

**SOLUTIONS UPPER-INTERMEDIATE 3**  
**UNIT 6: HEALTH**  
**6A**


PEGAH BAHOJB GHASEMI



**HOW DO YOU  
DEFINE FOOD?**







**DO YOU EAT A  
HEALTHY DIET?  
WHY OR WHY NOT?**

WHAT ARE THE EDIBLE HEALTHY THINGS?

1 **SPEAKING** Look at the 'eatwell' plate. What does it suggest we eat the most / least of?





**POULTRY**







# PULSES



2 **VOCABULARY** Complete the information in the texts with the words below.

Food and health   dairy products   fizzy drinks   poultry   processed foods   pulses  
saturated fat   wholegrain



Vegetables and fruits are full of nutrients. Consuming more of this food can reduce the risk of heart disease. Carbohydrates from fruits and vegetables are digested slowly and boost our energy levels for longer. You should eat five portions of fruit and vegetables a day.

Carbohydrates produce energy. Choose 1 \_\_\_\_\_ varieties where possible. They contain more fibre and so help you to feel full.

Fish, 2 \_\_\_\_\_, 3 \_\_\_\_\_, nuts and eggs are important sources of protein.

4 \_\_\_\_\_ high in 5 \_\_\_\_\_ and sugar, such as cakes, biscuits, crisps and chocolate should only be eaten very occasionally. Avoid sweets and 6 \_\_\_\_\_ as these are very high in sugar.

7 \_\_\_\_\_ give our bones the vitamin D they need to stay strong.

If you burn as many calories as you take in, your weight remains the same, so regular exercise can help control your weight.

1. The elements on the earth and in foods that our bodies need to develop and function normally.
2. Chemical substances found in every living thing on Earth. They help break down food to give organisms energy.
3. Sugar molecules
4. A unit of energy
5. Substances added to food to maintain or improve its safety, freshness, taste, texture, or appearance.
6. A waxy substance found in your blood.
7. A type of carbohydrate that the body can't digest.
8. Substances or a chemicals that is added to products such as food products and many other products to prevent decomposition by microbial growth or by undesirable chemical changes.

- A. Additives
- B. Calories
- C. Carbohydrates
- D. Cholesterol
- E. Fiber
- F. Mineral
- G. Nutrients
- H. Preservatives

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**3 VOCABULARY** Look at the list of nutrition words below.  
Find one food on the eatwell plate that contains each thing  
in the list.

**Nutrition** additives calcium calories carbohydrate  
cholesterol fat fibre mineral nutrient preservative  
protein vitamins

*additives – sweets*

*calcium*

4 **SPEAKING** Work in pairs. Think about your own diets. How do they compare to the advice on the plate?

➡ **Vocabulary Builder** Food preparation: page 120

**5** Complete the quiz with the correct form of the highlighted verbs from the text in exercise 2. Use a dictionary to help you.


**6** Do the quiz in pairs. Check your answers at the bottom of the page.

## HOW MUCH DO YOU KNOW ABOUT healthy eating

*Do our quiz and find out!*

- 1** Which activity \_\_\_\_\_ more calories?  
A walking      B cycling      C skateboarding
- 2** How long does it take your stomach to \_\_\_\_\_ a three-course meal?  
A 2 hours      B 24 hours      C 10 hours
- 3** Which food \_\_\_\_\_ the most protein?  
A broccoli      B cheese      C eggs
- 4** Which type of meat do Americans \_\_\_\_\_ the most of at mealtimes?  
A chicken      B beef      C pork
- 5** Which food will \_\_\_\_\_ your energy levels and help you work better?  
A yoghurt      B banana      C pastry
- 6** What's the best way to \_\_\_\_\_ your weight?  
A Don't eat carbohydrates.  
B Eat three times a day.  
C Eat healthily and do regular exercise.
- 7** Which food best helps to \_\_\_\_\_ the risk of heart problems?  
A apples      B coconut      C white bread
- 8** What is lost when you \_\_\_\_\_ food in a factory?  
A nutrients      B salt      C additives

QUIZ ANSWERS:  
1 B 2 B 3 C 4 A 5 B 6 C 7 A 8 A

**7**  **2.19** Listen to four people talking about food. Match the speakers (1–4) with what they say (A–E). There is one extra sentence.

