

Unit 1 We are what we eat

Grammar
Past simple and past continuous;
adjectives

Discuss

- 1 Answer these questions about healthy eating.
- Look at the pictures on page 13. Rank them in order of their nutritional value, starting with the highest.
 - What did you eat for breakfast this morning? How could it be healthier?
- Now compare your answers with those of other students.

Read

- 2 Read this article about healthy living. How can food and drink improve our health?

Diet insider

It's never been easier to eat healthily. Some might argue that fast food and high-sugar snacks are easier and cheaper than eating healthily. But what could be healthier (and tastier!) than home-made meals, full of the natural and nutritious ingredients our bodies need? Our skin, muscles, bones, brain and heart are all maintained by the good nutrition we eat. As a Muslim and a dietician, I always eat wisely. I know it's important to keep my physical body healthy and strong, so I can keep my soul and spirit strong, too. Here are three things you can add to your daily diet to keep your mind and body in tip-top shape:



PROBIOTIC DRINKS

Did you know that most of your immune system is located within your stomach, and contains at least 400 different types of bacteria? Probiotic drinks, such as Yakult and Actimel, are a simple way of improving your immune system every day. Probiotic drinks contain billions of 'good' bacteria exactly for that purpose. Good bacteria help to stimulate your digestive process and to absorb nutrients. They also help neutralise the 'bad' bacteria that can lead to infections and illnesses.

GREEN TEA

"Better to be deprived of food for three days, than tea for one." Ancient Chinese Proverb

The Chinese have known about the benefits found in green tea since ancient times, using it to treat everything from headaches to depression, for over 4,000 years. The secret of green tea lies in the fact it is rich in the antioxidants that remove potentially damaging or harmful substances from the body. These antioxidants help combat diseases such as cancer and arthritis, as well as lowering cholesterol and improving your general immune system. However, it's still not perfect as green tea leaves contain stimulants, including caffeine.

CHOCOLATE (yes, really!)

Chocolate is normally associated with a high-fat, high-sugar diet, exactly the type of food we should be avoiding! However, Italian dieticians have completed a study proving the health benefits of dark chocolate. Researchers found eating 100g of dark chocolate each day for 15 days could lower blood pressure. The University of L'Aquila team also found the body's ability to metabolise sugar - a problem for people with diabetes - was improved. Diabetes UK care adviser Amanda Vezey pointed out it was a small study, but said it was still interesting. "People with diabetes can eat dark chocolate like everyone else, in moderation."

3 Answer these questions with a partner.

- a What is the difference between 'good' and 'bad' bacteria? ..
- b Why are antioxidants so good for our body?
- c How can dark chocolate help diabetics?

a : Good bacteria help stimulate the digestive process and aid the absorption of nutrients. Bad bacteria causes infections and illnesses.

b : Antioxidants remove damaging or harmful substances from the body.

c : Dark chocolate improves the metabolism of sugar for diabetics.

Listen Vitamins and minerals

4 You are going to hear a talk about the different vitamins and minerals food contains.

- a Before you listen, try to match the pictures to the words below.
- b Which food do you think has the most health benefits? **Students' own answers**

fish : protein, vitamin A, vitamin B, calcium, unsaturated fat



cereal : carbohydrate, fibre



rice : carbohydrate, fibre



eggs : protein, saturated fat



Croissant : carbohydrate, saturated fat



noodles : carbohydrate, fibre (if brown noodles)



onion : vitamin A



cheese : calcium, protein, saturated fat, vitamin A



beans : fibre, iron, protein, sugars



Yoghurt: calcium, protein

iron fibre vitamin A calcium protein vitamin B
sugars carbohydrate saturated fat unsaturated fat

bread : carbohydrate, fibre (if brown bread)

C (1.1) Listen and note which food items in the list the speaker mentions, and why they are healthy. **The speaker mentions beans, fish and onions.**

Check your understanding

5 (1.1) Listen again and answer these questions.

- a What is the benefit of beans with coloured shells? They contain antioxidants.
- b What contains eight amino acids? Soya beans.
- c Why can the nutritional value of fish vary? It depends on the type of fish and the way it is cooked.
- d Which diseases can eating fish reduce and prevent? Heart disease, arthritis, cancer.
- e What did Ancient Greek athletes believe? That onions would lighten the balance of the blood.
- f Why do you think most vegetables have more nutritional value when eaten raw? Because the heat from cooking damages and kills some of the nutrients.

Think and speak (expressing preferences; expressing personal opinions)

6 Work in pairs or groups.

- a Describe the foods and properties a healthy diet should include.
- b Which of your favourite foods are the most beneficial to your health? Why?

