

Nutrition

Match



1. SHELLFISH

(MUSSELS)

2. CITRUS FRUIT

(ORANGES)

3. WHEAT

4. SUNLIGHT

5. RED MEAT

6. RICE

7. NUTS

8. FISH

(MACKEREL)

9. CHEESE

Choose the correct option

- **Vitamin C** is needed to help the _____ repair itself when it is cut or damaged. It is found in fruit, especially citrus fruit like oranges and grapefruit.
- **The B-vitamins** keep the _____ healthy and help reduce stress. They are found in foods like wholegrain bread and cereals.
- **Vitamin A** keeps the _____ healthy and is important for good vision. It is found in fatty foods like butter, cheese, whole milk and yoghurt.

- **Vitamin D** is needed for healthy bones and _____ because it helps the body absorb calcium. Our body makes Vitamin D when our _____ is exposed to sunlight.
- **Calcium** is needed for children's _____ and teeth to grow. It is found in foods like milk, cheese and yoghurt.
- **Iron** helps your _____ carry oxygen. If you do not get enough iron, you will pale and tired and you may get anaemia. Iron is found in red meats, especially liver.
- **Zinc** makes your _____ stronger so that you can fight colds and infections. It is found in shellfish, nuts, and seeds.
- **Omega-3** is an essential fatty acid which helps your _____ function well. It is found in oily fish like mackerel, sardines, salmon, and tuna.
- **Protein** builds up, maintains, and replaces the tissues in your body. Your _____, your _____ and your immune system are made up mostly of protein.
- **Carbohydrates** are sugars which are broken down by _____ then stored in the _____ as a source of energy. Grain products such as rice, bread, and pasta are sources of carbohydrates.
- **Fats** fuel the body and help absorb some vitamins. They are also the building blocks of hormones, and they insulate nervous system tissue in the body. Unsaturated fats, found in oils and nuts, for example, are believed to protect the _____.

An eating disorder

- 1 Eating too much is not the only eating disorder. What other kinds do you know?
- 2  Listen to a staff nurse pass on information about a new patient at a shift handover. Answer the questions about the patient.



- 1 How old is the patient?
 - 2 How long is she in for observation?
 - 3 What is her weight?
 - 4 What illness does her mother think Anita has?
 - 5 What is Anita obsessed with?
- 3 Complete these symptoms that the staff nurse mentions.
- | | |
|-------------------|----------------|
| 1 abnormal | a changes |
| 2 attacks of | b constipation |
| 3 difficulty | c dizziness |
| 4 feeling | d loss |
| 5 frequent | e miserable |
| 6 hair | f weight loss |
| 7 mood | g periods |
| 8 personality | h sleeping |
| 9 stomach | i swings |
| 10 stopped having | j pains |

Useful Vocabulary

RICE ./raɪs / ARROZ
NUTS./nʌts/ NUECES
FISH ./fɪʃ / PESCADO
MACKEREL./'mækərəl/ CABALLA
WHEAT./wi:t/ TRIGO
SUNLIGHT./'sʌnlaɪt/ LUZ DEL SOL
RED MEAT./red mi:t/ CARNE ROJA
CHEESE./tʃi:z/ QUESO
SHELLFISH ./'ʃelfɪʃ / MARISCOS
MUSSELS. /'mʌslz/ MEJILLONES
CITRUS FRUIT . /'sɪtrəs fru:t/ FRUTOS CÍTRICOS
ORANGES./'ɒrɪndʒɪz/ NARANJAS
TUNA./'tu:nə/ ATÚN
TISSUES./'tɪʃu:z/ TEJIDOS
WHOLE GRAIN./həʊl greɪn/ GRANO INTEGRAL
GRAPEFRUIT./'greɪpfru:t/ POMELO
FATTY./'fæti/ GRASO
BUTTER./'bʌtə/ MANTECA
ANAEMIA./ə'ni:mjə/ ANEMIA
LIVER./'lɪvə/ HÍGADO
ANOREXIA./,ænə'reksɪə/ ANOREXIA
MISERABLE./'mɪzərəbl/ TRISTE
DIZZINESS./'dɪzɪnɪs/ MAREOS
MOOD SWINGS./mu:d swɪŋz/ CAMBIOS DE HUMOR
ENZYMES./'enzəɪmz/ ENZIMAS
BRAIN./breɪn/ CEREBRO
MUSCLES./'mʌslz/ MÚSCULOS
NERVOUS SYSTEM./'nɜ:vəs 'sɪstɪm/ SISTEMA NERVIOSO
IMMUNE SYSTEM./ɪ'mju:n 'sɪstɪm/ SISTEMA INMUNE
CARDIO VASCULAR SYSTEM./,kɑ:dɪə 'væskjʊlə 'sɪstɪm/ SISTEMA CARDIOVASCULAR