

# 6

## Health

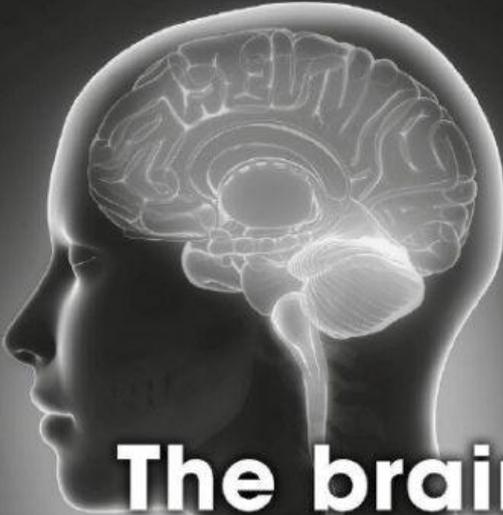
### Vocabulary

#### 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 <sup>1</sup>reduce / consume 20% of the energy that our bodies <sup>2</sup>produce / digest after eating. When we sleep, our brains continue to <sup>3</sup>burn / produce energy because they are still working. They <sup>4</sup>process / burn all the day's activities and create memories. The brain also repairs itself, but if we don't sleep enough, it <sup>5</sup>reduces / 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 <sup>6</sup>control / process our weight if we don't sleep enough. If we want to <sup>7</sup>consume / 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       | <input type="checkbox"/> | 7 minerals      | <input type="checkbox"/> |
| 2 calories      | <input type="checkbox"/> | 8 nutrients     | <input type="checkbox"/> |
| 3 carbohydrates | <input type="checkbox"/> | 9 preservatives | <input type="checkbox"/> |
| 4 cholesterol   | <input type="checkbox"/> | 10 protein      | <input type="checkbox"/> |
| 5 fat           | <input type="checkbox"/> | 11 vitamins     | <input type="checkbox"/> |
| 6 fibre         | <input type="checkbox"/> |                 |                          |

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