

Match



1. SHELLFISH (MUSSELS)	3. WHEAT	7. NUTS
2. CITRUS FRUIT (ORANGES)	4. SUNLIGHT	8. FISH (MANKEREL)
	5. RED MEAT	9. CHEESE
	6. RICE	

Choose the correct option

- **Vitamin C** is needed to help the \_\_\_\_\_ repair itself when it is cut or damaged. It is found in fruit, especially citrus fruit like oranges and grapefruit.
- **The B-vitamins** keep the \_\_\_\_\_ healthy and help reduce stress. They are found in foods like wholegrain bread and cereals.
- **Vitamin A** keeps the \_\_\_\_\_ healthy and is important for good vision. It is found in fatty foods like butter, cheese, whole milk and yoghurt.

- **Vitamin D** is needed for healthy bones and \_\_\_\_\_ because it helps the body absorb calcium. Our body makes Vitamin D when our \_\_\_\_\_ is exposed to sunlight.
- **Calcium** is needed for children's \_\_\_\_\_ and teeth to grow. It is found in foods like milk, cheese and yoghurt.
- **Iron** helps your \_\_\_\_\_ carry oxygen. If you do not get enough iron, you will pale and tired and you may get anaemia. Iron is found in red meats, especially liver.
- **Zinc** makes your \_\_\_\_\_ stronger so that you can fight colds and infections. It is found in shellfish, nuts, and seeds.
- **Omega-3** is an essential fatty acid which helps your \_\_\_\_\_ function well. It is found in oily fish like mackerel, sardines, salmon, and tuna.
- **Protein** builds up, maintains, and replaces the tissues in your body. Your \_\_\_\_\_, your \_\_\_\_\_ and your immune system are made up mostly of protein.
- **Carbohydrates** are sugars which are broken down by \_\_\_\_\_ then stored in the \_\_\_\_\_ as a source of energy. Grain products such as rice, bread, and pasta are sources of carbohydrates.
- **Fats** fuel the body and help absorb some vitamins. They are also the building blocks of hormones, and they insulate nervous system tissue in the body. Unsaturated fats, found in oils and nuts, for example, are believed to protect the \_\_\_\_\_

## An eating disorder

- 1 Eating too much is not the only eating disorder. What other kinds do you know?
- 2  Listen to a staff nurse pass on information about a new patient at a shift handover. Answer the questions about the patient.

- 1 How old is the patient?
- 2 How long is she in for observation?
- 3 What is her weight?
- 4 What illness does her mother think Anita has?
- 5 What is Anita obsessed with?

- 3 Complete these symptoms that the staff nurse mentions.

1 abnormal	a changes
2 attacks of	b constipation
3 difficulty	c dizziness
4 feeling	d loss
5 frequent	e miserable
6 hair	f weight loss
7 mood	g periods
8 personality	h sleeping
9 stomach	i swings
10 stopped having	j pains

## Useful Vocabulary

RICE ./raɪs / ARROZ

NUTS./nʌts/ NUECES

FISH ./fɪʃ / PESCADO

MACKEREL./'mækərəl/ CABALLA

WHEAT./wi:t/ TRIGO

SUNLIGHT./'sʌnlʌɪt/ LUZ DEL SOL

RED MEAT./red mi:t/ CARNE ROJA

CHEESE./tʃi:z/ QUESO

SHELLFISH ./'ʃelfɪʃ / MARISCOS

MUSSELS ./'mʌslz/ MEJILLONES

CITRUS FRUIT ./'sɪtrəs fru:t/ FRUTOS CÍTRICOS

ORANGES./'ɔrindʒɪz/ NARANJAS

TUNA./'tu:nə/ ATÚN

TISSUES./'tɪʃu:z/ TEJIDOS

WHOLE GRAIN./həʊl greɪn/ GRANO INTEGRAL

GRAPEFRUIT./'græpf्रu:t/ POMELO

FATTY./'fætɪ/ GRASO

BUTTER./'bʌtə/ MANTECA

ANAEMIA./ə'ni:mjə/ ANEMIA

LIVER./'lɪvə/ HÍGADO

ANOREXIA./,ænə'reksɪə/ ANOREXIA

MISERABLE./'mɪzərəbl/ TRISTE

DIZZINESS./'dɪzɪnɪs/ MAREOS

MOOD SWINGS./mu:d swɪŋz/ CAMBIOS DE HUMOR

ENZYMES./'enzaɪmz/ ENZIMAS

BRAIN./breɪn/ CEREBRO

MUSCLES./'mʌslz/ MÚSCULOS

NERVOUS SYSTEM./'nɜ:vəs 'sɪstɪm/ SISTEMA NERVIOSO

IMMUNE SYSTEM./ɪ'mju:n 'sɪstɪm/ SISTEMA INMUNE

CARDIO VASCULAR SYSTEM./,ka:dɪə 'væskjʊlə 'sɪstɪm/ SISTEMA CARDIOVASCULAR