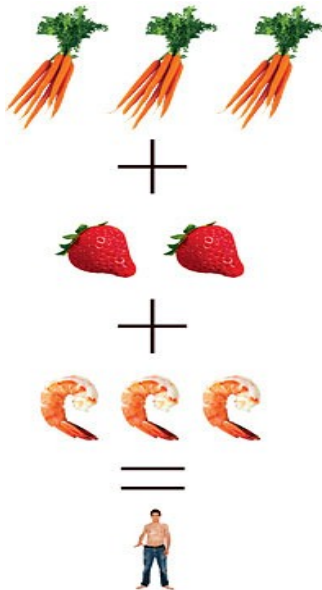


DIET AND AGE



Look at the picture. What did the author want to say by it?

What are your eating habits?

Do you think you eat healthily?

What are the principles of a good diet?

Is there too much fuss about nutrition these days or is it really important?

Reading 1 - WHAT DO WE MEAN BY NUTRITION?

Complete the correct prepositions: as, by, for, in, into, of, on

Nutrition is the science of food 1. _____ relation to health. It has evolved from interest 2. _____ clinical diseases caused 3. _____ single nutrient deficiencies such 4. _____ scurvy (lack of vitamin C) and from studies involving cardiac problems, diabetes and many others. Nowadays the focus 5. _____ nutrition is based 6. _____ a new definition of health as 'prevention of disease in which nutrition plays a key role'. The word 'nutrient' is a broad term to describe all dietary substances used 7. _____ the body to ensure normal development and maintain good health. The term, however, can be divided 8. _____ two distinct groups of dietary components:

macronutrients - macronutrients are those nutrients that together provide the vast majority of metabolic energy to an organism. The three main macronutrients are carbohydrates, proteins, and fat. Others include alcohol and organic acids.

micronutrients - micronutrients are essential elements needed for life in small quantities. They include microminerals and vitamins.

So what is the dietary contribution to both a long and healthy life?

Enjoyment

Eating is not just for nourishment, it is one of life's great pleasures. A food will not do anyone any good unless it is eaten. All five senses contribute to the eating experience.

Taste and Pleasure

Taste - Sweet, sour, salt, bitter (umami-meat flavour)

Smell - Integrated with taste - smoky, spicy, fruity, sweet

Sight - Expectation - colour, size, shape, appearance

Touch - Lips, mouth and throat feel - firm, moist, smooth

Sound - The noise of food being eaten or cooked - crunchy, sizzling

Food also contributes to our enjoyment from a social point of view. Sharing a meal is a great way to relax and strengthen social bonds. Food also plays a part in our cultural identity. Traditional dishes, meals and festive foods vary between countries, regions and religions.

Variety

Apart from human milk for infants, no single food provides all the nutrients required by the human body. Each food or dish contains a different mix of nutrients, and it is the way foods are combined to make up the whole diet that is important. The differences in food habits between nations demonstrate that there are many routes to a healthy food mix.

Eat the right amount

It is now believed that increasingly sedentary lifestyles are making it harder for people to control their weight. Taking action to increase physical activity is the key, as this boosts calorie needs, making it easier to eat the 'right' amount of food.

(www.iwant2bhealthy.com/youths/nutrition/nutritional_needs/basics.shtml)

Answer the questions.

1. Define the term "nutrition".
2. Why was the science formed?
3. What is a "nutrient"?
4. How do we divide nutrients?
5. What are the five senses?
6. Why should we eat variety of food?
7. Why is it difficult today to control our weight and what should we do?

Find the English equivalent to these Czech expressions.

<i>ve spojení s/s ohledem na</i>	<i>pevný</i>
<i>nedostatek živin</i>	<i>vlhký</i>
<i>kurděje</i>	<i>jemný/vláčný</i>
<i>soustředění/zaměření se na</i>	<i>křupavý</i>
<i>udržet si dobré zdraví</i>	<i>rozpálený/žhoucí</i>
<i>kyselý</i>	<i>posílit/upevnit společenské vazby</i>
<i>hořký</i>	<i>usedlý/sedavý životní styl</i>
<i>chuť masa</i>	<i>zvýšit spotřebu kalorií</i>
<i>kořeněný</i>	

Reading 2 - DIET THROUGHOUT LIFE

Go quickly through the article and decide whether the sentences below are true or false.

1. During the first 6 months of life infants should only have breast milk.
2. Vitamin supplements are not recommended for children.
3. The only source of calcium for children are dairy products.
4. Teenagers often suffer from low intake of protein.
5. The sufficient intake of calcium in younger age can prevent diseases like osteoporosis in older age.
6. Adults usually put on their weight because of their lifestyle.
7. Old people shouldn't try to be independent, they should ask for help when doing basic daily activities.

