

Nutrition and Fitness



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Warm Up

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

- Do you read nutrition labels?
- What food do you think this is?
- Would you eat this food?

Introduction

Importance of Good Nutrition

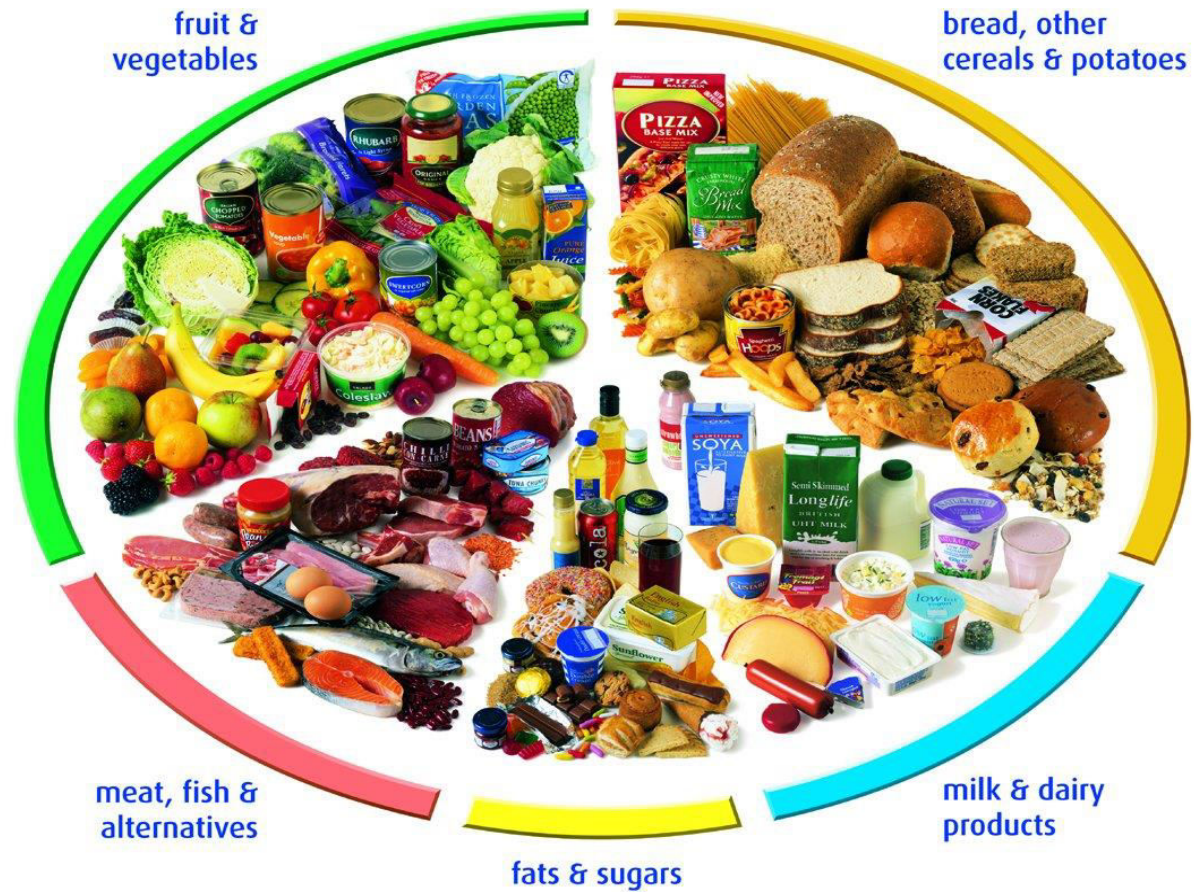
Your food choices each day affect your health — how you feel today, tomorrow, and in the future.

Good nutrition is an important part of leading a healthy lifestyle. Combined with **physical activity**, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Are you getting the proper **nutrition** and nutrients you need to stay healthy?

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A Balanced Diet



- *Do you eat a balanced diet?*
- *Which food groups do you often eat?*

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Nutrients

Match the words with their correct meaning

1. grain
 2. meat
 3. water
 4. mineral
 5. carbohydrate
 6. dairy
 7. vitamin
 8. fats
 9. protein
 10. starch
- A. containing or made from milk.
 - B. the flesh of an animal as food.
 - C. a substance that exists naturally in foods, water, or the ground, and is not a living organism
 - D. assists in removing waste products from the body.
 - E. is the major structural component of cells and is responsible for the building and repair of body tissues.
 - F. an odorless tasteless white substance and obtained chiefly from cereals and potatoes.
 - G. wheat or any other cultivated cereal crop used as food.
 - H. substances that you need in order to remain healthy, which are found in food or can be eaten in the form of pills.
 - I. a natural oily or greasy substance occurring in animal bodies
 - J. are the main energy source for the brain; sources include fruits, breads

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Vocabulary Building

Use the words to finish the sentences below.

protein
unsaturated fat
saturated fat
salt fibre sugar
carbohydrates

- White bread, white rice and potatoes are high in _____.
- Butter and cheese are high in _____.
- Oily fish, for example salmon, is high in _____.
- Brown rice and wholegrain bread are high in _____.
- Salted nuts, cheese and olives are high in _____.
- Chicken, beef and lamb are high in _____.
- Chocolate is high in _____.

