

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central text is positioned on a white background that is partially framed by these green shapes.

Unit 5

Healthy Diet Options

Vocabulary and Phrases

- ◆ **cut down on** - You need to cut down on sugar. It's causing you to gain weight.
- ◆ **risk** - Smokers have a higher risk of getting cancer.
- ◆ **not into something** - My sister isn't into shopping. She hates malls.
- ◆ **full of** - Junk food is often full of salt or sugar.
- ◆ **BMI (Body Mass Index)** - Do you know your BMI?

Vocabulary and Phrases

- ◆ **lactose intolerance** - My friend is lactose intolerant.
◆ He can't drink any milk.
- ◆ **dairy products** - In Taiwan, dairy products often come
◆ from Japan, Australia, and New Zealand.
- ◆ **calcium** - Cheese has lots of calcium, which is good for bones.
- ◆ **digest** - Bananas are easy to digest.
- ◆ **portion** - In America, portions are big, so people are big.

Vocabulary and Phrases

- ▶ **fiber** - Vegetables have lots of fiber.
- ◆ **nutritionist** - My father is trying to eat better,
◆ so now he sees a nutritionist.
- ◆ **protein** - You can get protein from eggs.
- ◆ **vegetarian** - Are all Buddhists vegetarian?
- ◆ **vitamin** - Orange juice has lots of vitamin C.

Vocabulary and Phrases

- ◆ **recommend** - I recommend that you stop eating so much tuna.
- ◆ **intake** - It's important to watch your calorie intake.
- ◆ You are what you eat.
- ◆ Eat to live rather than live to eat.
- ◆ Eat, drink, and be merry.

Reading

They say, “You are what you eat,” so I’m trying to cut down on eating pork. Actually, I’m trying to reduce my calorie intake and eat smaller portions. I haven’t become a vegetarian yet, but I’m not into meat like I used to be. I’ve also given up fast food and junk food, because they’re loaded with salt and sugar.

Reading

I try to get plenty of fiber and I get my vitamins from eating fruits, vegetables, and dairy products like yogurt. Actually, a nutritionist suggested I make these changes and, yes, I do feel healthier. I've decided it's better to eat to live than live to eat.

Dialogue

Jack Wu, 54, is recovering from heart surgery. He has a BMI of 29 and, because of his weight, finds it hard to exercise. Alice Lin, a nutritionist, is giving him some advice on a healthy diet plan.

A: Alice B: Jack

Dialogue

A: Good morning, Mr. Wu. Dr. Lo said you wanted to talk about improving your diet.

B: Yes, Dr. Lo said something about a healthy diet plan.

A: Correct, a healthy diet plan will help reduce your risk of another heart attack.

Dialogue

B: Okay, but I'm not sure I'm going to like it.

I don't like too many vegetables. I'm a real meat lover.

A: You can eat some red meat, just not too much.

Why don't you try fish, like tuna or salmon, instead of red meat?

B: I guess I could do that.

Dialogue

A: It might not be easy at first. It will take time to get used to it. Since your BMI is 29, I suggest you cut down on red meat and do exercise for 40 minutes a day.

B: But my knee hurts.

Dialogue

A: In that case, perhaps you can try swimming.

Losing weight is our goal. It's also good for your knees. Are you lactose intolerant?

B: I'm sorry?

A: Do you have any problems digesting dairy products, like milk?

Dialogue

B: No, I can drink milk.

A: Alright, now, let's look at the kind of foods you can bring to work. Fresh fruit and vegetables, of course. Yogurt, too, because it's high in calcium and protein. And kiwis are a good option. They are high in fiber and vitamin C.

Dialogue

B: Yes, but the trouble is that it's really hard to eat a balanced meal because I do shift work.

A: The government suggests eating five portions of fruit and vegetables a day.

B: What do you mean by portion?

Dialogue

A: A portion of fresh fruit would be an apple, 14 cherries or 2 slices of mango. Three tablespoons of cooked vegetables is also a portion.

B: Oh, I see. Thank you.

Circle the Correct Choice

1. What happened to Jack Wu?

a. He had knee surgery.

b. He had heart surgery.

Circle the Correct Choice

2. What advice does Alice Lin, the nutritionist, give Jack Wu?

a. She says he needs to have a healthy diet and to exercise.

b. She says he needs another surgery.

Circle the Correct Choice

3. What does Jack think of the advice?

- a. He doesn't like it, because he's not into eating vegetables.
- b. He thinks it's fine, because he's into exercise.

Circle the Correct Choice

4. Is Jack a vegetarian?

a. Yes, he is.

b. No, he isn't.

Vocabulary Exercise

1. A good way to keep track of our water intake is to begin the day drinking a large glass of water and then drink 6 to 8 more throughout the day.
2. We don't eat any shellfish, but we do eat fish, such as salmon.

Vocabulary Exercise

3. Jack is currently around one meter sixty-five and around 78 kilos. That gives him a BMI of 28. He's overweight.
4. Brown bread, a good source of fiber, helps you to digest your food.

Vocabulary Exercise

5. People often are not sure what a proper portion is for each food group as recommended by doctors and nutritionists.
6. Children need to eat foods with plenty of calcium to build strong bones.

Vocabulary Exercise

7. Eggs, milk and tofu are regarded as protein alternatives for vegetarians.
8. It is a myth fasting is the quickest way to lose weight.

Vocabulary Exercise

9. Vitamins, necessary for your skin, can be found in fresh fruit and vegetables and dairy products.
10. Our best bet is to eat a variety of foods, stick to dark colored vegetables and keep an exercise pattern. After all, we eat to live rather than live to eat!

Word Comparison

- ▶ alert vs aware
- ▶ digest vs ingest
- ▶ physical vs physiological vs chemical
- ▶ veggie vs vegetarian vs vegetable

Patterns and Drill

Losing some weight is also good for your knees.

Swimming

Wearing good shoes

Avoiding mountain climbing



Patterns and Drill

As a vegetarian, I'm afraid I'm not getting enough protein.

fiber
calcium
iron



Patterns and Drill

Do you have any problems digesting
dairy products?

milk

cheese

yogurt



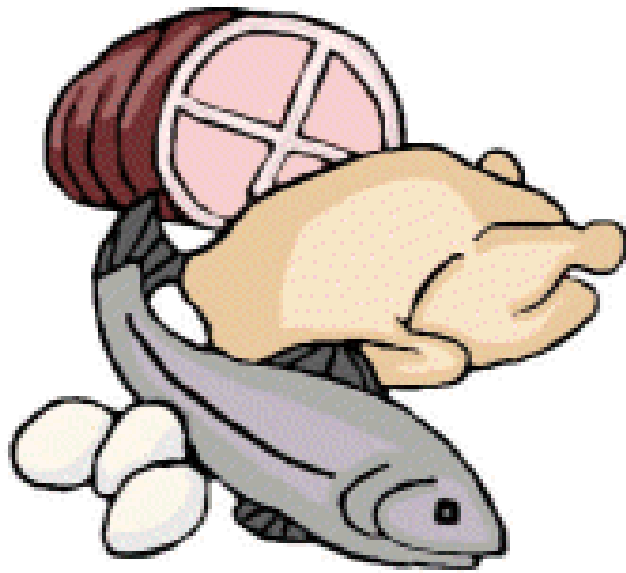
Patterns and Drill

Why don't you try fish instead of meat?

pork

beef

lamb



Patterns and Drill

My knee hurts.

heart

back

ankle



Patterns and Drill

I suggest you cut down on red meat
intake.

sugar

salt

snack