

3 Power up! Extra Practice

3.0 Vocabulary

Nouns: nutrition

1 * Choose the correct option.

- 1 **Additives** / **vitamins** can be added to processed food so I try not to eat these foods.
- 2 I get plenty of **preservative** / **protein** because I love drinking milk and my favourite fast food is scrambled eggs!
- 3 I didn't know teenagers need between 2200 and 3100 **calories** / **amounts** a day.
- 4 My Dad always checks the ingredients list on a product and won't buy it if there are **calories** / **preservatives** in it.
- 5 With plenty of fruit and vegetables we can easily reach our target amount for **fibre** / **fat**.
- 6 It's funny to think our bodies need **carbohydrates** / **minerals** such as iron to be healthy!

2 ** Complete the text with the words.

fats carbohydrates nutrients amount vitamins serving

Clear labelling or not?

I think it's difficult to see whether this cereal contains 20% or more of good (1) _____ such as (2) _____, fibre, minerals and protein, and 5% or less of the bad ones such as (3) _____, sugar and salt.

For example, on the back of the cereal packet we can see the percentage of nutrients that are in one (4) _____. I think they should show the percentage amount for sugar. They only give the percentage for sugar and (5) _____ together. I think the (6) _____ of sugar in this product is too high as it is second in the ingredients list but this is not clear on the labelling.

3 *** Complete the sentences with the correct word.

- 1 I don't want to overeat, so I try to ensure my _____ are not above the recommended _____.
- 2 It's a pity the takeaway pizza has so many _____, it's my favourite food!
- 3 I wonder how many grams of _____ are in my vegetable and bean soup?
- 4 My friend wants to cut out all processed foods containing _____ and _____ and eat more fruit and vegetables.
- 5 Try steaming your vegetables to retain more of the _____ and _____.