

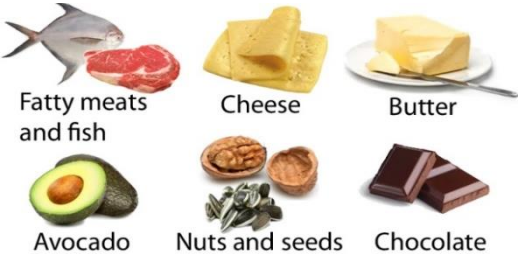








PART I: VOCABULARY & PRONUNCIATION

THE 5 GROUPS OF NUTRIENTS

Nutrient groups	Main role in the body	Common Food Sources
		
<u>Carbohydrates</u>	<i>Carbohydrates are the main source of energy in the body.</i>	<p>* Simple carbs (unhealthy): sugar, cakes, and white bread.</p> <p>* Complex carbs (healthy): Grains, fruits & vegetables</p>
		
<u>Dietary Fats</u>	<i>Fats represent a secondary source of energy in the body.</i>	<p>* Saturated fats: Animal meat, Cheese & Butter</p> <p>* Unsaturated fats: fish & olive oil.</p>
		
<u>Protein</u>	<i>Protein is important for muscles build-up.</i>	Fish, eggs, meat, brown rice, ...

		
<p><u>Vitamins:</u> A, B, C, D, and E</p>	<p><i>Each vitamin carries out a different body function.</i></p>	<p>Food or Supplements</p>
		
<p><u>Minerals:</u> Calcium, Iron, Zinc, and Magnesium</p>	<p><i>Each mineral carries out a different body function.</i></p>	<p>Food or Supplements</p>

PART II: VOCABULARY IN CONTEXT

“Our **health** is greatly affected by what we **eat**. That means if we want to maintain our health, the first thing to consider is our **diet**. We **must** reduce unhealthy foods **such as** sodas, candies and **junk food**, drink plenty of **water** **and** achieve a **well-balanced diet** **that** covers all the **5 food nutrients**.”

First, we need to have some kinds of **fruits and vegetables** in every **meal**. Fruits and vegetables are the main source of **complex carbohydrates** **that** provide the body with **energy** **and** support the health of our **digestive system**.

Additionally, we need to get enough supplies of **unsaturated fats** from good **fat-rich food** **like** fish and olive oil. The body needs some amount of **dietary fats** to control **cholesterol** levels **as well as** to store energy. **Besides**, the right amount of **protein** is required to build muscles and tissues. The main **protein-rich** food sources are fish, beef and eggs.

Also, our body can't function properly without enough supplies of essential **vitamins and minerals**, especially Vitamins A, B, C, D and E in addition to iron, calcium, zinc, magnesium and potassium.

After all, only a well-balanced diet **can** ensure that we are getting the proper amounts of every nutrient **that** our body needs on a regular basis. **Therefore**, we may conclude that “**balance**” is the main key to **healthy eating**.

PART III: HOME PRACTICE

Task: Read the short text from PART II and say whether the following statements are True or False (Correct the false ones).

1/ The food we eat has no effect on our health.

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2/ Junk food, sodas and candies are healthy foods.

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3/ Everyone must drink plenty of water on a daily basis.

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4/ Fruits and vegetables are the main source of unsaturated fats.

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5/ Complex carbohydrates support our digestive health and provide us with energy.

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6/ Fish and olive oil are fat-rich sources of food.

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7/ Best protein-rich food sources are fish, beef and eggs.

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8/ The body can't function properly without essential vitamins and minerals.

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9/ We can achieve healthy eating through a well-balanced diet.

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