

### 1 What words/terms are defined?

- 1) Inflammation of the appendix
- 2) An eating disorder characterized by binge eating followed by purging
- 3) Medicine stimulating bowel movements
- 4) Deficit of total body water
- 5) A disease of the liver where cells become damaged and replaced by scar tissue
- 6) Structures formed in the gallbladder out of bile components
- 7) Yellowish or greenish pigmentation of the skin and whites of the eyes due to high bilirubin levels
- 8) A sore that develops in the lining of the stomach
- 9) A form of indigestion caused by acid regurgitation into the oesophagus
- 10) Hardened dental plaque

### 2 Complete the text

Urinalysis is the analysis of \_\_\_\_\_. Simple screening tests of urine are done with reagent \_\_\_\_\_ for example Clinistix for the detection of glucose. More detailed tests are carried \_\_\_\_\_ in a laboratory on a \_\_\_\_\_ of urine. Typical is a midstream \_\_\_\_\_ (MSU) and a catheter \_\_\_\_\_ (CSU). Microscopic examination may \_\_\_\_\_ the presence of red blood \_\_\_\_\_, pus cells, or casts. Casts are solid bodies formed by protein or cells. Plus signs are used in case \_\_\_\_\_ to indicate abnormal findings. A small amount (+) is described as a \_\_\_\_\_. For a large amount (+++), the words gross or marked can be used, for example gross haematuria. When there is nothing, the word \_\_\_\_\_ is common.

### 3 Fill in the correct forms

- 1) If dental caries is \_\_\_\_\_ (TREAT), it may cause tooth pain, tooth decay, and tooth loss.
- 2) Plaque is a \_\_\_\_\_ (STICK) substance attaching to the teeth.
- 3) Gold can be used as a \_\_\_\_\_ (RESTORE) material for dental filling.
- 4) Eating \_\_\_\_\_ (FIBRE) foods will enhance your oral hygiene.
- 5) Many TV-stars \_\_\_\_\_ (WHITE) their teeth.
- 6) Unfortunately, the procedure can be very \_\_\_\_\_ (PLEASE).
- 7) The treatment has \_\_\_\_\_ (WEAK) her immune system.
- 8) Bulimia causes vitamin \_\_\_\_\_ (DEFICIENT).
- 9) If you don't take this medicine, the condition will \_\_\_\_\_ (WORSE) over time.
- 10) Alcohol provides no \_\_\_\_\_ (NOURISH) to the body.

### 1 Underline the correct form of the verbs in italics.

Mrs Ramone *admitted / was admitted*<sup>1</sup> to hospital for an operation. She *didn't give / wasn't given*<sup>2</sup> food for eight hours. She *brought / was brought*<sup>3</sup> to theatre at sixteen hundred hours.

She *was prepared / prepared*<sup>4</sup> for theatre. The nurse *was shaved / shaved*<sup>5</sup> the area which was going to *cut / be cut*<sup>6</sup>, and Mrs Ramone *put on / was put on*<sup>7</sup> a theatre gown. Her dentures *removed / were removed*<sup>8</sup>, and her wedding ring taped to her wrist.

### 2 Ken Miah was woken up one night by severe abdominal pains. Read the notes, and write sentences in your notebook to describe his experience using the Passive. You can say who did each action if you want to.

#### EXAMPLE

admit / hospital

*He was admitted to hospital.*

1 give / general anaesthetic

2 perform / appendectomy

3 insert / stitches / wound

4 prescribe / painkillers

5 discharge from hospital

**In this unit**

- nutritional value of different foods
- vitamins and minerals
- diabetes
- giving advice
- body measurements and bmi
- eating disorders

**Body bits****Nutrition**

**1** Work in pairs. Look at the pictures above. Talk about why our body needs the things shown. What does it contain? Which part of the body is it especially good for?

**2** Complete the descriptions of vitamins, minerals, and oils with the words below, and match each one to a picture. Some words are used more than once.

teeth   organs   enzymes   nervous system  
 brain   eyes   skin   immune system  
 blood   muscles   bones   cardiovascular system  
 cells

**Vitamin C** is needed to help the \_\_\_\_\_<sup>1</sup> repair itself when it is cut or damaged. It is found in fruit, especially citrus fruit like oranges and grapefruit.

**The B-vitamins** keep the \_\_\_\_\_<sup>2</sup> healthy and help reduce stress. They are found in foods like wholegrain bread and cereals.

**Vitamin A** keeps the \_\_\_\_\_<sup>3</sup> healthy and is important for good vision. It is found in fatty foods like butter, cheese, whole milk, and yoghurt.

