













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

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

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?

