

## REVISION LESSON English for Nutritionists

### GRAMMAR REVISION

#### 1. Questions

*Ask questions about the underlined part of the sentence.*

1. The athlete needs more carbohydrates.
2. The athlete needs more carbohydrates.
3. The student wrote her bachelor thesis last year.
4. The student wrote her bachelor thesis last year.
5. The book contains 8 chapters.
6. Wine is made from grapes.

#### 2. Past simple and past continuous

*Choose the correct form of the verbs.*

1. I *met* / *was meeting* a friend while I *did* / *was doing* the shopping.
2. I *paid* / *was paying* for my things when I *heard* / *was hearing* someone call my name.
3. I *turned* / *was turning* round and *saw* / *was seeing* Paula.
4. She *wore* / *was wearing* a bright red coat.
5. We *decided* / *were deciding* to have a cup of coffee.
6. While we *had* / *were having* a drink, a waiter *dropped* / *was dropping* a pile of plates.

#### 3. Past simple and present perfect

*Choose the correct form of the verb.*

1. Lisa *didn't go* / *hasn't gone* to work yesterday. She wasn't feeling well.
2. I'm looking for Paul. *Did you see* / *Have you seen* him?
3. I still don't know what to do. I *didn't decide* / *haven't decided* yet.
4. Oh! I *burnt* / *have burnt* myself.
5. *Did you eat* / *have you eaten* a lot of sweets when you were a child?
6. Lucy *earned* / *has earned* a lot of money last year.
7. Everything is going well. We *didn't have/haven't had* any problems so far.

#### 4. Present perfect simple and continuous

*Choose the correct form of the verb.*

1. I'm bleeding! I've *cut* / *been cutting* my finger!
2. Look what Pat *has given* / *has been giving* to me for my birthday!
3. I *have painted* / *have been painting* the living room, but I haven't finished yet.
5. Sorry. I've *broken* / *I've been breaking* one of your glasses.
6. How long *have you had* / *have you been having* this book?
7. I *have read* / *have been reading* the book since morning. I *have read* / *I have been reading* 50 pages so far.

#### 5. Modals

*Fill in the gaps with: must, mustn't, needn't (don't have to)*

We've got plenty of time. We .....leave yet.

We haven't got time. We .....hurry.

I've got this letter to post. I .....forget to post it.

You .....wash the tomatoes, they've been washed.

This is a valuable book. You.....look after it and you .....lose it.

I can stay in bed tomorrow morning because I ..... go to work.

## 6. Passive voice

*Change the sentence from active to passive voice:*

1. They produce the medicine in France. The medicine ...
2. They produced the medicine in France. The medicine ...
3. They have produced the medicine in France. The medicine...
4. They will produce the medicine in France. The medicine ...
5. They are developing the medicine in France. The medicine...

## 7. Conditional

*Complete the sentence in conditional I and II.*

I don't sleep very well, I feel tired most of the time.

- I. If I ....., I ..... feel tired.
- II. If I ....., I ..... feel tired.

## VOCABULARY REVISION 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. You move this when you eat:
  - A. the ankle
  - B. the jaw
  - C. the calf
  - D. the thumb
5. The back of the lower part of your leg:
  - A. the calf
  - B. the patella
  - C. the elbow
  - D. the wrist
6. 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
  - 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 Word formation

Form nouns from these words:

*Strong* - .....

*Lose* - .....

*Hydrate* - .....

*Consume* - .....

*Recover* - .....

*Prevent* - .....

*Conscious* - .....

*Require* - .....

## TASK 6

### Miscellaneous

#### a) Use the following expressions in a sentence:

*range of motion*                      *endurance*                      *recommended dietary amount*                      *craving*  
*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 – calorie expenditure

#### d) Translate into English

redukční dieta – zhubnout – přibrat – terapeut – výživa – strava

## TASK 7 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.