

Nutrition for a Healthy Life

Watch the video and fill in the gaps

Video quiz questions

1)

Fill the gap: From the minute we're born, we're _____ .

2)

Fill the gap: Constant _____ to our environment,

3)

Fill the gap: Aging is _____ complex, but scientists are starting to understand what happens at the cellular and molecular levels.

4)

Fill the gap: ... healthy cells are damaged over time when our immune systems _____ from reacting to short-term problems like injuries and infections,

5)

Fill the gap: Time also gradually shortens the telomeres that act as protective caps for our _____-containing chromosomes.

6)

Fill the gap: ... so when damage reaches a _____ level,

7)

Fill the gap: ... female fertility _____ declines after 35,

8)

Fill the gap: ... the changes of aging become increasingly _____ ,

9)

Fill the gap: ... they are _____ more and more about how to maintain health throughout our lives.

10)

Fill the gap: Some aspects of aging are out of our control--like our _____ and our family history--but we can educate ourselves about moderate ...

11)

Fill the gap: ... improve moods and sleep habits, and _____ overall health.

12)

Fill the gap: But when it comes to _____ which foods are the best choices,

13)

Fill the gap: ... scientists have begun to explore and understand how nutrition may play a role in _____ healthy aging throughout of all life's ...

14)

Fill the gap: We are rapidly learning about what foods and nutrients should be _____ in our diets, and how they can enhance our health.

15)

Fill the gap: Diets full of fruits and _____ ,

16)

Fill the gap: ... weight loss, improving _____ , and reducing the risk of cancer and cardiovascular events, to name a few.

17)

Fill the gap: For example, plant _____ found in bright orange and red fruits and vegetables may prevent and slow the progression of eye diseases.