

Unit 4 Sports Nutrition II, Obesity

Task 1 FOOD PYRAMID

- a) Read the text about the food pyramid for endurance athletes, then summarise the differences between the standard diet and the diet of an endurance athlete. Use some of the phrases listed below.

Comparison

- Also
- Similar to
- Compared to/ with

Contrast

- In contrast to
- While/ whereas
- On the other hand

- b) Choose the best modal word for each gap.

Food pyramids are used to represent the portions of each food group you need to be healthy. Because athletes have different nutritional needs than non-athletes, food pyramid guides have been modified to show athletes what they should consume. In order to perform well, endurance athletes need to fulfil their energy, carbohydrate, protein and fat requirements.

Fruits and Vegetables

Endurance athletes *don't have to/ mustn't/ had to* eat more fruits and vegetable than non-athletes. Food guides recommend that everyone eats at least three servings of vegetables and two servings of fruit a day. According to the Swiss Society for Nutrition, it is okay to eat more than this recommended number of servings, but it *should/ has to/ may* cause some athletes to experience gastro-intestinal problems.

Grains

Grains are an important part of an athlete's diet because they are the primary source of carbohydrates used for energy. Because whole grains are more nutritious than refined grains, they *would/ should/ mustn't* be eaten more often. The recommended amount of carbohydrates for endurance athletes is about 6 to 12 g per kg of body weight. This is based on the assumption that endurance athletes exercise at an intensity that is at least 70 percent of their aerobic capacity for more than 1 hour a day. Athletes *don't have to/ can/ would* also eat refined sources of carbohydrates such as sports drinks and energy bars, to fill more immediate energy demands.

Dairy, Meat and Eggs

Dairy, meat and eggs are sources of protein, calcium and fat. Although athletes have higher protein requirements than non-athletes, they *should/ don't have to/ mustn't* increase their intake of these food groups. According to a Swiss study published in the 2008 athletes *may/ can/ shouldn't* fulfil their protein requirements by eating the recommended servings of meat,

dairy and eggs, along with grains that contain protein. Many sports drinks and bars also contain protein to fill the demand.

Oils

Oils are a liquid form of fat that comes from plants. They are important dietary sources of essential fatty acids that you need for proper cell function and health. Athletes need more healthy fats than non-athletes because they have higher energy requirements. They *shouldn't/ should/ would* eat an additional half serving of oil for each hour of exercise by adding cooking oil to their food and eating nut products.

[\(http://www.livestrong.com/article/392079-food-guide-pyramid-for-endurance-athletes/\)](http://www.livestrong.com/article/392079-food-guide-pyramid-for-endurance-athletes/)

Task 2 MODALS

Study the sentences below. Do you understand the meaning of the modals used?

Which of the sentences (1-9) do we use to express:

- a) Necessity or obligation – present
 - b) Necessity or obligation – past
 - c) No necessity
 - d) Ability or permission
 - e) Prohibition
 - f) Recommendation
 - g) Certainty in past
 - h) Past regret
-
1. She can drink this sports-drink.
 2. She should drink this sports-drink.
 3. She shouldn't have drunk the sports-drink.
 4. She must drink this sports-drink.
 5. She mustn't drink this sports-drink.
 6. She doesn't have to drink this sports-drink.
 7. She had to drink this sports-drink.
 8. She must have drunk this sports-drink.

Now formulate your recommendations for athletes on nutrition before, during and after performance.

OBESITY

TASK 3 SPEAKING

A) What causes obesity and overweight? Explain the role of these factors:

increasing urbanization, marketing, education, nature of many forms of work, new modes of transportation, food processing, poverty...

B) Do you agree with the following statements? Why? Why not?

- 1. Fat is necessary and performs many functions in the body. Thinking of it as 'evil' is a misconception.*
- 2. Obese children are often depressed.*
- 3. Obsessing over a child's eating habits or size may make them more unhappy.*
- 4. It's not necessary to change our lifestyle to lose weight because new drugs are being developed that may give greater weight loss with fewer side effects.*

TASK 4 READING Complete the gaps

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair _____. Fat functions as an energy reservoir. It is laid down when food is plentiful and then converted back to energy when needed. Normal levels of fat are not a problem for the body. In fact, they're necessary for it to function smoothly. On a basic level, people become obese when their calorie _____ is higher than their calorie expenditure. However, a host of factors complicate this picture. An individual's genetics, metabolism, culture and _____ all have a role to play.