Speaker 1 \_\_\_\_

Speaker 3 \_\_\_\_

Speaker 2 \_\_\_\_

Speaker 4 \_\_\_\_

**A** I've changed my lifestyle by making an effort to change.

**B** We can't expect technology to help us lose weight; it depends on our own determination.

**C** Technology is a positive tool, helping us to be healthy.

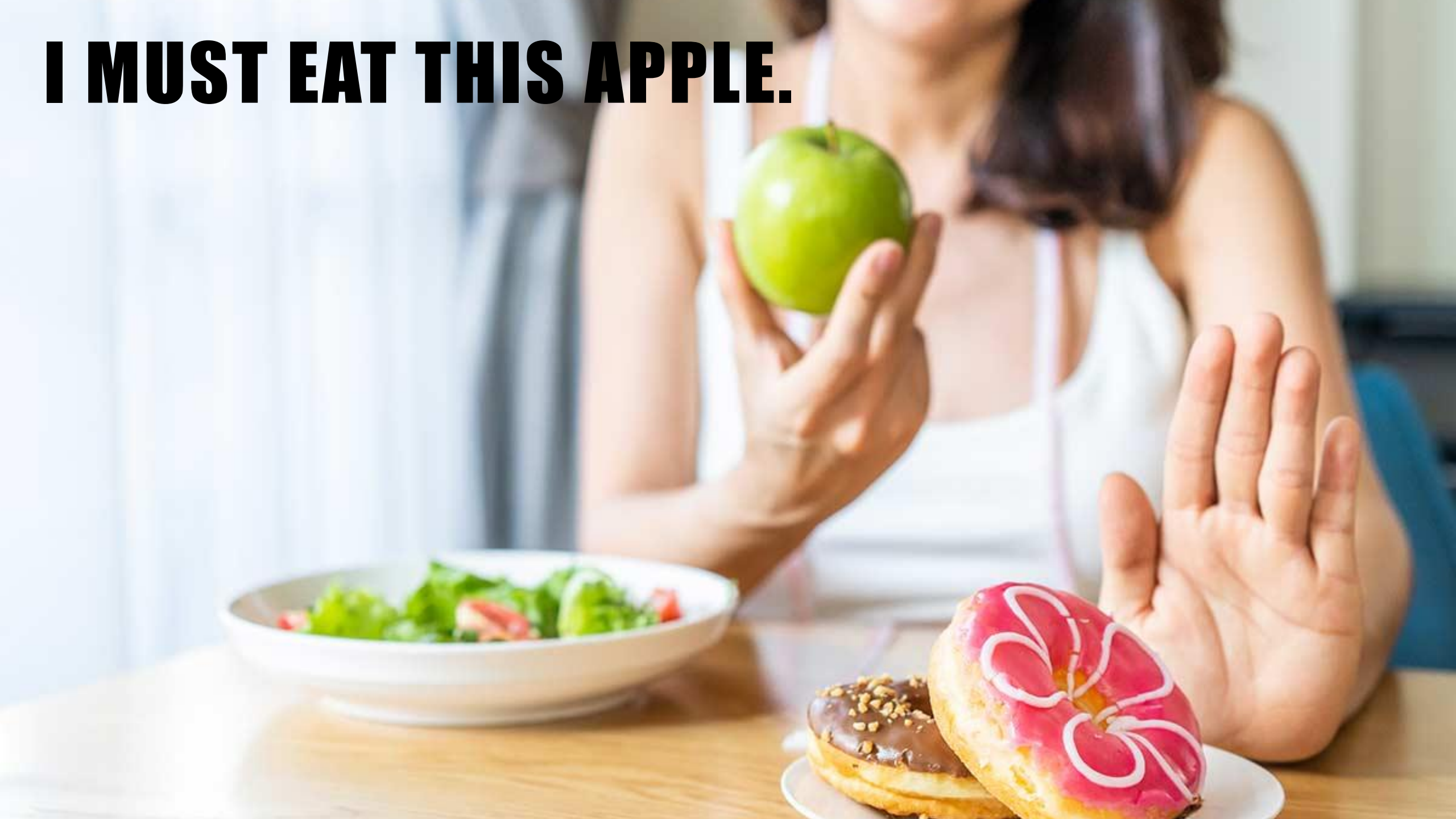
**D** One substance in particular will help our bodies store the power they need for physical exercise.

**E** I can easily find food products that help me avoid health problems.





**I MUST EAT THIS APPLE.**



**I MUST EAT THIS APPLE.**  
**I MUSTN'T EAT THOSE DOUGHNUTS.**





**YOU HAVE TO GO OUT SOMETIMES.**



**YOU HAVE TO GO OUT SOMETIMES.  
YOU DON'T HAVE TO SPEND ALL THE DAY  
PLAYING VIDEO GAMES.**



## **RECYCLE!** Obligation and prohibition

### *must and have to*

When we decide something is an obligation ourselves, we usually use *must*. When the obligation is decided for us by other people, we usually use *have to*.

*I must eat more fruit and vegetables.*

*To enter the marathon, you have to visit the website.*

### *mustn't and don't have to*

We use *mustn't* to say something is prohibited, or to give very strong advice.

*You mustn't eat a lot of sugar.*

We use *don't have to* to say it isn't necessary to do something.

*We don't have to take the train next week.*

8 Read the **Recycle!** box. Then complete the sentences with the correct form of *must*, *mustn't*, *have to* and *don't have to*.

- 1 The trainer tells the marathon runners that they \_\_\_\_\_ eat lots of carbohydrates, but that they \_\_\_\_\_ eat fast food.
- 2 The speaker has coeliac disease, so he \_\_\_\_\_ buy gluten-free food. But he \_\_\_\_\_ go to special shops; he can find it at the supermarket.
- 3 The man's doctor warned him that he \_\_\_\_\_ start eating more healthily.
- 4 According to the speaker, people \_\_\_\_\_ count how many calories they eat. There are apps to do it for them.



**9 SPEAKING** Work in pairs. Use the information from the eatwell plate to answer the questions.

- 1 Do you agree with the phrase 'you are what you eat'?  
Why? / Why not?
- 2 Do you care about what additives your food contains?  
Why? / Why not?
- 3 Why do you think more and more people are becoming overweight in western countries? What can governments do to encourage people to eat more healthily?

**ASSIGNMENT:  
WORKBOOK 6A  
VOCABULARY BUILDER**

DEADLINE: SUNDAY