

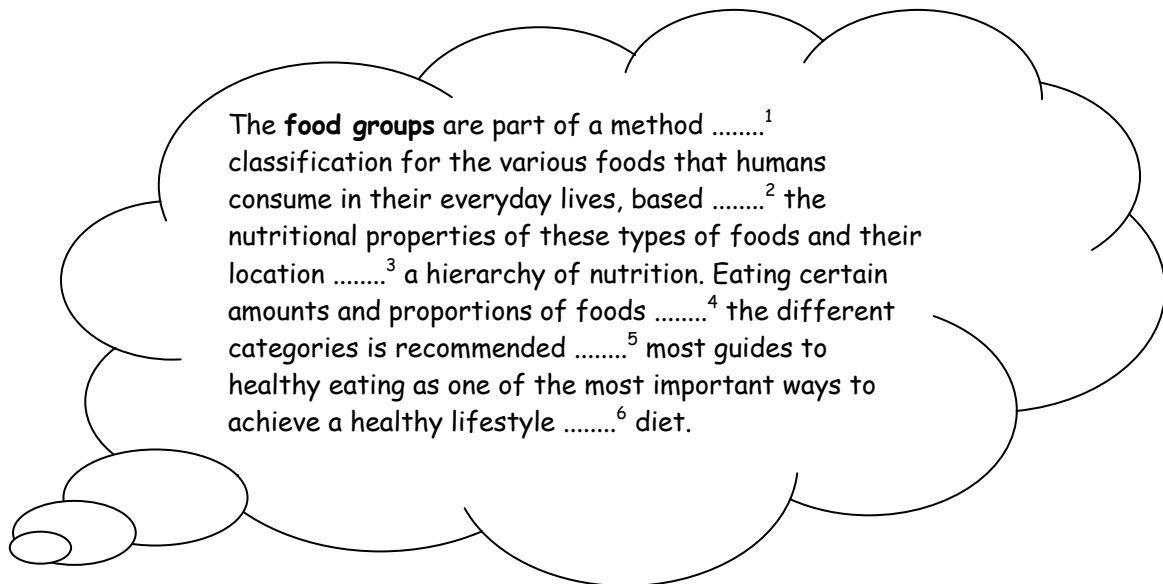
Unit 4 Nutrition

Task 1: Study the words in the columns. Write the correct name of the food group for each column.

1.	2.	3.	4.	5.	6.
pasta, rice, noodles, cracker, couscous bread, pit(t)a, cereals, wheat, corn, millets, oatmeal	cauliflower, onion, lettuce, potato, cucumber, tomato, pepper, beetroot, carrot, garlic, cabbage	plum, pear, pineapple, cherries, currants, apricot, peach, raspberries, strawberries, apple, watermelon	cheese, yogurt, cottage cheese, milkshake, ice cream, soft cheese, sliced cheese, pudding, cream, whipped cream	eggs, lentils, pulses/legumes, nuts, beans, pork, bacon, beef, ham, veal, mutton, lamb, duck, goose, salmon, mackerel	butter, lard, margarine, cooking oil, cream, chocolate, biscuits, cakes, sweets, crisps, chips, fizzy drinks

Task 2: Work in pairs. Describe at least two words from each food group. The other will try to guess which words you meant. Then switch roles.

Task 3: Read the introductory paragraph about food groups. Complete the correct prepositions.



Task 4: Reading: Divide into two groups. Group A will read the first 3 paragraphs (grain groups; vegetables; fruits). Group B will read the rest (dairy products; meat; fats, oils and sugars).

Comprehension questions:

1. How can each food group be defined?
2. What substances (e.g. vitamins, minerals, etc.) does each food group contain?
3. What quantity of each food group should be consumed every day?

Grain products include foods derived from cereal crops. Grains supply food energy in the form of starch, and are also a source of protein. Whole grains contain dietary fibre, essential fatty acids, and other important nutrients. Milled grains, though more palatable, have many nutrients removed in the milling process and thus are not as highly recommended as whole grains. Whole grains can be found especially in oatmeal, brown rice, corn tortillas and whole wheat bread. 5-12 servings of grain products are recommended per day.

A **vegetable** is a part of a plant consumed by humans that is not considered grain, fruit, nut, spice, or herb, i.e. the stem, root, flower, etc. Vegetables contain many vitamins and minerals, for example, green vegetables typically contain vitamin C, dark orange and dark green vegetables contain vitamin A, and vegetables like broccoli and related plants contain iron and calcium. Vegetables are very low in fats and salt, but cooking can often add these sometimes unwanted nutrients. The vegetable food group is sometimes combined with the fruit food group. It is optimal to consume 3-5 servings of vegetables in a day.

Fruits are the seed-bearing parts of plants. Fruits are low in fats, and a source of natural sugars, fiber and vitamins. Processing fruits when canning or making into juices unfortunately often adds sugars and removes nutrients; therefore fresh fruit or canned fruit packed in juice rather than syrup is recommended. The fruit food group is sometimes combined with the vegetable food group. It is best to consume 2-4 servings of fruit in a day.

Dairy products are produced from the milk of mammals, most usually but not exclusively cattle. They are the best source for the mineral calcium, but also provide protein, phosphorus, vitamin A, and in fortified milk, vitamin D. However, many dairy products are high in fat, which is why skimmed products are available as an alternative. For adults, 2-4 servings of dairy products are recommended per day. In youths, pregnant women, or breastfeeding women, 3-4 servings are recommended, while in children under 9, 2-3 servings are recommended.

Meat is the tissue - usually muscle - of an animal consumed by humans. Since most parts of many types of animals are edible, there is a vast variety of meats. Meat is a major source of protein, as well as iron, zinc, and vitamin B. However, since many of these nutrients can also be found in foods like eggs, dry beans and nuts, such foods are typically placed in the same category as meats, as **meat alternatives**. Although meats and alternatives do provide energy and nutrients, they are often high in fat, and can be high in sodium. 2-3 servings per day of meat or alternatives are recommended. For those who are ethically opposed to consuming meat or animal products, meat analogues such as tofu are available to fill this nutritional niche.

Fats, oils, and sugars is the designation given to those foods that do not fit into any of the previous nutritional categories. Salad dressings, butter, lard and mayonnaise all fall under the category of fats and oils, while candies and sweets fall under the sugars category. They provide calories, usually without any other vitamins or nutrients. However, they are not entirely bad, and must be consumed in moderation.

Translation: Read the same paragraphs again. Find the following expressions in the text.

Group A

obilí, obilniny

zdroj proteinu

vláknina

semleté zrna

chutnější

celé zrna

široká škála

nežádoucí živiny

zpracování ovoce

kompot,

zavařenina

Group B

obohacený

odstředěné výrobky

kojící

požitelný, jedlý

odřezávání

negativní účinek

obdoby masa

bonbóny,

cukrovinky

sladkosti, cukroví

s mírou

Task 5

Food - vocabulary

Match words from the box with the words below to create meaningful phrases.

diet fruit eating meal salad food meat weight

lose / reduce/ put on / gain _____

a balanced / a healthy / an adequate/ a special / a poor/ a slimming/ a weight-loss

healthy / nutritious / organic / fresh / junk / fast/ convenience / GM _____

a light / a heavy / a big / a nourishing / a lovely / our main _____

ripe / tropical / rotten / tinned _____

white / red/ lean / fatty / raw / bad / frozen _____

a potato / a green / a fruit / a side _____

comfort / binge / _____ / disorder

