

Unit 7 Digestive system

Task 1

a) **What parts of the digestive system do you know? In pairs, write down as many as possible.**

b) **Order these steps in the process of digestion by numbering them 1-7.**

- a. Salivary glands in the mouth produce enzymes. ____
- b. Digestive juices which include powerful acid attack food in the stomach. ____
- c. When the food is in the small intestine, juices from the pancreas and bile from the gall bladder dissolve undigested fat. ____
- d. Food, in a liquid paste form, enters the colon where it removes water. ____
- e. Bowel movement expels faeces. ____
- f. The first swallow starts the muscle action and pushes food through oesophagus. ____
- g. The food, now in a semi-solid state, slowly empties into the small intestine. ____

Task 2 Listening

(How the food you eat affects your brain: <https://www.youtube.com/watch?v=xyQY8a-ng6g>) Play 0:01 – 3:00

Discuss: What kind of diet do you consider to be the healthiest?

Watch the video and answer the questions:

- What is the brain matter made up of?
- Why are omega 3 and 6 superstars among fats? What food can we get them from?
What are the bad fats?
- How do amino acids affect us?
- How can we prevent mood swings?
- Give examples of micronutrients. Why are they useful? What happens if there is a deficiency?

After you watch:

Do you understand the collocations? Use them in sentences.

to compromise health susceptible to disease mental decline trace amounts
cognitive development

Task 3 Case study

Read the case history and answer the questions.

1. What signs and symptoms made Mrs Jobarti realize that she had a problem?
2. What treatment did the healer give her?
3. What did the doctor recommend?
4. What happened to Mrs Jobarti's stool samples?

Speaking

Discussing a case history

- 1 Read this case history of a woman who died from colon cancer because she did not get medical treatment early enough.

Mrs Jobarti was an immigrant who spoke very little of the language of the country she lived in. She was a shy woman who was not well-educated and came from a culture and a generation of women who do not communicate easily with men about personal matters.

She was suffering frequent abdominal pains and one day she noticed blood in her stools. However, she was afraid of the 'foreign' doctors at her local clinic and was too embarrassed to talk to them about bowel habits. She visited a local healer from her own country who told Mrs Jobarti that she had a potentially fatal illness, but encouraged her to stay away from 'Western' medicine, gave her herbal preparations, and performed a healing ceremony.

Finally, Mrs Jobarti found the courage to go to a doctor. The patient and the doctor (a man) did not understand each other and the doctor, who did not use an interpreter, briefly examined her, took a sample of her blood, prescribed laxatives, and recommended a change in diet.

The blood test was negative, but Mrs Jobarti's symptoms got worse over the next six months. She was eventually referred to a local hospital. There was a very long waiting list to see a specialist and the hospital did not make her a priority. Mrs Jobarti did not make a fuss, but suffered in silence. Samples of her stools got lost in Pathology. She had to repeat the tests and it was another four months before she was diagnosed with advanced colon cancer. It was too late to do anything and she died within a month.

- 2 Think about the factors that contributed to the delay in getting treatment. Who or what was most to blame? Put these things into what you think is their order of importance.
 - the culture she was living in
 - the doctor
 - the healer
 - the hospital
 - the patient herself
 - the patient's culture
 - the patient's husband
- 3 Explain and discuss reasons for your choices to a partner and then discuss them with the rest of the class.

Speaking – Useful phrases.

Complete the phrases with the words given.

Expressing opinion

in far way would say point seems

I think that/ I would _____ that ...

It _____ to me that ...

I'd like to _____ out...

The _____ I see it is that ...

I'm convinced that ...

As _____ as I am concerned...

_____ my opinion/experience...

If you ask me, I _____ say that ...

Clarifying your ideas

trying make was talking let

What I'm _____ about is ...

What I (really) meant _____ ...

What I was _____ to say was ...

Sorry, _____ me explain it again.

Sorry, I obviously didn't _____ myself clear, what I wanted to say was ...

Agreeing

so about point more be

I totally/fully/partly agree

I couldn't agree _____.

There is no doubt _____ it.

Exactly. You have a very good _____ here.

I think _____ too.

Yes, definitely.

You may/could _____ right but

Disagreeing

say think sure case serious so mean up

I don't think _____.

But don't you _____ that...?

I see what you _____, but...

That's not always the _____.

I suppose so, but...

I'm not so _____ about that.

I wouldn't _____ that.

I agree _____ to a point, but...

You can't be _____! Rubbish!/Nonsense!

Task 4 Word formation

a) Give examples of nouns with the following suffixes:

-er/-or:

-er and -ee:

-(t)ion/-sion:

-ition/-ation:

-ness:

-ment:

-ity:

-ance/-ence:

-y:

b) Form noun from the verbs:

free	choose	grow	know	laugh	lose
marry	please	sell	speak	think	friend
appear	behave	constipate			

c) Form nouns from the following verbs, then fill the gaps in the exercise below with suitable forms of the words.

absorb, consume, contract, convert, detoxify, eliminate, expand, ingest, secrete, stimulate

2 Complete the sentences with the correct form of words from 1.

- 1 The sight, smell, and taste of food _____ glands to produce saliva.
- 2 A major role of the digestion process is the _____ of waste from the body.
- 3 Food is _____ through the mouth.
- 4 The pancreas is involved in the _____ of enzymes that break down food molecules.
- 5 Nutrition is when the body _____ food substances into energy.
- 6 The digestive system breaks down food and transports it for _____ and defecation.
- 7 The muscles in the oesophagus make wave-like _____ which push the food along.
- 8 Too much _____ of certain foods can overload the digestive system.
- 9 The stomach can _____ as it fills with undigested food.
- 10 Digested products travel to the liver, which _____ blood of harmful substances.

Task 5 What do you call...?

- runny (liquid) faeces
- a type of indigestion, the burning sensation eases by eating baking soda (sodium bicarbonate)
- the feeling of being sick, sometimes involves vomiting
- a feeling of cold, with shivering
- being tired, exhausted
- pills that stimulate bowel movements
- eating too much at once, usually junk food
- the condition of being unable to get rid of waste material from the bowels easily