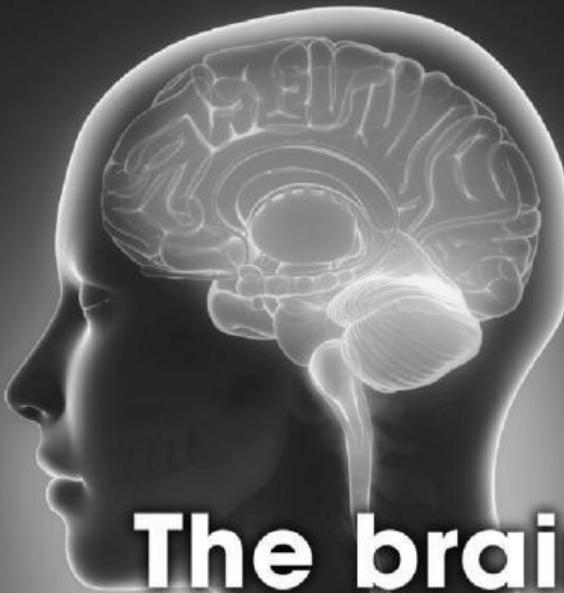


Food science

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

- Sausages, sliced ham and bacon can be tasty, but p_____ m_____ is not very good for you.
- You should avoid all types of p_____ f_____ such as pre-cooked meals.
- D_____ p_____ like milk and cheese are important for growing children because they strengthen their bones.
- It's much better to eat brown bread made from w_____ g_____ flour rather than processed white bread.
- Some p_____ farmers keep turkeys and ducks as well as chickens.