Body mass index

Body mass index (BMI) is a simple index that is commonly used in classifying overweight and obesity in adult populations and individuals. It is defined as the _____ divided by the square of the _____.

BMI provides the most useful population-level measure of overweight and obesity as it is the same for both _____ and for all ages of adults. However, it should be considered as a _____ guide because it may not correspond to the same degree of fatness in different individuals. BMI overestimates body fat in persons who are very _____, and it can underestimate body fat in persons who have lost body mass (e.g. many elderly).

Waist circumference

Excess weight, as measured by BMI, is not the only risk to your health. So is the _____ of fat on your body. If you carry fat mainly around your _____, you are more likely to develop health problems than if you carry fat mainly in your _____ and _____. This is true even if your BMI falls within the normal range. Women with a waist

measurement of more than 89 cm or men with a waist measurement of more than 102 cm may have a higher disease _____ than people with smaller waist measurements because of where their fat lies.

TASK 5 READING

HEALTHY AT EVERY SIZE – NEW HOPE FOR OBESE PEOPLE?

The “Every Size” strategy, a health-centered rather than weight-centered program, may help chronic dieters reshape their thinking, shed unhealthy habits, adopt new patterns of eating, become more physically active and increase their self-esteem.

“Chronic dieters are those who either have failed at a sequence of diets, or, after successfully losing weight, gain back the pounds and start the dieting cycle all over again,” explains physiologist Marta D. Van Loan. “For obese folks who can’t find a healthful weight-loss regimen that gives them lasting results, this alternative to conventional dieting may offer greater and more sustainable improvements to several key indicators of their health.”

Every Size clients learn how to build their self-esteem; recognize and follow the body’s natural, internal cues to hunger and satiety (a feeling of fullness); make healthy choices at mealtimes and in between; and enjoy some form of physical activity—an approach that’s different from exercising mainly to lose weight.

Question: Do you think this strategy will have better results than traditional weight-loss programmes?

TASK 6 Grammar – Conditional I

a) Study the sentences below, then formulate the rules for conditional I:

1. People will be healthier if they have more exercise.
2. She will be very happy if she gets the job.
3. I’ll join you on the hike if I’m in a good shape.

b) Do you understand the meaning of *unless*?

e.g. He won’t be happy in the city unless he makes some friends.

c) Complete the gaps:

You will lose weight if you

She will improve her performance if she

You won’t achieve your fitness goals unless

Conditional II

a) What is the rule for conditional II?

1. They wouldn’t drive to work if there was a bus or train connection.
2. If I had more time, I would take up climbing.

b) Complete the gaps:

1. You would be fitter if

2. If I had more time,

3. Your back wouldn’t hurt if

TASK 7 LISTENING

Watch one of the videos and prepare to comment on it:

Sandra Aamodt – Why dieting doesn't usually work

(<https://www.youtube.com/watch?v=jn0Ygp7pMbA>)

Alisa Anokhina – Why we must stop ignoring the psychology of weight loss

(<https://www.youtube.com/watch?v=NWfqBy4sSD8>)

Task 8 Word formation

Use the word in brackets to form a word that fits the gap.

1. There was a general that she would win. (EXPECT)
2. Athletes have higher energy (REQUIRE)
3. What is the value of milk? (NUTRITION)
4. The swimmer needs to improve her habits. (DIET)
5. I eat (HEALTH)
6. During the match Dave was knocked (CONSCIOUS)
7. Many athletes believe that they must eat extra protein to build bigger muscles. (MISTAKE)
8. Starch that you eat is broken down into simple sugars in your tract. (DIGEST)
9. Iron can occur in vegetarians. (DEFICIENT)
10. Protein-rich foods that contain all the amino acids in quantities needed by the body are called "complete" proteins. (ESSENCE)