

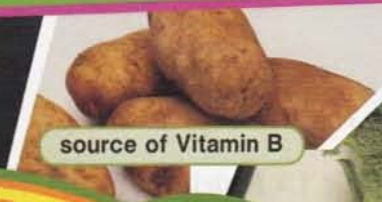
Get ready!

1 Before you read the passage, talk about these questions.

- 1 How do your eating habits affect your life?
- 2 How can nurses help their patients get proper nutrition?



source of vitamin A



source of Vitamin B



source of Vitamin C

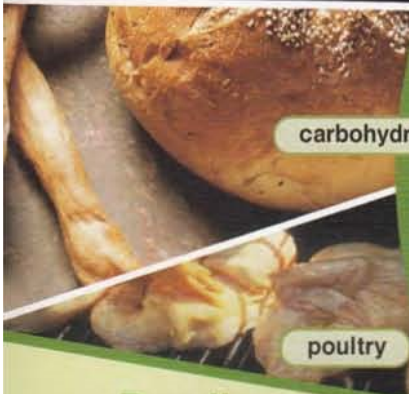
PROPER NUTRITION

Having a healthy body requires getting enough vitamins and minerals. As such, it's important to know which foods to look for and which ones to avoid.

Vitamin C and **vitamin A** are found in fruits and vegetables such as mangoes and broccoli. Fish, including tuna and salmon, are rich in **vitamin D**. **Poultry** and vegetables such as potatoes contain **B-vitamins**.

Many of these vitamin-rich foods have other important nutrients in them, too. Fish, for example, also contains **protein** and **omega-3**, while **zinc** is found in most types of meat, including beef and poultry. A healthy diet will include a balance of these vitamins and nutrients.

Some things should be eaten in moderation, though. While **carbohydrates** and **fats** are important sources of energy, eating too many is unhealthy. **High fructose corn syrup**, found in unhealthy items such as soda, has been linked to **obesity** in many studies. Limiting your intake of these items is important for your health.



carbohydrates

poultry

source of Vitamin D

Reading

Lee el afiche. Luego marca verdadero o falso

2 Read the flyer. Then, mark the following statements as true (T) or false (F).

- 1 Salmon is a source of vitamin D and omega-3
- 2 Zinc and B-vitamins are found in poultry.
- 3 Any consumption of fats is unhealthy.



Une las palabras (1-7) con las definiciones (A-G).

4 Match the words (1-7) with the definitions (A-G).

- 1 Vitamin A
- 2 Vitamin C
- 3 Vitamin D
- 4 B-vitamins
- 5 omega-3
- 6 zinc
- 7 poultry

- A contributes to central nervous system health
- B helps prevent cancer
- C acts as an anti-oxidant and helps prevent heart disease
- D benefits the eyes
- E aids the creation of healthy bones
- F promotes skin and muscle health
- G meat that comes from birds such as chicken and turkey

Vocabulary

Escribe una palabra que tenga un significado similar a la parte subrayada

3 Write a word that is similar in meaning to the underlined part.

- 1 Foods made from grains are full of nutrients that provide energy. c _ _ _ o _ _ d _ _ t _ _
- 2 A diet that is high in organic compounds that store excess nutrients can lead to a variety of health problems. _ a _ s
- 3 Most sodas are considered unhealthy largely because of how much sugar substitute they contain. _ i _ _ f _ _ t _ _ e _ _ r _ s _ _ u _
- 4 Poor intake and use of food is a factor in dozens of health conditions. _ u _ _ i _ _ _ n
- 5 Fish contain a nutrient that contributes to tissue, bone, muscle, skin, and blood health. _ r _ _ e _ n
- 6 A medical condition in which people have a dangerous amount of body fat is caused by poor diet and can significantly impair a person's mobility and health. o _ _ s _ _ y



Escucha y lee el afiche nuevamente. ¿Qué grupos de comida no deberían comerse en exceso?

- 5 Listen and read the flyer again. Which food group should not be eaten to excess?

Listening Escucha la conversación y escoge las respuestas correctas

- 6 Listen to a conversation between a nurse and a patient. Choose the correct answers.

- What is the conversation mostly about?
 - a patient's recent weight loss
 - the impacts of a poor diet
 - how to improve a patient's nutrition
 - the benefits of B vitamins and omega 3
- What will the patient likely do?
 - purchase fish
 - eat healthier fats
 - stop drinking soda
 - schedule a second check up

Escucha nuevamente y completa la conversación

- 7 Listen again and complete the conversation.

Nurse: John, before we finish your 1 _____ there's something we should discuss.

Patient: What's that?

Nurse: Your weight gain. You understand the risks of 2 _____, don't you?

Patient: I do, yeah. I know my weight is getting 3 _____.

Nurse: You need to change your diet drastically and exercise more.

Patient: I know. But I get tired so easily.

Nurse: Changing your diet will help. Add some 4 _____ and B-vitamins. Your muscles will recover faster.

Patient: Oh, thanks. Are there certain foods I should look for?

Nurse: Well, poultry has both. But you'll also need to 5 _____ the bad stuff. Fewer fats, and no high fructose corn syrup. So soda is out.

Patient: I do drink it often, probably one or two cans a day.

Nurse: You can't do that if you want to 6 _____.

Patient: Okay. Starting today, no more.

Con un compañero(a) prepara un diálogo con la información de abajo. Usa el ejercicio 7 como ejemplo.

Speaking

- 8 With a partner, act out the roles below based on Task 7. Then, switch roles.

USE LANGUAGE SUCH AS:

There's something we should discuss.

Changing your diet will help.

Fewer fats and no high fructose corn syrup.

Student A: You are a nurse discussing nutrition with one of your patients. Talk to student B about:

- their health problems
- their diet
- what they need to start eating

Student B: You are a patient. Answer Student A's questions.

Writing Utiliza la conversación del ejercicio 8 para completar los cambios de dieta recomendados,

- 9 Use the conversation from Task 8 to fill out notes about a change of diet recommendation.

Recommended Diet Changes

Patient: _____

Nurse: _____

Consume more: _____

Consume less/fewer: _____

This will: _____

