

6

Health

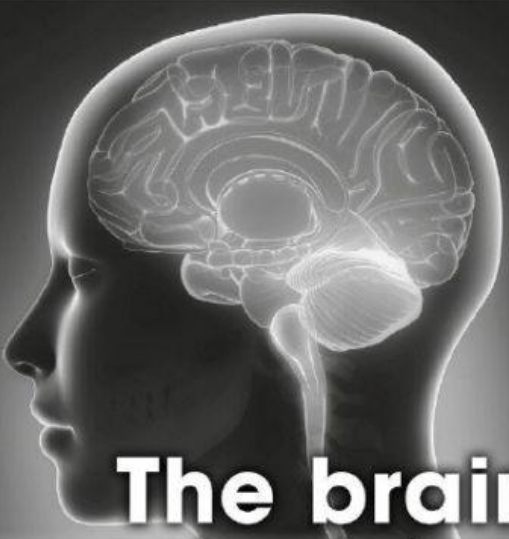
Vocabulary

A

Food science

I can talk about nutrition and health.

1 Choose the correct words to complete the text.



The brain:
our hungriest organ

Our brains account for 2% of our weight, but ¹reduce / consume 20% of the energy that our bodies ²produce / digest after eating. When we sleep, our brains continue to ³burn / produce energy because they are still working. They ⁴process / burn all the day's activities and create memories. The brain also repairs itself, but if we don't sleep enough, it ⁵reduces / burns the time that our brains have for this work. Having fewer hours of sleep also affects our diets, as it is more difficult for our brains to ⁶control / process our weight if we don't sleep enough. If we want to ⁷consume / boost our brains' energy levels, we should do exercise. Exercise pumps blood full of oxygen to our brains.

2 Match the verbs below with the definitions. There is one extra verb.

ache boost consume control digest process
produce reduce

- 1 to use fuel, energy, or time, especially in large amounts _____
- 2 to make something smaller in size, importance, amount, etc. _____
- 3 to make something _____
- 4 to improve or increase something _____
- 5 to change food in your stomach into substances that your body can use _____
- 6 the feeling you get in your muscles when you've done a lot of exercise _____
- 7 to order, limit, or rule something _____

3 Complete the words in the sentences.

- 1 Sausages, sliced ham and bacon can be tasty, but p_____ m_____ is not very good for you.
- 2 You should avoid all types of p_____ f_____ such as pre-cooked meals.
- 3 D_____ p_____ like milk and cheese are important for growing children because they strengthen their bones.
- 4 It's much better to eat brown bread made from w_____ g_____ flour rather than processed white bread.
- 5 Some p_____ farmers keep turkeys and ducks as well as chickens.

4 **2.02** Listen to a nutritionist giving advice about the best food for people who do sport. Tick the things he mentions.

- | | | | |
|-----------------|--------------------------|-----------------|--------------------------|
| 1 calcium | ☐ | 7 minerals | ☐ |
| 2 calories | ☐ | 8 nutrients | ☐ |
| 3 carbohydrates | ☐ | 9 preservatives | ☐ |
| 4 cholesterol | ☐ | 10 protein | ☐ |
| 5 fat | ☐ | 11 vitamins | ☐ |
| 6 fibre | ☐ | | |

5 **2.02** Listen again and complete the advice with the words you ticked in exercise 4.

- * You don't have to eat broccoli, which is full of ¹_____, with oil and salt, but it might help to make it tastier!
- * Sweet potatoes and tomatoes contain a lot of ²_____.
- * You should try and avoid red meat because although it has ³_____, it also has a lot of ⁴_____.
- * You must eat fruit – bananas are a good option because they have a lot of ⁵_____.
- * You mustn't eat too many nuts because although they provide you with ⁶_____, they also contain a lot of ⁷_____.
- * If you have to exercise in the evening, milk will help you relax and provide your bones with ⁸_____.