

Unit 4 Sports Nutrition

Task 1 Nutrition and Fitness: Summary

Complete the text with appropriate verbs from the list. There is one verb you do not need to use. Change the form of the verb if necessary.

meet break down increase replace consume include restore
recommend transform fuel form

1. A gradual increase in regular physical activity is _____ for all healthy persons. A minimum plan _____ 30 minutes of physical activity on most (or all) days; 60 minutes a day provides even more benefit, especially if weight control is an issue. An intense program lasting about 60 to 90 minutes should begin with warm-up exercises to _____ blood flow and warm the muscles and end with cooldown exercises. Regular resistance activities and stretching add further benefits.
2. Human metabolic pathways extract chemical energy from food and _____ it into ATP, the compound that provides energy for body functions.
3. In carbohydrate fuel use, glucose is _____ into the three-carbon compound pyruvic acid, yielding some ATP. This is metabolised further via the aerobic pathway to _____ carbon dioxide (CO₂) and water or via the anaerobic pathway to form lactic acid.
4. Anyone who exercises regularly should consume a diet that _____ calorie needs and is moderate to high in carbohydrates and fluid and adequate in other nutrients such as iron and calcium.
5. Athletes should consume enough fluid to both minimise loss of body weight and ultimately _____ pre-exercise weight. Sports-drinks help _____ fluid, electrolytes, and carbohydrates lost during workouts. Their use is essentially appropriate when continuous activity lasts beyond 60minutes.
6. Plenty of carbohydrates should be in pre-event meal, especially for endurance athletes. High-glycemic-load carbohydrates should be _____ by an athlete within 2 hours after a workout to begin restoration of muscle glycogen stores. Some protein in the meal is also helpful.

Task 2 Passive Voice

Find examples of passive voice in the summary above. Then rewrite the sentences below into passive voice.

1. The athlete consults a nutritionist. The nutritionist
2. The athlete consulted a nutritionist. The nutritionist
3. The athlete has consulted a nutritionist. The nutritionist
4. The athlete should consult a nutritionist. The nutritionist
5. The athlete had to consult a nutritionist. The nutritionist
6. They are designing a new programme. A new programme

(For more practice go to:

<http://www.perfect-english-grammar.com/passive-exercises.html>)

Task 3 Speaking

Consider *caffeine* as a dietary supplement for athletes. What do you know about it? What would you like to learn about it? Ask questions about the issues that you are not completely familiar with.

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(<http://www.rice.edu/~jenky/sports/caffeine.html>)

Task 4 Listening – Coffee Addiction

Listen to a BBC podcast and write down useful vocabulary.

(http://www.bbc.co.uk/worldservice/learningenglish/general/sixminute/2014/05/140522_6min_coffee_addiction.shtml)

Task 5 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)

Task 6 Obesity - 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. *We should let children eat what they like.*

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 7 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 8 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 9 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) Complete the gaps:

You will lose weight if you

She will improve her performance if she

You won’t achieve your fitness goals unless

Task 10 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>)