

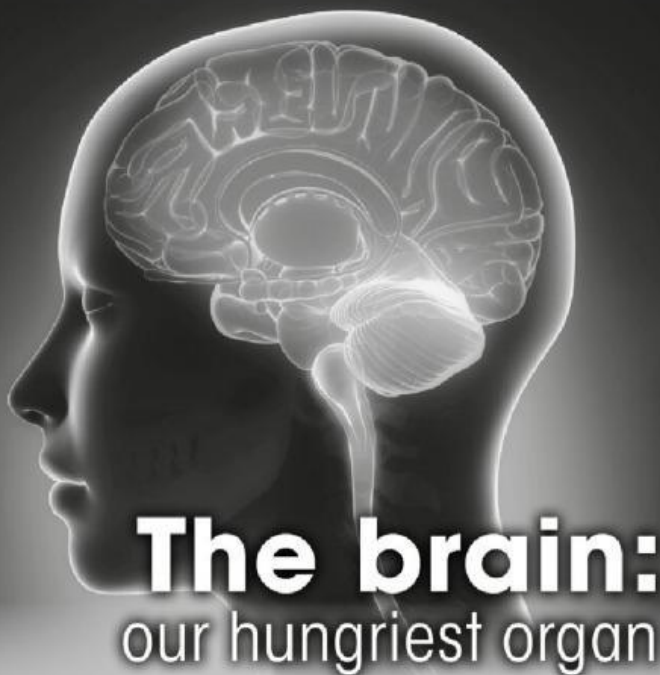
## Food science

*I can talk about nutrition and health.*

1 Choose the correct words to complete the text.

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.



Our brains account for 2% of our weight, but <sup>1</sup>reduce / <sup>1</sup>consume 20% of the energy that our bodies <sup>2</sup>produce / <sup>2</sup>digest after eating. When we sleep, our brains continue to <sup>3</sup>burn / <sup>3</sup>produce energy because they are still working. They <sup>4</sup>process / <sup>4</sup>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 / <sup>5</sup>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 / <sup>6</sup>process our weight if we don't sleep enough. If we want to <sup>7</sup>consume / <sup>7</sup>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 \_\_\_\_\_