

HEALTHY LIVING

1. What helps us keep fit and stay healthy? Tick the things you think are most important for a human's well-being?

Deep sleep	Positive mood	Long walks
Homemade food	Fun activities	Healthy habits
Regular exercise	Relaxation	Hygiene
A lot of water	Work	Medical checkups

VOCABULARY&LISTENING

2. Why do you think we need food? What do we need energy for and where do we get it from? Read the statements and say whether you agree or disagree. Listen to the recording and check your ideas.

	Agree	Disagree
1) <i>Carbohydrates</i> are a good source of energy.		
2) <i>Raw</i> foods should be stored above <i>cooked</i> foods in the fridge.		
3) You must <i>exercise</i> at least twice every day for one hour each time.		
4) It is best to eat a <i>variety of foods</i> .		
5) Always <i>wash your hands</i> before preparing food.		
6) Eggs should be eaten before the <i>sell-by-date</i> .		
7) Vitamins easily turn into <i>fat</i> .		
8) Rubbish bins <i>should be emptied</i> before you go on holiday.		
9) Your <i>heart beats</i> more slowly during exercise.		



3. What are the nutrients and their functions? Listen to the recording and match the appropriate nutrient to its function.

fats / proteins / vitamins and minerals / fibre / carbohydrates

- 1) These do most of the repair work to our body cells and they also help us grow. They are found in eggs, milk, meat, poultry, fish, and cheese. _____
- 2) These give us most of our energy. They are found in bread and potatoes. _____
- 3) This helps to keep our digestive system healthy and is found in vegetables, cereals, grains and fruits. _____
- 4) These give us energy and help keep us warm. They are found in butter and meat. _____
- 5) These are found in all sorts of foods. They are only needed in small amounts, but they are extremely important. They are found in fruit, vegetables, eggs, and milk. _____

4. What is your idea of “healthy eating”? Do you eat healthily? Match the products to some more positive effects they have on our health.

squid	cucumber	cheese	spinach	avocado
chocolate		melon	cauliflower	

- 1) _____ reduce the risk of heart attack.
- 2) _____ keep the teeth strong and prevents bone loss.
- 3) _____ protect the immune system.
- 4) _____ lower level of stress.
- 5) _____ slow the ageing process.
- 6) _____ reduce the risk of obesity
- 7) _____ make the brain function well.
- 8) _____ help to improve mood.



READING

5. Do you think it is useful to diet? Read the article and choose from the sentences below the one which fits each gap. One sentence is extra.

- 1) One of the main advantages of eating a raw food diet is weight loss.
- 2) But it is a type of diet that is very hard to sustain in the long term.
- 3) The raw food diet has been around since the 1800s, but it has gained a lot of popularity in recent years.
- 4) Therefore, you need to take extra vitamins in capsules or tablets.
- 5) This can increase the wellness and health of the body's cells.

A raw food diet is actually nothing new. 1) _____. The raw food diet, often called raw **foodism** or veganism, is composed of mostly or completely raw and **unprocessed food**. Raw food is anything that has not been prepared, canned, or chemically processed, and has not been heated above 48C. The diet allows several alternative preparation methods, such as juicing, blending, dehydrating, soaking. The raw food diets are usually **plant-based**, including mostly nuts, grains, seeds, fruits, and vegetables. However, some people also consume raw eggs and dairy products, but everything has to be eaten in its natural state.

People who support this diet believe it to be ideal for overall good health. 2) _____. If you exclude processed food, you avoid excessive fats, which are some of the main causatives of in weight gain and heart disease. The raw food diet may also give you more energy since uncooked food is full of live **enzymes**, nutrients, and vitamins that are easily digested by your body. Eating raw food also requires less of your body's fluid for **digestion**, promoting better **hydration**. Other reported benefits of eating the raw food diet are lower blood pressure, a stronger immune system, less **fatigue**, and improved skin tone. It can also lower your chance of stomach cancer and **stroke**, and stop the progression of kidney disease.

Health experts and **nutritionists** also warn us against the raw food diet as it may lead to some negative effects on our health. If you're on the raw food diet, you may miss essential nutrients such as zinc, iron, calcium, vitamin B12, and vitamin D. 3) _____. It is also known that cooking redcoloured vegetables such as tomatoes increases **lycopene**, which strengthens the immune system, fights cancer, and lowers the risk of heart disease. Live or uncooked food may make a person ill and could lead to other complications such as food poisoning. People with a weak immune system are the most sensitive to foodborne illnesses.

There is no perfect diet out there. The raw food diet is good for the short term, as it contains lowcalories, a good quantity of healthy food choices, and is **filling**. 4) _____. You may follow the raw food diet for a short term to lose weight and then slowly move to a healthy, more traditional diet.