**Vitamin D** is needed for healthy bones and \_\_\_\_\_<sup>4</sup> because it helps the body absorb calcium. Our body makes Vitamin D when our \_\_\_\_\_<sup>5</sup> is exposed to sunlight.

**Calcium** is needed for children's \_\_\_\_\_<sup>6</sup> and teeth to grow. It is found in foods like milk, cheese, and yoghurt.

**Iron** helps your \_\_\_\_\_<sup>7</sup> carry oxygen. If you do not get enough iron, you will be pale and tired and you may get anaemia. Iron is found in red meats, especially liver.

**Zinc** makes your \_\_\_\_\_<sup>8</sup> stronger so that you can fight colds and infections. It is found in shellfish, nuts, and seeds.

**Omega-3** is an essential fatty acid which helps your \_\_\_\_\_<sup>9</sup> function well. It is found in oily fish like mackerel, sardines, salmon, and tuna.

**Protein** builds up, maintains, and replaces the tissues in your body. Your \_\_\_\_\_<sup>10</sup>, your \_\_\_\_\_<sup>11</sup>, and your immune system are made up mostly of protein.

**Carbohydrates** are sugars which are broken down by \_\_\_\_\_<sup>12</sup> then stored in the \_\_\_\_\_<sup>13</sup> as a source of energy. Grain products such as rice, bread, and pasta are sources of carbohydrate.

**Fats** fuel the body and help absorb some vitamins. They are also the building blocks of hormones, and they insulate nervous system tissue in the body. Unsaturated fats, found in oils and nuts, for example, are believed to protect the \_\_\_\_\_<sup>14</sup>.

**Project**

Research two of the following substances, and write about why our body needs them, and what they are found in. Try to use some of the language in *Body bits*.

- Vitamin E
- Vitamin K
- Potassium
- Selenium
- Folic acid

**194 million** people worldwide suffer from diabetes. In the USA, it is the sixth most common cause of death.

## Vocabulary

### Diabetes



1 Discuss with a partner what you know about diabetes.

2 Match these words with their definitions.

- |              |   |
|--------------|---|
| 1 balance    | a taking regular exercise                                       |
| 2 childhood  | b small amounts of food that you eat between meals              |
| 3 diet       | c sugar that the body uses for energy                           |
| 4 glucose    | d the time of your life when you are a child                    |
| 5 active     | e the correct amount of different things                        |
| 6 obesity    | f the type of foods that you usually eat                        |
| 7 overweight | g the condition of being very fat, in a way that is not healthy |
| 8 snacks     | h too heavy and fat   |

3 Put the words into the spaces in this text about diabetes.

Diabetes occurs when your body does not produce enough insulin, a hormone that controls the level of \_\_\_\_\_<sup>1</sup> in the blood. One type of diabetes appears in \_\_\_\_\_<sup>2</sup>, and the other type appears after the age of eighteen.

It is very common for very \_\_\_\_\_<sup>3</sup> people to get diabetes, so the illness is linked to \_\_\_\_\_<sup>4</sup>.

For this reason, it is important to get the right \_\_\_\_\_<sup>5</sup> between food and exercise. It is important to be \_\_\_\_\_<sup>6</sup>, and to eat a healthy \_\_\_\_\_<sup>7</sup>, containing plenty of fruit and vegetables. Nutritionists say \_\_\_\_\_<sup>8</sup> are better than big meals.

## Listening 1

### A diabetic patient

1 Listen to a student nurse discussing a patient with a hospital nutritionist, and answer the questions.

- How long has the patient had diabetes?
- Which type of diabetes does the patient have?
- Is the patient obese?
- What does the patient's 'special machine' do?
- Can the patient eat sugar?
- Why should the patient not have big meals?
- What is hypoglycaemia?

2 Try to complete the missing verbs. Then listen again to check.

- Does he i \_\_\_\_\_ himself with insulin?
- He's o \_\_\_\_\_ a special diet, is he?
- Type one diabetes is not l \_\_\_\_\_ to obesity.
- This patient has a special machine to ch \_\_\_\_\_ levels of glucose ...
- He needs to c \_\_\_\_\_ the calories in his meals ...
- ... he should h \_\_\_\_\_ snacks, not big meals ...

## Reading

1 Do you like fast food? How often do you eat it? Do you think it is addictive?

2 Read the article and decide if these sentences are true (T) or false (F).

- The two girls in the article said fast food is 'nutritious and good for you'. \_\_\_\_\_
- Fast food changed Morgan Spurlock psychologically. \_\_\_\_\_
- The film proved that fast food is good for you. \_\_\_\_\_
- Morgan Spurlock was overweight when he started filming. \_\_\_\_\_
- Morgan Spurlock became a fast food addict. \_\_\_\_\_
- Morgan Spurlock died from liver failure. \_\_\_\_\_