

PART I: VOCABULARY & PRONUNCIATION

ANIMAL MEAT

Meat of:	... is called:	Health facts (per 100 grams)
		<ul style="list-style-type: none"> Calories: 217 Proteins: 26 grams Carbs: 0 grams Fat: 12 grams (50% saturated; 50% unsaturated) Vitamins: B12 & B6 Minerals: iron, zinc and potassium.
<u>Cattle</u>	<u>Beef</u>	<p><u>Benefits:</u> Improves muscle growth and maintenance.</p> <p><u>Risks of high consumption:</u> Heart diseases and cancer.</p>
		<ul style="list-style-type: none"> Calories: 258 Proteins: 25 grams Carbs: 0 grams Fat: 16 grams (60% saturated; 40% unsaturated) Vitamins: B12 & B6 Minerals: iron, zinc and potassium.
<u>Sheep</u>	<u>Mutton / lamb</u>	<p><u>Benefits:</u> Muscle growth and maintenance.</p> <p><u>Risks of high consumption:</u> Heart diseases and cancer.</p>
		<ul style="list-style-type: none"> Calories: 300 Proteins: 25 grams Carbs: 0 grams Fat: 20 grams (40% saturated; 60% unsaturated) Vitamins: B12 & B6 Minerals: iron, zinc and potassium.
<u>Pigs</u>	<u>Pork</u>	<p><u>Benefits:</u> Improves muscle growth.</p> <p><u>Risks of high consumption:</u> Weight gain, heart diseases and cancer.</p>

		<ul style="list-style-type: none"> • Calories: 122 • Proteins: 23 grams • Carbs: 0 grams • Fat: 2.6 grams (30% saturated; 70% unsaturated) • Vitamins: B12 & B6 • Minerals: iron, zinc and potassium.
<u>Goat</u>	<i>Goat meat</i>	<p>Benefits: Low in calories, a good source of high quality protein, improves muscle growth and decreases risks of heart diseases and cancer.</p>

* **Calories:** A calorie is a unit of measuring energy absorbed from food. It is always healthy to look for low-calorie foods and avoid high-calorie products because high-calorie content increases the risk of weight gain and obesity!

PART II: VOCABULARY IN CONTEXT

Is animal meat healthy?

"When consumed in **moderation**, all types of **animal meat** can improve muscle growth and maintenance. It is a good source of **protein** and rich in some essential **vitamins** and **minerals** like iron, zing and potassium as well as Vitamins B6 and B12.

However, when it comes to **dietary fats**, not all types of meat are equally **healthy**. A cut of **beef**, **lamb** or **pork** contains high amount of **saturated fat which** increases risks of **heart diseases** and **cancer**. On the other hand, **goat meat** is **low in fat** content and mostly contains **healthy unsaturated fat**.

Therefore, we may conclude that **meat goat** represents the best and **the healthiest** type of animal meat and one of the best sources of **high quality protein**."

PART III: HOME PRACTICE

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

1/ What are all types of animal meat we know so far?

2/ What are the benefits of animal meat?

3/ What is the main ingredient of animal meat?

4/ Does animal meat contain some amount of carbohydrates?

5/ What are the risks of eating too much animal meat?

6/ Can we eat animal meat in moderation?

7/ What is healthiest type of meat so far?