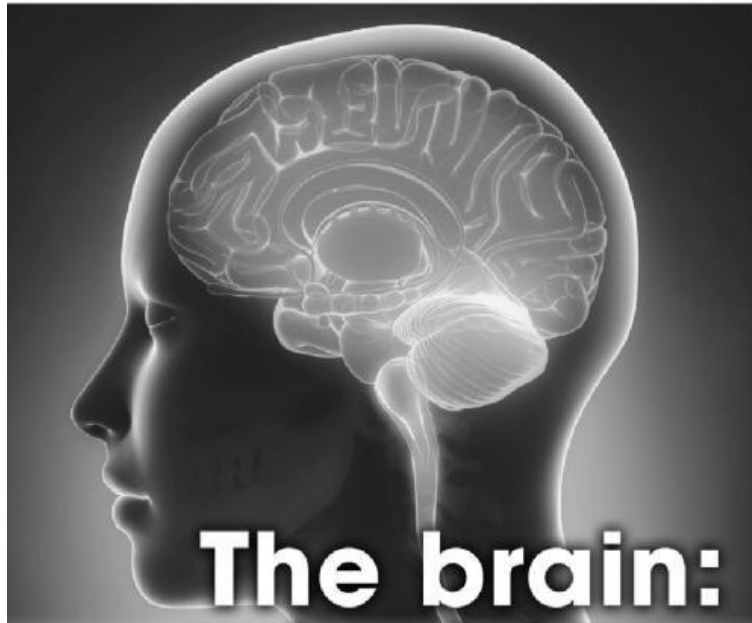


Food science

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 / ²consume 20% of the energy that our bodies ³produce / ⁴digest after eating. When we sleep, our brains continue to ⁵burn / ⁶produce energy because they are still working. They ⁷process / ⁸burn all the day's activities and create memories. The brain also repairs itself, but if we don't sleep enough, it ⁹reduces / ¹⁰burns 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 ¹¹control / ¹²process our weight if we don't sleep enough. If we want to ¹³consume / ¹⁴boost 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.