

REVISION LESSON English for Nutritionists

TASK 1

QUIZ

1. What is the Food Guide Pyramid?

- A. Shows the food groups & what foods to eat in order to stay healthy
- B. Shows all the bad foods to stay away from eating
- C. Shows how to make a meal
- D. A recipe

2. What is digestion?

- A. A part of the body that processes food
- B. The stomach
- C. The process of breaking down food
- D. The process of cooking food

3. What are nutrients?

- A. Materials in food that we need to grow and stay healthy.
- B. Bad food that we shouldn't eat.
- C. Digestion
- D. The food pyramid

4. What do you call the back of the neck:

- A. the nostrils
- B. the nape
- C. the calf
- D. the shin

5. You move this when you eat:

- A. the ankle
- B. the jaw
- C. the calf
- D. the thumb

6. The back of the lower part of your leg:

- A. the calf
- B. the patella
- C. the elbow
- D. the wrist

7. The top part of your leg:

- A. the calf
- B. the thigh
- C. the knee
- D. the hip

TASK 2

Anatomy

1. What do you call the organ/ organs/ muscles:
 - which breaks down toxins which enter the body, including alcohol
 - for breathing
 - in which babies develop before they are born
 - between the lungs and the stomach used mainly to control breathing
 - squeezes food down to the stomach
 - in which most digestion takes place
 - processes the waste and passes it out of the body
 - remove waste products from the blood and produce urine
2. What are English equivalents to these expressions from Latin:
femur – patella – sternum – clavicle – scapula – tibia – spinal column

TASK 3

Injuries – collocations. Fill in the gaps:

1. You can pull/ strain _____
2. You can sprain/ twist _____
3. You can dislocate _____
4. You can _____ your ribs
5. You can have _____ on your feet because of new shoes.

When do we use braces, compression dressing, plaster, crutch, bandage, a splint?

TASK 4

Exercises

Perform the following movements:

1. Bend your arm – straighten your arm
2. Raise your arm – lower your arm
3. Lean your head against your shoulder
4. Clasp your hands together in front of you.
5. Grasp your elbow.
6. Tuck your chin so that it touches your chest.
7. Rotate your head from right to left.
8. Arch your back.

Complete the paragraph:

Exercising plays a main role in the process of h_____ and r_____ from injury or d_____. This is the goal of physical therapy exercises. S_____ and s_____ activities are only a few types of physical therapy exercises. B_____, joint control and muscle re-_____ are other types of important physical therapy exercises.

TASK 5

Miscellaneous

1. Use the following expressions in a sentence:

range of motion *endurance* *recommended dietary amount*
dietary supplement *relief* *surgery* *blood flow*
malnutrition *inflammation* *impairment*

2. Give an example of

- acute/ chronic disease
- equipment used in physical therapy
- legume
- poultry
- dairy product
- an eating disorder

3. Explain:

A balanced diet
Convenience food
Comfort eating

4. Translate into English

Redukční dieta – zhubnout – přibrat – doplňky výživy – terapeut – výživa - strava