UNIT 7 HEALTHY FOOD, HEALTHY BODY

TOPIC : HOW TO EAT BETTER

LS: 1.1.1

A. Listen to the short talk by a nutritionist and answer the questions.

https://audiomack.com/english-for-communication-special-education-form-5/song/unit-7-exercise-a-how-to-eat-better

Hello, students! today I would like to talk about how to eat better. In order to get a healthy body, you should watch your daily food intake. You should consume unprocessed food, fruits and vegetables, fish and plain water. Step one; eat whole food whenever possible. This means unprocessed food instead of canned food, whole grains instead of refined flour, brown rice instead of white rice, and homemade meals instead of fast-food take-outs. Avoid "low fat" and "zero calorie" food products because they typically have refined sugar to improve the taste. Step two: follow the Ministry of Health rules to eat five servings of fruits and vegetables per day. You can try sprinkling some fruits into your cereals, drinking natural fruit juices, and adding more vegetables to your daily meals. Step three: pay attention on how much and what time you eat. Keep track of what you eat by writing in a diary. Don't multitask when eating, because you will likely pick convenient but unhealthy foods. Step four: try to drink as much plain water as you can daily to improve your digestion and to keep you full. You can drink plain water before you eat as it may help fight your urge to overeat. Step five: eat fish twice a week because it contains a lot of top-quality protein and omega 3 fatty acids which can provide many health benefits. As a conclusion, in order to maintain a healthy body, you must start monitoring your daily food intake. Just remember, healthy food for healthy body.

1. Which type of food below is the healthiest choice?
   a. Canned food
   b. Fresh food
   c. Frozen food

2. How many portions of fruits and vegetables should you eat a day, at a minimum?
   a. Five portions of fruits and five portions of vegetables separately.
   b. Five portions of fruits and vegetables together.

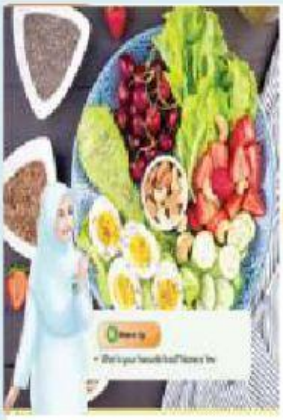
3. Why should you avoid eating zero calorie and low-fat food?
   a. Zero calories and low-fat food contains a lot of salt and sugar.
   b. Low-fat or zero calorie food is high in vitamins and minerals.
   c. Zero calorie and low-fat food is convenient and easy to find.

4. In the talk, it is suggested that fish should be eaten _____ a week.
   a. twice
   b. four times
   c. less than twice

LIVEWORKSHEETS

LS: 3.1.2, 4.2.2

B. Based on the above text, Fill in the bubble map with the steps on how to eat better.



LIVEWORKSHEETS