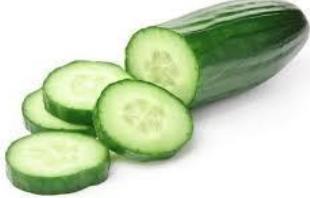


PART I: VOCABULARY & PRONUNCIATION

Vegetables: The best sources of good carbohydrates (fiber)

		
Tomato	Onion	Lettuce
		
Potato	Cauliflower	Eggplant
		
Cucumber	Pepper	Beetroots / beets
		
Carrots	Garlic	Pumpkin

PART II: VOCABULARY IN CONTEXT

What is the importance of vegetables?

Vegetables are **nutrient-dense foods**. They are **low in calories** and **rich in vitamins and minerals** that support the overall health of our body.

First, vegetables are the main source of **complex carbohydrates** that are the most important group of nutrient.

All vegetables contain some amount of **fiber**, which is the healthiest and most important type of complex carbs. Fiber regulates **blood sugar** and supports the health of our **digestive system**.



In addition to that, each vegetable has its own benefits for the body. To name but few, **carrot** and **lettuce** are excellent sources of vitamin A which is needed for healthy skin, bones, and eyes. **Beetroot** and **onions** improve physical activity and support the heart health. **Cauliflower** and **eggplants** fight **heart diseases and cancer** while **garlic** has anti-biotic properties that fight off viruses and bad bacteria.

PART III: HOME PRACTICE

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

1/ Are vegetables high in calories?

⇒

2/ What is the main nutrient of vegetables?

⇒

3/ Why fiber is very important for the body?

⇒

4/ What are the benefits of carrot and lettuce?

⇒

5/ What are the benefits of beetroot?

⇒

6/ Does garlic have anti-biotic properties?

⇒