

## Unit 5 Revision – Food and Nutrition

### 1 Underline the odd one out in each group.

1 **carbohydrates:** honey chocolate chips ~~banana~~

2 **fats:** cheese ~~pasta~~ milk oil

3 **proteins:** egg chicken ~~bread~~ tofu

4 **vegetables:** potato ~~banana~~ tomato carrot

5 **fruit:** pineapple ~~tomato~~ papaya apple

6 **minerals:** zinc calcium iron ~~rice~~

### 2 Choose the correct words in italics.

7 I sometimes add **a little** / *a lot* / *any* chilli powder to our dishes as my children love spicy food.

8 ‘Do you eat soya products?’ ‘No, not *a little* / **much** / **many**.’

9 Please have *a* / **some** / *any* cheese – it’s come all the way from France.

10 Do they have *a* / *some* / **any** butter? We need some to make the cookies.

11 There **isn’t** *some* / **much** / *many* salt in this dish, is there?

12 You seem to eat *a little* / **a lot** / *some* **of** tropical fruit.

13 That’s too sweet for me – there’s **too** *lot* / **much** / *many* honey.

14 I try not to eat *a little* / *much* / **any** dairy products – I’m allergic to them.

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2 As <sup>1</sup> *a/an* diabetic I don’t eat <sup>2</sup> *much/many* meat and I also don’t eat too <sup>3</sup> *many/much* dairy products. What I really like is chocolate, but I have to be careful. Sometimes I have <sup>4</sup> *a/an/some* bar of chocolate as a special treat. Last week was my birthday and my grandchildren bought me <sup>5</sup> *a/an/some* Belgian chocolates, which were delicious.

3 My children are quite fussy and I generally don’t cook <sup>1</sup> *any/some* food that they don’t like. We don’t eat <sup>2</sup> *any/some* shellfish, but we do eat fish – I had <sup>3</sup> *some/a/an* salmon for lunch today which was really tasty. I enjoy making vegetarian sushi. I also cook with <sup>5</sup> *a lot of/not any* grains and tofu for the protein.

3 Read this food journal and complete the sentences with the words in the box.

balanced calorie intake fibre portion skips snacks

Food Journal: Kevin Baker		
Tuesday	Time	Typical food intake
Breakfast	7:30	nothing
Mid morning	11:00	large milky coffee, 2 chocolate muffins, banana
Lunch	13:30	steak, chips, cake, large coke, 2 cups of strong coffee
Mid afternoon	15:00	2 cups of coffee, chocolate bar
Dinner	21:00	pasta and meat sauce, white bread roll and butter, ice cream, fizzy drink
Evening	23:30	1 cup of coffee, ½ packet of biscuits

- 15 The patient’s diet is not very **balanced**.
- 16 His **calorie intake** is very high and most of the calories come from fat and sugar sources.
- 17 He only eats one **portion** of fruit a day and no vegetables (except potatoes).
- 18 The patient often **snacks** on foods that are high in fat.
- 19 He **skips** the most important meal of the day – breakfast.
- 20 The patient should eat more **fibre** and include five portions of fruit and vegetables in his diet. He should also reduce the amount of coffee he drinks.

4 Complete these sentences with the words in the box. You do not need all the words.

adverse antibodies harmful immune reactions skin

- 21 An allergy is a(n) **adverse** reaction to a food.
- 22 Children often experience strong allergic **reactions** to peanuts.
- 23 A food allergy occurs when your body thinks that a food is **harmful**.
- 24 Your **immune** system helps protect the body against disease.
- 25 Vitamins are necessary for your bones, teeth and **skin**.

5 Rewrite these suggestions. Use the words and phrases in brackets.

- 26 You should give up smoking if you are pregnant, according to government advice.  
It is advisable to give up smoking if you are ... (advisable)
- 27 You should drink lots of water. (important)  
It is important to drink lots of water.
- 28 If you don’t like meat, you should eat fish to increase your protein intake. (why don’t you)  
If you don’t like meat, why don’t you eat fish to increase ...
- 29 You shouldn’t include so many high-calorie snacks in your diet. (advisable)  
It is not advisable to include ...

30 You should join the local gym with a friend. (can I suggest)  
Can I suggest you join the local gym ...

### Healthy diet and lifestyle – oral exam topics



pyramid for a healthy diet  
food groups – why important, where found  
balanced diet  
weight, BMI  
food allergies  
glucose levels and diabetes  
exercise vs. sedentary lifestyle  
what exercise you do, with whom etc.