Words to remember

absorb, antioxidant, arthritis, caffeine, calcium, cholesterol, combat, dietician, digestive, fibre, iron, metabolise, neutralise, nutrition, probiotic, protein, saturated fat, stimulant, unsaturated fat, vitamin

Grammar

• Past simple and past continuous tenses Grammar reference pages 123-125



(1.2) Listen to this breakfast time story and answer these questions.

- a Why did the speaker go to the shop? To get some bread.
- b What happened at home while he was at the shop? His family finished the cheese.



Read these extracts from the listening text and fill in the blanks with the correct form of the verbs in brackets.

- a Last week..... was (be) a school holiday, so I woke up (wake up) late every day. This morning, when I got up (get up), my family were having (have) breakfast. My mother and father were talking (talk), and my brothers and sisters were drinking (drink) tea, and eating (eat) bread and cheese. My mother made (make) me some tea.
- b I bought (buy) the last loaf of bread in the shop, paid (pay) and left (leave). While I was walking (walk) home, I met (meet) two of my neighbors. They were standing (stand) and chatting (chat).
- c There was (be) no one at the table. I sat (sit) down, cut (cut) a slice of bread and reached (reach) for the cheese.



Work in pairs or groups. Talk about what these people were doing at 10 o'clock yesterday morning. You may have to use your imagination to make a guess.

What was your father doing at 10 o'clock yesterday morning?

- a Your father
- b One of your brothers or sisters
- c One of your teachers
- d Your friend

• Adjectives Grammar reference page 124



Complete the phrases with the adjectives given. Make sure you put the adjectives in the correct order.

- a A small round gray building (grey, round, small)
- b A beautiful blue wooden vase (wooden, beautiful, blue)
- c A tall thin athletic man (athletic, tall, thin)
- d A huge delicious green salad (green, huge, delicious)

Pronunciation



(1.3) Listen and repeat these sentences. Notice when the preposition **from** becomes reduced.

- a Are you coming from the shop?
- b Where did you come from?



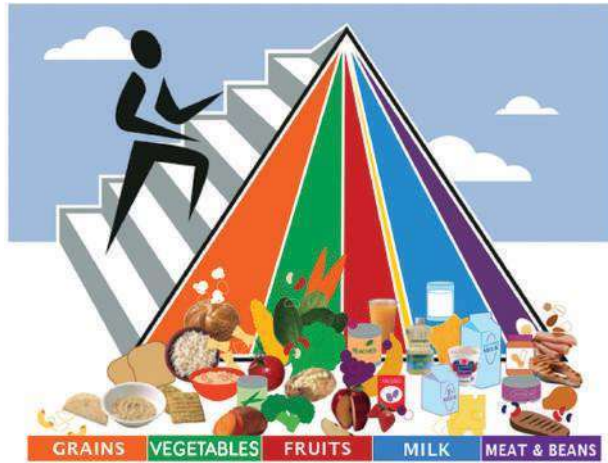
(1.4) Now listen and repeat this sentence.

Antioxidants from green tea are beneficial. Where is green tea from?

Vocabulary The food pyramid

1 Read the food pyramid below. How does the recommended food intake compare to your daily diet?

- Do a physical activity for at least 30 minutes most days of the week.
- Switch at least half of your carbohydrates to wholegrain.
- Eat more dark green vegetables like broccoli and spinach.
- Vary your protein routine – choose more fish, peas, nuts and seeds.
- Make most of your fat sources from fish, nuts and vegetable oils.
- Check the nutrition facts label to keep saturated fats and sodium low.
- Choose food and beverages low in added sugars. Go easy on fruit juices.
- Respect your body. There are many verses in the Holy Qur’an that emphasise the mutual relationship between your body and your soul.



Types of food

2 Complete this table. Think of healthy foods and ingredients that you know. An example is given for each type of food.

grains	vegetables	fruits	milk	meat & beans
wholegrain rice	lentils	pomegranate	low-fat yoghurt	grilled chicken

3a Match each word 1-6 to its meaning a-f. You may use the dictionary or the glossary at the end of the book.

- | | | |
|--------------|--------|--|
| 1 organic | b..... | a the chemical processes by which food is turned into energy |
| 2 wholegrain | f..... | b food produced without the use of chemicals |
| 3 supplement | c..... | c a substance taken to add vitamins, etc. to a person’s diet |
| 4 RDA | e..... | d a lack or shortage |
| 5 metabolism | a..... | e the recommended daily allowance of nutrients |
| 6 deficiency | d..... | f made with or containing unprocessed grain |

Words to remember

deficiency, grilled, metabolism, organic, pomegranate, RDA, sodium, supplement

b Which healthy methods of cooking are most common in Kuwait? **Students’ own answers**

QUOTE “Laughter is brightest in the place where food is.”
Irish proverb

Writing An online guide to healthy eating places

Read and analyse

1 Read this guide which describes four eating places.

- Which menu is the healthiest? Which is the least healthy? **Students' own answers**
- Why does the writer recommend these places?
- How could each place improve the nutritional value of its menu? **Students' own answers**

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You are going to write an online guide recommending healthy eating places for visitors to your town in Kuwait.

