

## Unit 5 – Key

### Nutrition

1

1 fats, oils, sweets

2 meat, fish, dairy products, beans, eggs

3 fruit and vegetables

4 potatoes, rice, cereal, pasta, bread

2

1 energy

2 build

3 digest

4 bones

5 fight

6 repair

7 skin

3

### Suggested answers

**Countable:** some sweets, some crisps, some sausages, a yoghurt, a chicken, some nuts, some eggs, some peppers, some carrots, some tomatoes, a lettuce, a cucumber, an aubergine, some mushrooms, an orange, an apple, a bunch of bananas, a pineapple, some grapes, some potatoes, some biscuits

**Uncountable:** some olive oil, some chocolate, some fish, a glass of milk, some cheese, some bacon, some broccoli, a bunch of celery, some rice, some pasta, some cereal, some bread

4

a 3

b 4

c 1

d 2

5

1 1 a 2 any

3 a lot of

4 much

5 a lot of

2 1 a 2 much

3 many

4 a

5 some

3 1 any 2 any

3 some

4 a lot of

4 1 an 2 much

3 any

4 any

5 a lot

### Nutritional status

1

1 underweight

2 overweight

3 obese

2

a 22.4

b peanuts

c last night, 10pm, bowl of soup and toast

3

1 slightly underweight

2 gain weight

3 normal weight

4 doesn't eat enough

5

**Suggested answer**

**Assessment and advice:** Bad points: calorie intake is very low; it's not a balanced diet; lacks sufficient protein, carbohydrates and fibre; he's skipping breakfast (after eight to ten hours without food, the body needs energy); he drinks too much coffee

**Good points:** brown bread is a good source of fibre; he eats three portions of fruit and vegetables a day; his only snack was a piece of fruit

6

1 intake      2 balanced      3 lack      4 skipping      5 energy      6 source  
7 snack

7

nurse  
fruit/vegetables/yoghurts/avocados

8

- 1 Her calorie intake is very high and most of the calories come from fat and sugar sources or complex carbohydrates.
- 2 She has a very unbalanced diet. She eats too many high-calorie and high-fat foods and sugary, carbonated drinks. Her servings are also larger than average. She does eat three portions of fruit but no vegetables (except potatoes in the form of chips). Her diet also lacks sufficient protein.
- 3 The patient often snacks on high-calorie and high-fat foods. Her calorie intake for these snacks is also very high.
- 4 She skips breakfast which is the most important meal of the day.
- 5 She lacks sufficient fibre in her diet.
- 6 The patient should eat more fibre, vegetables and protein.

**Food allergies and intolerances**

2

1 c    2 a    3 d    4 b

3

1 adverse    2 immune system    3 harmful    4 antibodies

4

**Most common food allergies:** fish, shellfish, peanuts, milk, eggs, wheat, nuts, soy

**Symptoms:** tingling sensation in the mouth, rash, swelling, eczema, abdominal cramps, diarrhoea, vomiting, swelling of the tongue and throat, wheezing, breathing difficulties, fall in blood pressure, loss of consciousness, death

## 7, 8

- 1 Diabetes is a condition where the body is unable to produce glucose, a sugar which the body uses for energy. The body has a very high blood sugar. The level of glucose is usually controlled by the hormone insulin.
- 2 Type 1 diabetes is caused when the pancreas doesn't create enough insulin. Type 2 diabetes is caused because the body is not able to respond to the insulin in the body.
- 3 Type 1 diabetes can be controlled with insulin. Type 2 diabetes can be controlled with diet and exercise.

## 9

- a screen      b finger      c drop of blood, lancet  
d test strip    e plaster      f glucometer      g blood glucose chart

## 10

- 1 the patient's blood sugar level
- 2 top of the finger (any)
- 3 test strip
- 4 106, this shows the level of glucose in the blood

## Advice on diet

### 1

- 1 can            2 carton            3 glass            4 tablespoon            5 packet  
6 slice            7 piece            8 stick            9 bottle            10 segment

### 2

slice, segment, portion, carton, stick, a lot of, packet

### 3

- 1 Eat five portions of fruit and vegetables a day.
- 2 one apple, fourteen cherries, two slices of mango, eight segments of canned grapefruit, one tablespoon of raisins, two figs, 150 ml of fruit juice
- 3 three sticks of celery, three tablespoons of cooked/canned/frozen vegetables
- 4 These do not count as a portion of vegetables.
- 5 Be careful of them because they only count as one portion of vegetables and contain a lot of salt and sugar.

### 4

- 1 gain weight, build up her appetite
- 2 improve his diet

3 lose weight/take exercise

**5**

- |                         |   |
|-------------------------|---|
| 1 walking, dog          | E |
| 2 eat, often            | L |
| 3 eating fish           | F |
| 4 exercise, lose weight | E |
| 5 drink, water          | L |

**6**

**Suggested answers**

- 1 It's advisable to only eat red meat once a month, according to government advice.
- 2 It's advisable to eat breakfast: it's the most important meal of the day.
- 3 Why don't you play football with your kids in the park?
- 4 It is important not to drink more than one cup of coffee at night.
- 5 How about going swimming if this is your favourite sport?
- 6 Can I suggest you reduce the number of complex carbohydrates in your diet?