Are these alternative sources healthy? And why?

→

5/ Among all these protein-rich foods ... which one is the healthiest?

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