

## Vocabulary: Health and diet

**7** Read the definitions of *diet* below. Notice that it has two distinct meanings.

**Definition a** If you are on a diet, you eat special kinds of food or you eat less food than usual because you are trying to lose weight.

**Definition b** Your diet is the type and range of food that you regularly eat.

**1** Read sentences 1–3. Which definition of *diet* applies in each sentence?

**1** I fear I have quite a poor diet.

**2** I think I have a balanced diet.

**3** I plan to go on a diet in the new year.

**3** Discuss questions 1–3 with a friend, or record yourself giving your answers.

**1** Would you say you had a balanced diet? Explain why (not).

**2** Do you eat a lot of junk food? What do you (not) like about it?

**3** Have you ever been on a diet? If so, what kind of diet was it and did it work? If you haven't been on a diet, explain why not.

**8** Read definitions 1–10 and then complete the words and phrases related to health and diet. There is one space per letter. Some letters have been given to help you.

**1** physically weak because you do not eat enough food or do not eat the right kind of food: ma \_\_\_\_\_

**2** the way that chemical processes in your body cause food to be used in an efficient way, for example, to make new cells and to give you energy: me \_\_\_\_\_

**3** substances, found in certain kinds of food, that provide you with energy: ca \_\_\_\_\_

**4** substances that you need in order to remain healthy, which are found in food or can be eaten in the form of pills: vi \_\_\_\_\_

**5** units used to measure the energy value of food: ca \_\_\_\_\_

**6** an attempt to lose a lot of weight quickly by strictly limiting how much you eat: a c \_\_\_\_\_ d \_\_\_\_\_

**7** (of a person) become heavier: p \_\_\_\_\_ o \_\_\_\_\_ w \_\_\_\_\_

**8** (of a person) become lighter: l \_\_\_\_\_ w \_\_\_\_\_

**9** extremely fat: ob \_\_\_\_\_

**10** too thin, and therefore not healthy: un \_\_\_\_\_

**9** Complete sentences 1–6 using the vocabulary above.

**1** Going on \_\_\_\_\_ can be extremely dangerous. You can end up becoming \_\_\_\_\_ and be too weak to go about your daily life.

**2** Athletes eat \_\_\_\_\_ prior to a race because their bodies convert them into energy.

**3** Most people lead a sedentary lifestyle these days and ingest far more \_\_\_\_\_ than their bodies need. This means they can easily become \_\_\_\_\_.

**4** There are certain people who have such a fast \_\_\_\_\_ that it seems they don't \_\_\_\_\_ no matter how much they eat.

**5** The number of \_\_\_\_\_ models you see in magazines and on the catwalk leads many women to want to \_\_\_\_\_ themselves.

**6** Fruit and vegetables are a great source of \_\_\_\_\_.