Signs and Symbols

My Diet

Complete the Table

Food you often eat	It contains a lot of	Is this a healthy food? Explain
ex. chocolate	sugar, saturated fat	It is healthy when it is consumed on moderate level, however it becomes unhealthy when you eat too much of it because....

Signs and Symbols

Critical Thinking



What are the advantage and disadvantages of GMOs (genetically modified organism)?

Phrasal Verbs

Work out - exercise

Warm up - warm muscles before exercise

Pig out - eat a lot

Keep up - maintain the same speed as others.

Stretch out - stretch

Burn off - eliminate

Do in - kill / hurt

Put on - increase weight

Tired out - exhaust

Build up - increase

Can you decide which phrasal verb belongs in each sentence?

1. Resistance exercise (e.g. weight lifting) can help to ____ your muscles.
2. Arnold Schwarzenegger must ____ a lot to maintain his physique.
3. I go to aerobics to ____ the calories I ____ at the weekend.
4. I always feel guilty after I ____ at the Chinese restaurant.
5. Yoga helps to ____ my muscles.
6. You should ____ before you exercise or you might ____ your muscles.
7. I think I ate too much at Christmas. I've ____ two kilograms.
8. I'll never go to circuits class again. The last one nearly ____ me _____. The other people were really fit so I struggled to _____.
9. Just the thought of exercise ____ me _____.

Reading Exercise

Daily Exercise

Would you like to *lose weight*? Do you want to tone your muscles? Would you like to look better and feel better? Exercise is good for your body and mind. It keeps you healthy all over!

Take a walk. Ride a bike. Lift weights. Go for a swim. Jog through your neighborhood. Play tag with your kids. Shovel the snow. Mow the grass. Rake the leaves. Just keep moving! Try to exercise at least thirty minutes each day.

It doesn't need to be a *solid* thirty minutes. You can break up the time. Go for a ten minute jog in the morning. Walk ten more minutes during the lunch hour. End the day with a ten minute bike ride. You've done it! You've exercised for thirty minutes.

Daily exercise is good for both your body and your brain. When you exercise, your body burns fat. Muscles are toned and stretched. Your heart pumps blood throughout your body. Exercise affects the mood control part of the brain. It releases chemicals that cause a person to feel happy. Exercise is a mood changing event. Are you feeling tired or sad? Is work or family life stressful? Would you like more energy? Exercise is nature's cure!

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Reading Comprehension

Answer the questions to check comprehension.

1. How do you understand the phrase *“lose weight”*?
2. What are some ways to exercise? Give 5 from the story.
3. What does the word *solid* mean in this reading?
4. The word *“everyday”* can be related to the which word in the passage?
5. How much exercise should you get each day?
6. How many days a week should you exercise?
7. Fill in the blank. Exercise is nature’s _____
8. Why should a person exercise? (List at least three reasons.)

How fit are you?

1. How often do you work out?
2. Do you always warm up and stretch out before you exercise?
3. Do you ever pig out?
4. What activities do you do to burn off calories?
5. Do you put on weight easily?
6. Could you run a marathon or would it do you in?



Role Playing

Practice the dialogue with your teacher and discuss the highlighted words.

Lily : Hi Annie, where are you coming from in this early morning?

Annie : Why? Don't you know I take *physical exercise* regularly in the open field?

Lily : Physical exercise! I simply know that it is good for health. Would you tell me about it in detail?

Annie : Certainly, physical exercise helps us to grow properly. Because of movement of the *limbs* of our body, it makes us physically strong and *fit for work*.

Lily : Really! Any more *benefits*?

Annie : Yes, it improves *blood circulation* and increases *digest power*.

Lily : Then it is really a good habit. But how can I start exercise? I have no equipment. Can you suggest any?

Annie : Oh, it is not essential. There are many forms of physical exercise. Initially, You can do many *free-hand exercises* like walking, running, jogging and so on.

Lily : Would you help me start exercising?

Annie : How can I help you?