### Unit 6 Revision – Personal care

1 Write the words in the box in the correct group.

bed pan    deodorant    hairbrush    mirror    pyjamas    shaving cream shower chair    toothpaste    urinal bottle    washcloth
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**Washing:** (1) shower chair (2) washcloth

**Grooming:** (3) deodorant (4) hairbrush (5) mirror (6) shaving cream

**Oral hygiene:** (7) toothpaste

**Dressing:** (8) pyjamas

**Toileting:** (9) urinal bottle (10) bed pan

2 Choose the correct words in *italics*.

**Nurse:** Do you need **help** (11) *going to get* / **getting** ready today, David?

**David:** Thank you, Nurse Carter. Could you give me a hand shaving, please? I can't hold the razor **without** (12) *going to shake* / **shaking**. It's very difficult.

**Nurse:** No problem. I (13) **am going to get** / *getting* a washbowl and shaving cream and we can start.

**David:** Before that, can you help me to the toilet, please? I **hate** (14) *used* / **using** the urinal bottle.

**Nurse:** Yes, of course.

**David:** Thank you. I'm so (15) *embarrassed* / **embarrassing**!

**Nurse:** There is no need to feel (16) *ashame* / **ashamed**, David. Most patients find the situation difficult.

**David:** I (17) **am going to find** / *finding* my stick. OK, here it is.

**Nurse:** Do you need any **help** (18) *going to get* / **getting** onto the toilet seat?

**-ing/-ed adjectives**

I went to the cinema last night.

The film was boring. I was bored.

The film was depressing. I was depressed.

The film was interesting. I was interested (in...).

The film was amusing. I was amused.

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- 7 Look at the pairs of adjectives in the box. The adjective ending in *-ed* describes the patient's feeling and the adjective in *-ing* describes the situation. Complete these sentences with an appropriate adjective in the box.

depressing / depressed

embarrassing / embarrassed

frustrating / frustrated

humiliating / humiliated

- 1 Shaminder thinks it is \_\_\_\_\_ when other people see him eat with a spoon.
- 2 He feels \_\_\_\_\_ that he can't eat normally.
- 3 Sheila feels \_\_\_\_\_ because she can't wash her hair by herself.
- 4 Josh feels \_\_\_\_\_ because of the chemotherapy.
- 5 It is \_\_\_\_\_ for patients when they find they can't do everyday things.
- 6 For many people, it can be \_\_\_\_\_ if they can't have some privacy to get dressed or even brush their teeth.

**3 Match sentences 19–24 to language functions a–f.**

- 19 I'll pull the curtain round your bed. c  
20 What do you need help with this morning, Peter? e  
21 P: Thanks but I want to try and do everything by myself today. f  
22 Don't be embarrassed, Mr Lorenz – it can happen to anyone. b  
23 I can see it's difficult for you. a  
24 P: I need help getting to the toilet, please. d

- a showing empathy  
b reassuring the patient  
c respecting the patient's privacy  
d making a request for help  
e offering assistance/help  
f refusing help

**4 Choose the correct answer, A, B or C.**

- 25 First, I prepare my equipment: I wash my hands and then I put on \_\_\_\_\_.  
A antibiotics      B dressing      **C disposable gloves**
- 26 Next, I remove the old \_\_\_\_\_ from the wound and dispose of it immediately in the bin.  
A tape      **B dressing**      C sutures
- 27 After that, I check the wound carefully for any \_\_\_\_\_ or a bad odour, changes in colour, redness or swelling.  
**A pus**      B wound      C dressing
- 28 If the wound looks clean and healthy and the \_\_\_\_\_ are beginning to join up, I know that it is healing.  
A wounds      B sutures      **C edges**
- 29 I can then clean it with \_\_\_\_\_ and use a piece of cotton wool to dry the wound.  
**A saline solution**      B antibiotics      C dressing
- 30 Finally, I put a new dressing on the wound and secure it with \_\_\_\_\_.  
A sutures      **B tape**      C cotton wool

**Personal Care – Oral exam topic**





hygiene, toiletries

patients – independent, need help *doing* something  
activities of daily living (ADLs)

(bathing, showering, dressing, grooming, oral  
hygiene, toileting)

### Homework for May 21

Prepare a 2-minute talk on the following oral exam topics. You will find the pictures in Study Materials in the IS (Oral Exam Part 2).

Pain – headache, chest pain

Taking vital signs

Alternative treatment