



Staying Healthy

Conversation > Advanced 7



Exercise 1 – Vocabulary

diet	The food that a person regularly eats.
[noun]	<i>Ex: Fruits and vegetables are an important part of a balanced diet.</i>

digestion	The ability to digest (break down) food.
[noun]	<i>Ex: Many people suffer from everyday digestion problems like bloating.</i>

nutrition	The process of breaking down food that is necessary for health and growth.
[noun]	<i>Ex: Good nutrition is an important part of a healthy lifestyle.</i>

carbohydrate	A substance found in certain types of food that is very energy-rich; a major source of energy in the diet of most animals.
[noun]	<i>Ex: I'm staying away from carbohydrates as much as possible.</i>



mineral	Substances that are naturally present in the earth and are not formed from animal or vegetable matter, for example gold and salt.
[noun]	<i>Ex: They used to hire hundreds of workers to mine coal and other minerals.</i>

intake	An amount of food, liquids, etc. that you take into your body.
[noun]	<i>Ex: It's very important that you increase your intake of fluids!</i>

adverse	Having a negative or harmful effect on something.
[adjective]	<i>Ex: A bad diet can have an adverse effect on one's health.</i>



Exercise 2 – Dialogue

Choose one character and read the dialogue aloud with your tutor.

Emily: That was so delicious, it must have been bad for me!

Liam: I know you're trying to stick to a healthy diet, but don't worry about it.

Emily: How should I not worry? Please tell me.

Liam: As far as having a good balance of nutrients, it was actually quite healthy. That's why.

Emily: Since when do you care about nutrition?

Liam: Since I started cooking dinner almost every night.

Emily: Oh, come on! Don't make me roll my eyes.

Liam: I'm serious! Our meal had a good amount of protein and fat. Plenty of vitamins and minerals, too.



Emily: What about carbohydrates?

Liam: There might have been too many carbohydrates, I'll admit that.

Emily: What about the honey?

Liam: The honey I used was definitely all the sugar intake you're allowed for today.

Emily: I knew there had to be something wrong with it. Nothing that delicious is healthy.

Liam: All those vegetables will be good for your digestion, though.

Emily: Okay, fine. I guess it was healthy enough. Thanks for cooking.

Liam: You're welcome. Remember, ginger is really good for your immune system!



Exercise 3 – Fill in the Blanks

Choose the correct answers from the answer pool below and fill in the blanks.

Answer Pool

digestion

carbohydrates

minerals

adverse

intake

Nutrition

diet

1. _____ is very important for your body.
2. If you have a cold, you should increase your fluid _____.
3. He says that brandy aids the _____ of food.
4. So far the drug is thought not to have any _____ effects.
5. Eat your _____ within two hours after your workout.
6. A healthy diet should supply all necessary vitamins and _____.
7. It's no use going on a _____ if you don't exercise as well.



Exercise 4 – Role Play

Take turns with your tutor and act out the scene described below.

Scene: You are at the gym. Talk to your trainer about your food intake. The teacher can be your trainer.



Exercise 5 – Discussion

Discuss the following questions with your tutor.

1. Do you think it's possible to keep a healthy lifestyle nowadays? How?
2. Do you pay a lot of attention to what you eat? Why? Why not?
3. Do you sometimes check the nutrition labels of foods you eat? Why? Why not?
4. Have you ever tried going on a diet? How was it?
5. How do you keep yourself healthy? Share your techniques.