Lily : Every morning you will take me with you to the field, ok?

Annie : Ok.

Verbs - Exercising

Fill in the blanks with the correct word in the box.

1. _____ a gym if you want to _____ fitter.
2. I want to _____ weight.
3. I'll _____ temperature to see if I have a fever.
4. You should _____ red meat and saturated fat.
5. I need to _____ a diet.
6. Let's _____ with a short run.
7. My doctor told me to _____ smoking.
8. I need to _____ the cheesecake I had last night.
9. I should _____ more exercise.
10. I don't want to _____ weight.
11. I walk every day to _____ fit.

- a) go on
- b) do
- c) get
- d) work off
- e) warm up
- f) give up
- g) take my
- h) keep
- i) join
- j) put on
- k) lose
- l) cut down on

Grammar Chunk

Simple Present and Present Continuous

Use simple present to talk about “all the time” and routines.

Example: *How **do** you **stay** in shape?*

*I **walk** everywhere.*

*Do you **get** regular exercise?*

*Yes, I **do**. I **exercise** six days a week.*

Use the present continuous to talk about “now” and temporary events.

Example: *What sports **are** you **playing** these days?*

*I’m **doing** karate. It’s **getting** me in shape.*

Is she trying to lose weight?

*No, she’s **not**. She’s **not trying** to lose weight.*

Complete the conversation with the simple present or present continuous. Then practice with your teacher.

1

A. How do you cope (cope) with stress?

B. Well, I _____ (take) a course in aromatherapy right now, and I _____ (enjoy) it. But everybody in my family is pretty relaxed. We _____ (not get) stressed very often.

2

A. What kind of exercise _____ you usually _____ (do)?

B. I _____ (like) swimming. My wife and I usually _____ (go) to the pool every day in the summer. Right now it’s cold, so I _____ (not swim) at all. But my wife _____ (go) everyday, even it’s cold.

3

A. _____ you _____ (eat) a lot of fast food these days?

B. Well, I _____ (love) it, but right now I _____ (try) to eat a balanced diet. It’s hard because my husband _____ (not like) fruits and vegetables.

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At the Gym

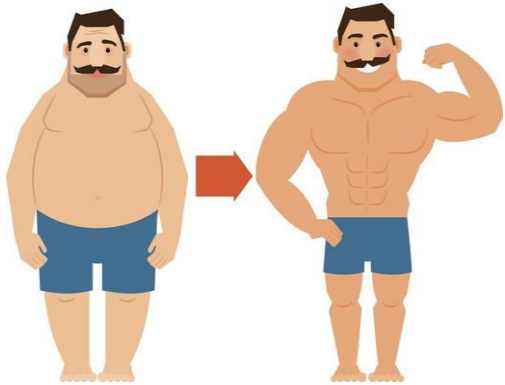
Match the words with the pictures. Guess what they are for.



Treadmill	Dumbbell	Barbell	Weight Plate
Gym Ball	Kettle Bell	Spinning Bike	Bench Press

Idiomatic Expressions

What do think they mean?



*Hugo decided she'd have to **get back into shape** before looking for a job.*



*I think you need to **charge your batteries**. You're not very productive nowadays.*



*I'm feeling a bit **run down** because I've been working flat out to meet the project deadline.*

Speaking Drill

1. Do you usually eat healthy food?
2. Have you ever been on a diet to lose/gain weight? Who planned it for you?
3. Do you think people from your country usually eat healthy food?
4. Are you a conscious with what you eat?
5. What are some things about your eating habits you want to change?
6. Why is organic food so much more expensive?
7. Which one do you think go more on a diet, men or women? Why?
8. What do you think of a vegetarian diet?
9. Which exercise would you prefer: jogging, swimming or cycling?
10. Why is exercise so important?
11. Do you think there should be a law that requires everyone to exercise?
12. Do you think there should be a law that requires everyone to control diet?
13. Does working out have any demerits? How about going on a diet?
14. Do you have tips on exercising and/or going on a diet?

Pronunciation Drills

Tongue Twisters



How Much Wood Would A Woodchuck Chuck,
If A Woodchuck Could Chuck Wood?
He Would Chuck, He Would, As Much As He Could,
And Chuck As Much Wood As A Woodchuck Would,
If A Woodchuck Could Chuck Wood.

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Pronunciation Drills

Minimal Pairs

Belly	Berry
Blues	Bruise
Blush	Brush
Flee	Freeze
Laid	Raid
Lamp	Ramp
Lap	Rap

Miss	Myth
Saw	Thaw
Mouse	Mouth
Sum	Thumb
Sick	Thick
Sink	Think
Pass	Path

The End