HEALTHY LIFESTYLE

Lesson 2. YOU ARE WHAT YOU EAT

I. Listen to a conversation with a food specialist and say if the question was asked.

1. The food pyramid shows very little fat. Why?
2. What about fruit and vegetables?
3. How much bread should I eat every day?
4. Should we eat a lot of meat?
5. What about milk and milk products?

II. Listen to the conversation again and fill in the blanks.

A: Eat a variety of foods. You need more than 40 different nutrients for good health, and no single food supplies them all. Your daily food meals should include bread and other (1) ; fruits; vegetables; dairy products; and meat, (2) and (3) .

S: How much bread should I eat every day?

A: Eat at least (4) of whole grain bread and cereals, rice or pasta every day. Look for the word "whole" before the name of the grain as it is very important. Grains, breads and cereals give us (5) which help turn the food we eat into (6) that our bodies need to work, play and grow.

S: And what about fruit and vegetables?

A: Vegetables provide vitamin A which helps us have (7) and good eye-sight. Fruits give us (8) which helps our bodies heal and grow new cells. It is very important to eat at least 100–150 grams of fruit and the same (9) of vegetables. You may choose from (10) and frozen as well as dried fruit, all kinds of fruit and vegetables are good for you.

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S: The food pyramid shows very little fat. Why?

A: Your body doesn't need (11) . Get most of your fat sources from fish, nuts and (12) . Eat less fats like (13) , margarine and lard. Choose (14) , chicken or turkey. Bake it or grill it. It is (15) than frying. Add more fish, eggs, beans and nuts. Meat, fish, beans and nuts (16) protein and iron which help build stronger muscles. Iron carries oxygen to all parts of your (17) , helps prevent infections, and also helps your body (18) to get you through a busy day.

S: And what about milk and milk products?

A: Milk products are very important. They provide calcium, which helps build (19) bones and teeth. So, if you can have milk, yogurt and cheese every day, do it. But go for low-fat (20) . It's better. Ice-cream is not very good for your health. The less ice-cream you eat (21) for you.

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