Infants: During the first 4 - 6 months of life, infants need only breast milk or formula to meet all their nutritional needs. Breast milk is the recommended feeding method for the first 6 months of life although a fortified formula can adequately meet an infant's needs.

Older children: Throughout childhood and adolescence, it is important that the diet include a variety of foods for proper development. After the age of 2, it is recommended that the diet be moderately low in fat, as diets high in fat may contribute to heart disease, obesity, and other health problems later in life. In areas where water is not fluoridated, fluoride supplementation is recommended. Healthy children should get all their nutrients from foods rather than vitamin supplements. The nutrients that are most likely to be deficient in a child's diet are calcium, iron, vitamin C, vitamin A, folic acid, and vitamin B-6. Children who consume little or no dairy products are at particular risk for calcium deficiency that can interfere with bone growth and development. Foods that are good sources of calcium include low-fat or non-fat milk, yogurt, and cheeses. Other foods such as broccoli, cooked greens, and canned salmon (with bones) will also provide a source of calcium in the diet, however it is often difficult to get children to consume adequate quantities of these foods.

Teenagers: Whatever your age, it's important to have a healthy balanced diet. This is particularly true when you are a teenager, because your body needs good supplies of energy and nutrients to support this period of dramatic growth. Teenagers need slightly more carbohydrate than adults because their energy needs are greater. Protein is essential for growth, repair and as a secondary source of energy. In Western countries most people eat more protein than they really need since many foods are very rich in it. A very important mineral is calcium. This is vital for the development of strong bones and teeth, so teenagers need more than adults. It is also essential for muscle contraction, blood clotting and conducting impulses along nerves. Calcium deficiency can lead to osteoporosis in later life - brittle bones and slumped posture. Adolescent girls will have increased iron needs due to menstrual losses.

Adults: As you age, your lifestyle may be less active; you may sit more and perform less vigorous exercises or physical labor. Also, your body's metabolism may be less efficient or slower. These lifestyle and metabolism changes may cause weight gain and less efficient absorption of nutrients. Select more nutrient-dense foods with lower amounts of

fat and sugar. Most adults don't eat enough fibre. An increase in fibre should also go along with an increased fluid intake. Fibre is found in cereal foods, beans, lentils, fruit and vegetables. It comes in two forms, soluble fibre and insoluble fibre. Soluble fibre helps reduce blood cholesterol levels. Insoluble fibre acts as a bulking agent, so it helps prevent constipation and keeps the large intestines healthy.

Old: Good nutrition in the later years can help lessen the effects of diseases or improve the quality of life in people who have some diseases. They include osteoporosis, obesity, high blood pressure, diabetes, heart disease, certain cancers, gastrointestinal problems, and chronic undernutrition. Studies show that a good diet in later years helps both in reducing the risk of these diseases and in managing the diseases' signs and symptoms. This contributes to a higher quality of life, enabling older people to maintain their independence by continuing to perform basic daily activities. Poor nutrition, on the other hand, can prolong recovery from illnesses.

www.iwant2bhealthy.com/youths/nutrition/nutritional_needs/basics.shtml

Vocabulary exercise

Fill in the underlined words from the text above into the sentences

physical labour	slumped	difficult to get	fluid intake
prolong the recovery		contribute	supplements
lead to	undernutrition	brittle bones	
maintain independence		insoluble fibre	constipation
soluble fibre	nutrient-dense	supply	

1. He leads a sedentary life, sitting _____ in front of the television all the time.
2. All women were given zinc _____ during pregnancy.
3. _____ is what happens when the body does not get the nutrients it needs.
4. Daily _____ should match output plus other losses.
5. Depression can _____ from certain medical illness.
6. Keeping healthy and physically strong are very important to being able to _____.
7. A potato is a _____ carbohydrate.
8. Vine fruits (currants, sultanas and raisins) are a good _____ of immediate energy.
9. Oats, fruit, vegetables and pulses (beans, lentils, chickpeas) are a good source of _____.
10. _____ can be a problem among hemiplegic patients, especially if they over-eat while they are doing less physical activity than normal.
11. Wholegrain cereals and wholemeal bread are good sources of _____.
12. _____ is a condition that affects all older people to some degree and that's why they break their bones so easily.

13. High cholesterol levels are associated with atherosclerosis which can _____ a heart attack.
14. There are a lot of women doing heavy _____ which should legally be carried out by men.
15. Sugar may _____ excess food consumption and obesity
16. It was _____ her to fly again.

Discussion

Version A:

In groups prepare the healthiest daily menu for these people:

- 1st group - 3 years old boy/girl
- 2nd group - 14 years old boy/girl
- 3rd group - 40 years old man/woman
- 4th group - 70 years old man/woman

Present your menu to the other groups.

Version B:

In groups prepare the healthiest daily menu for a 14 years old girl.

In pairs (each student from a different group) persuade your partner that your menu is better than his/hers.