Eliza Blues Restaurant

Eliza Blues Restaurant is right in the city centre, and overlooks the sea. This family business has a great reputation and the food is completely organic. It's famous for its enormous fried breakfasts, but if you're not very hungry, you can just relax with a coffee, a fruit juice or a light snack.

Places to eat

Shawarma House

Shawarma House is close to the market. Their speciality is bread with shawarma which you can fill up with your choice of chicken or meat. They do not sell anything else here, and it's always crammed, especially at lunchtime.



Kuwait Bay Grill

Kuwait Bay Grill is by the sea. It is my favourite eatery, first of all because the food is delicious. Secondly, because it is very fresh and healthy. Try their grilled fish or steamed vegetables. Even the inside looks like somewhere in nature – there are lots of plants. It's very calming!

Palace Café

Palace Café is famous for its home-made tomato soup. You can also get nice rolls with goat's cheese and the salad bar is excellent. If you have dinner here, try their lamb kebabs. Atmospheric setting, near to the park. It's surprisingly cheap, too.

Palace Café: home-made food, atmospheric setting, good value;
Kuwait Bay Grill: delicious food, very fresh and healthy, calming;
Shawarma House: close to the market, can choose own fillings;
Eliza Blues Restaurant: good location, family business, organic food

Plan your online guide

2 Plan your own online guide recommending healthy eating places for visitors to your town or city.

- Choose one or two places to describe.
- Use spider diagrams to make notes about each place under these headings:
 - Location
 - Healthy specialities: food and drinks
 - Other good points

Write and check

3 Write your guide based on your plan and your notes.

- Write one or two sentences for each place. Use some of the language from the *Useful Language* box below.
- Check spelling, grammar and punctuation, then make changes and corrections. Exchange guides with another student and discuss any differences of opinion.

USEFUL LANGUAGE

Saying what one likes about something

The healthiest thing about Café X is ...
I really like Café X because ...
It's my favourite café because ...

Making recommendations

I'd recommend the pitta bread at ...
If you come here, you should try the ...

Speaking Giving a short talk

Read and discuss

- 1 a As you read this notice from a Kuwaiti magazine, make brief notes under these headings:
- The pros and cons of a vegetarian menu
 - Interesting ways to advertise your meal
 - Interesting ideas for healthy and vegetarian fast food



MENU

We're adding a brand new vegetarian menu to our restaurant and we need your ideas now!!!

Sandwiches
 Chicken, egg, lettuce
 tomato
 Falafel, tahini and
 lettuce
 Cheese and tomato

Desserts
 Chocolate mousse
 Fresh pineapple
 with honey
 Ice cream

Here's what we have in mind ...

- Following a vegetarian lifestyle irresponsibly can lead to malnutrition and health problems. Many vegetarians lack the RDA of iron, proteins, calcium and vitamin B12.
- We're looking for wholesome and original ideas.
- You probably already eat a lot of vegetarian food. Vegetable soups and salads are an important part of any diet.
- We want a menu that appeals to everyone: from non-vegetarians to health food fanatics!

Record your ideas on video, CD or audio tape and send them to us at PO Box 1330.

- b Compare your ideas with those of two other students. Discuss these things:
- The advantages and disadvantages of a vegetarian menu. Think about how your menu can supplement a vegetarian diet.
 - The best advertising for a new menu. Think about the names, descriptions and packaging for your menu.

Prepare and give your talk

- 2 Continue planning your talk in groups of three.

- a Each of you should prepare one topic – vegetarianism, advertising and fast food. Prepare a talk on your topic lasting one minute. Use the ideas you have discussed and the expressions from the *Useful Language* box.
- b Now give your talk to your own group first.

Words to remember

appeal to, atmospheric, crammed, eatery, fanatic, irresponsibly, malnutrition, salad bar, speciality, vegetarian, wholesome

USEFUL LANGUAGE

Introducing oneself

Good morning / afternoon. My name is ..., this is ... and we're here to talk about ...

Expressing personal opinions

In my opinion, the menu should include ...

I think the food should be high in protein.

I (really) don't think the packaging should be too dark ...

Expressing uncertainty

I'm not sure about the amount of fat.

Maybe there should be special menus for vegetarians.

It's difficult to say how much the advertising will cost.

Asking questions to an audience

Are there any questions?

Please ask any questions you'd like to.