



The Goods

on Nutrition: **lesson 1**

Eat to Live



Vocabulary List

Reference Notes

alternative – *n.* something available in place of another.

anemia – *n.* a blood disorder characterized by a deficiency in the number of red blood cells.

calcium – *n.* a mineral essential for building and maintaining strong, healthy bones and teeth.

dairy product – *n.* food/drink made from milk or milk products.

fatty acid – *n.* a main component of fat.

folic acid – *n.* a vitamin in the B12 complex that is essential for cell growth and reproduction in the human body.

intake – *n.* the amount of food or drink ingested.

lean in content – *idiom.* containing little or no fat, as in meat with the fat trimmed off.

macular degeneration – *n.* a condition affecting central eye sight that can be caused by a lack of folic acid in the diet.

neural tube defect – *n.* a congenital malformation involving an abnormality in the brain or spinal column caused by complications occurring during the development of an embryo.

regime – *n.* a systematic procedure.

serving – *n.* a specific measured amount of food recommended by nutritionists.

substitute – *n.* replacement; something that takes the place of something else.

vitamin – *n.* any of a group of organic compounds which are essential for normal growth and nutrition.

Reading



The Goods on Nutrition: Eat to Live

Healthy eating is an essential part of a well-balanced lifestyle. We need good food to fuel our bodies so that we can be active, happy and free of illness. The problem is that many of us do not understand what healthy eating means. Almost each and every food guide and health magazine publishes articles offering a wealth of information on what to eat, how much to eat and why it is good for us. Eating correctly can result in excellent health.

Air, sun and water are necessary to all life, which tells us exactly how important water is in our diet. A good way to keep track of our water **intake** is to start the day by drinking a big glass of water. Then drink six to eight more glasses throughout the day. Some people drink water-**substitutes**, e.g. soda or cola, but plain water is best.

The old expression says "an apple a day keeps the doctor away", but we need more than an apple. Grains, fruits and vegetables all are important parts of our diet. We need five to 12 **servings** of grains and five to 10 servings of fruits and/or vegetables a day.

One serving of grains may be a single slice of bread, half a bagel, half a cup of noodles or pasta, or a small bowl of rice or cereal. The exact amount depends on our age, sex and body size. Because pasta often is served in large amounts, the average person eats roughly three to four servings of pasta in a single meal!

One fruit serving may consist of one small apple, half a glass of juice or a side salad. It is usually safe to eat more vegetables because they are packed with **vitamins** and are low in fat. The more colorful the vegetable, the better it is for you. Spinach, which is dark green, contains iron and **folic acid** and helps prevent **anemia** and **neural tube defects** in babies. Researchers are finding that it may even help prevent **macular degeneration**, which causes blindness.

35 We also need two to four servings of **dairy products**, which have the added bonus of a boost of **calcium**, plus two to three servings of meat or meat **alternatives** per day. It is recommended that we choose low-fat dairy products and meats that are **lean in content**.

40 North Americans are becoming increasingly overweight, so limiting the amount of unnecessary fat in our diets is a good idea. However, that does not mean that all fat is bad. Salmon, for instance, contains good **fatty acids** necessary for maintaining strong bones, healthy hair and good skin. Fish is a great source of good fat and protein.

45 According to the 80-20 rule introduced in *Healthwise Handbook*, it shouldn't be a problem for a generally healthy person who makes healthy eating choices 80 per cent of the time to eat high-fat or high-calorie foods the remaining 20 per cent of the time. This may be a relief to the fast-food generation. However, our best bet is to eat a variety of foods, stick to dark colored vegetables and keep up a good exercise **regime**. After all, we do eat to live rather than live to eat!



Vocabulary Exercise

Fill-in-the-Blank – complete each sentence with the correct word suggested in the list. You may have to change the word form to fit the sentence.

**anemia calcium dairy product lean in content degeneration
folic acid alternative low-fat serving vitamin defect**

1. David is overweight; his doctor recommends that he stick to dairy products which are _____.
2. A person with _____ often feels tired and appears pale because of the lack of iron in their diet.
3. Eggs, milk and tofu are considered healthy meat _____.
4. It is very important to eat lots of vegetables because they are rich in _____.
5. People often are not sure what constitutes a proper _____ size for each food group as recommended by doctors and nutritionists.
6. Cheese is considered both a _____ and a meat alternative.
7. To build strong bones, children need to eat foods that contain plenty of _____.
8. When shopping at the supermarket, choose meats that are _____ to help maintain a healthy diet.
9. Dark, leafy vegetables contain high amounts of iron and _____.
10. Eating a healthy diet rich in iron and folic acid helps to prevent conditions such as macular _____ and neural tube _____.

Comprehension Exercise

Multiple Choice – Answer the questions or paraphrase each sentence/underlined phrase with the best choice.

1. A good way to keep track of our water intake is to start our day by drinking a big glass of water. Then drink six to eight more glasses throughout the day.
 - a. accurately measure the amount of water we drink
 - b. make sure we drink enough water
 - c. benefit from drinking water

2. We need five to 12 servings of grains a day.
 - a. times
 - b. portions
 - c. meals


3. It is usually safe to eat more vegetables because they are packed with vitamins and are low in fat.
 - a. added to
 - b. lacking
 - c. high in

4. Dairy products have the added bonus of a boost of calcium.
 - a. side effect
 - b. calcium addictive
 - c. additional benefit

5. This may be a relief to the fast-food generation.
 - a. a comfort
 - b. an assistance
 - c. a piece of advice

6. It is recommended that we choose meats that are lean in content.
 - a. in makeup
 - b. in weight
 - c. in size

Clinically Speaking



Practice the conversations with a classmate. Pay attention to the words in bold face. Check a dictionary for new words or idioms and add them to your reference notes.

1. Mother: How do I know if my children are getting enough vitamins **in their diet**?

Nurse: Just try to make sure they eat **a variety of** fruits and vegetables every day and they will **be sure to** get enough vitamins.

2. Nurse: It is important to drink **at least** six to eight glasses of water every day, especially when you are **taking** medication.

Patient: I find it hard to drink that much water. Is tea OK **as a substitute**?

3. David: I read in a textbook that we should get lots of protein in our diets when we're trying to **build** muscles. I'm worried I'm not getting enough because I'm a vegetarian.

Doctor: If you eat a variety of meat alternatives – **for instance**, eggs, cheese, tofu or dairy products – you will be just fine.

4. Patient: My friend told me about this no-fat diet. What do you think of it?

Nurse: A low-fat diet **would be good**. However, it is important to eat good fatty acids found in fish for healthy hair and skin.

5. Patient: I would really like to lose some weight. Do you have any suggestions?

Nurse: To lose weight, it is important to **stick to** an exercise regime and to **include** plenty of vegetables with your meals.

6. Pregnant woman: I'm very worried about my baby being **born with a problem** like a neural tube defect. Is there anything I can do to **prevent** that?

Nurse: I would suggest that you eat plenty of green, **leafy vegetables** because they are high in iron and folic acid. Also, you can take a daily multivitamin **made especially for** pregnant and nursing mothers.

Main Ideas

Summarize the reading text in your own words. The following questions will help you organize your response.

1. Where can people find information about a healthy diet?
2. What information should we expect from a food guide?
3. How much water do we need in a day?
4. Grains are important to our health. List five common foods containing grains.
5. What is important about spinach?
6. What does *Healthwise Handbook* say about people who want high-fat, high-calorie foods?
7. Why should we try to eat dairy products?
