

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
 - in the chest we use 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.

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.

TASK 5

Miscellaneous

a) Use the following expressions in a sentence:

range of motion *endurance* *recommended dietary amount*
dietary supplement *food pyramid* *carbohydrate* *obesity*

b) Give an example of

- acute/ chronic disease; legume; poultry; dairy product; an eating disorder

c) Explain:

a balanced diet - convenience food - comfort eating

d) Translate into English

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

TASK 6 Words in context (18 points)

Fill the gaps with the correct word chosen from below. Write the correct letter in the space beside the word below. There is one word you don't need to use.

deliver brain stressed habits right lifetime compare burns workouts

WEIGHT CONTROL

Being healthy is really about being at a weight that is A for you. The best way to find out if you are at a healthy weight or if you need to lose or gain weight is to talk to a doctor or dietitian. He or she can B your weight with healthy norms to help you set realistic goals. If it turns out that you can benefit from weight loss then you can follow a few of the simple suggestions listed below to get started.

Weight management is about long-term success. People who lose weight quickly usually gain back all (and often more) of the pounds they lost because they haven't permanently changed their C . Therefore, the best weight management strategies are those that you can maintain for a D . That's a long time, so we'll try to keep these suggestions as easy as possible.

Stop eating when you're full. Lots of people eat when they're bored, lonely, or E , or keep eating long after they're full out of habit. Try to pay attention as you eat and stop when you're full. Slowing down can help because it takes about 20 minutes for your F to recognize how much is in your stomach. Sometimes taking a break for seconds can keep you from eating another serving.

Build muscle. Muscle G more calories than fat. So adding strength training to your exercise routine can help you reach your weight loss goals. A good, well-balanced fitness routine includes aerobic H , strength training, and flexibility exercises.