

12 UNIT

Health and Wellness



WARM-UP

Look at the pictures. Which of these foods do you consider healthy and which unhealthy? Give reasons.



READING

(Student's Book, pages 134-135)

A. Read the article and choose from the following headings to complete the boxes.

There are two extra headings.

- | | | |
|-------------------------------|-------------------------------|--------------------------------|
| a. Avoid Bad Fats | d. The Hidden Culprit | g. Include Healthy Fats |
| b. Fresh Is Best | e. Count Your Calories | h. Change to Wholefoods |
| c. Remember to Hydrate | f. Cut Out Starches | i. Get a Good Start |

A Healthier Diet for a Healthier You!

We all know how tricky it can be to maintain a healthy lifestyle in our modern society. With everyone pressed for time and with so many convenience foods out there, it's hard to know where to start. However, it's possible for everyone to make healthier choices.

1.

Avoid skipping breakfast. Having breakfast is a great way to boost your metabolism and keep yourself feeling fuller throughout the day; thus, you won't be tempted to snack on unhealthy foods. Opt for a breakfast high in fibre and low in fat, sugar and salt. If possible, choose oats or porridge rather than **processed** cereals.

2.

Switching from white bread and spaghetti to wholemeal bread and pasta is fairly easy. These foods often have a richer taste and contain more fibre than refined starches. Fibre is known to keep your digestive system working better while also feeding the healthy bacteria in your gut. Moreover, it has been associated with a reduced risk of cancer.

3.

Make sure you get enough fruit and vegetables every day, preferably uncooked. You can substitute any unhealthy snacks with fruit or replace a meal with a mixed salad. Beware of commercial fruit juices, though; they are generally high in sugar, and since many nutrients **degrade** with time, they will not be as nutritious as freshly squeezed juice.

4.

Unless you're a vegetarian or vegan, including fish in your diet is a **worthwhile** habit. Apart from being a great source of protein, fish has important nutrients. Salmon and sardines are especially rich in Omega-3 fatty acids, which can help prevent heart disease. Research shows they can also improve brain function and even protect vision.

5.

People who consume too many saturated fats are more prone to high cholesterol levels and heart disease. It's best to limit your intake of fatty meats and ice cream. Butter should be used in moderation, and eggs are best boiled or poached rather than fried. Also, don't forget to add olive oil to your salad instead of a creamy dressing.

6.

Reducing salt intake is recommended by most doctors. **Excessive** salt can cause blood pressure to rise, which could later lead to stroke or heart failure. It is hard to calculate how much salt we consume because it is present in so many packaged foods, like biscuits, cereals and sauces. So, get into the habit of checking food labels.

7.

Finally, make sure you're getting enough water. It's often easy to forget to drink water, particularly if you consume sodas or fruit juices. Beverages like tea and coffee shouldn't be considered substitutes for water, as the latter has the **distinctive** function of flushing out toxins from the body as well as supplying several minerals.

B. Read the article again and mark the statements T (True) or F (False).

- | | |
|---|-------|
| 1. Eating healthily is more difficult when you have a busy schedule. | T / F |
| 2. You are more likely to snack if you have eaten breakfast. | T / F |
| 3. The nutritional value of commercial fruit juice is lower than that of fresh juice. | T / F |
| 4. Salmon and sardines are associated with heart disease. | T / F |
| 5. We can get all the minerals we need by drinking enough water. | T / F |

