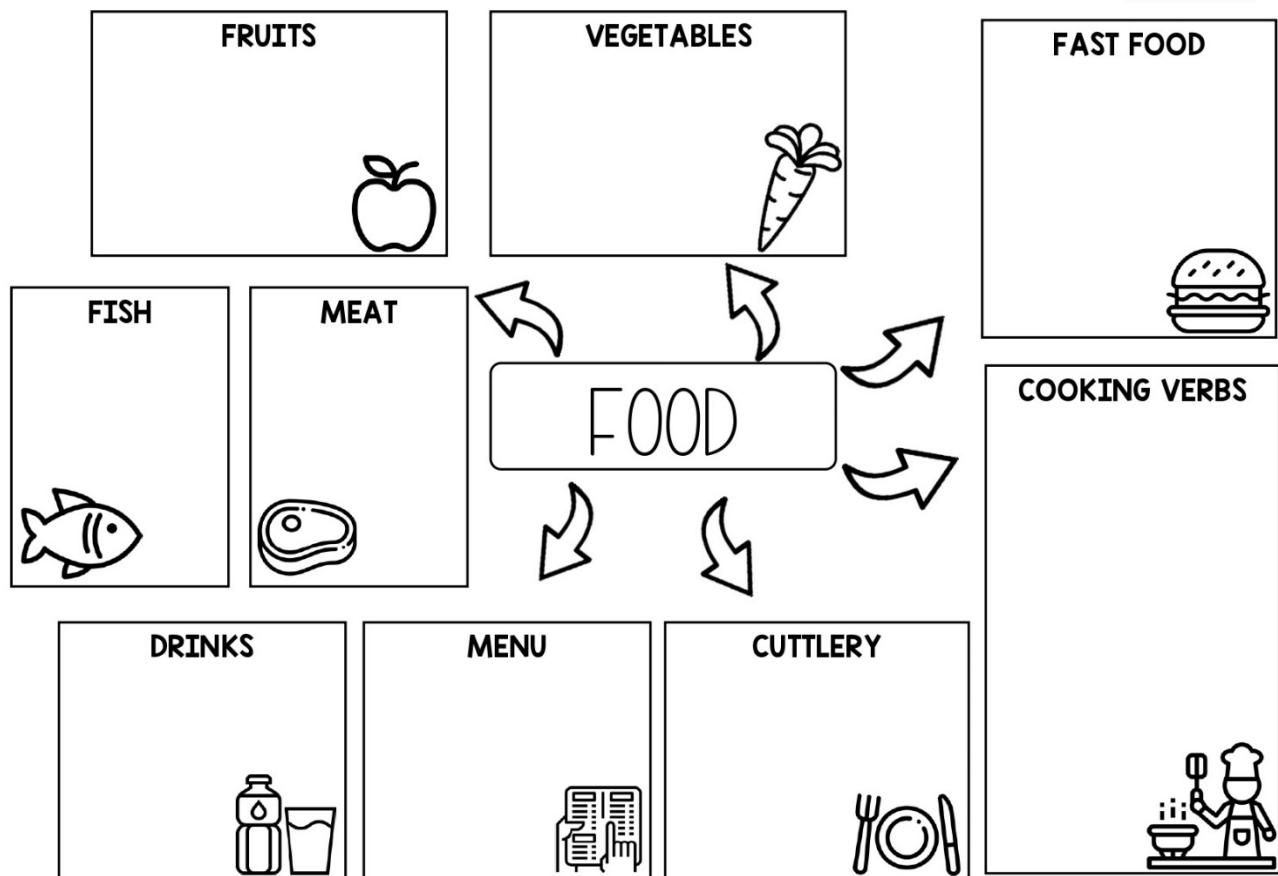


VOCABULARY



1. Think about and discuss different ways you could improve your lifestyle on the following topics:



2. Write down the meaning:

UNIT 5 NEW WORDS	KNOW IT	NO IDEA	MEANING
fizzy drinks			
oatmeal			
nutrients			
goji berries			

sweet potatoes			
calorific			
carbohydrate			
mineral			
protein			
mashed			
decaffeinated			

3. Read the text about tips to be a healthy athlete.

ATHLETES: FOOD FOR THOUGHT

To be successful, all athletes need good **nutrition** and a **healthy lifestyle**.

1. **Carbohydrates** are the main source of energy for athletes.
2. An active athlete needs 2,200 to 3,000 **calories** a day.
3. Athletes must drink a lot of **liquid**.
4. **Fats** give energy, but athletes must be careful of **unhealthy** fats.
5. **Protein** is important for strength. About 10% of an athlete's daily calories should be protein.
6. athletes must stay away from drinks with **sugar** and **snacks** with too much **salt**. **Junk food** and **processed food** often contain a lot of sugar and salt.
7. A **balanced diet** of fruit, vegetables, dairy products and carbohydrates will give an athlete all the minerals and **vitamins** he or she needs.
8. Athletes shouldn't drink a lot of caffeine. Too much **caffeine** can affect their performance.

4. One word doesn't belong to the category. Cross the odd one out.

- **LIQUID**: soup - juice - beans - fizzy drinks.
- **FATS**: carrots - olive oil - butter - margarine.
- **VITAMINS**: noodles - bananas - tomatoes - oranges.
- **PROTEINS**: chicken - fish - eggs - fruit.
- **CARBOHYDRATES**: bread - rice - lettuce - potatoes.

5. Add two more words to each category in activity 2.

6. Match the words below to the correct sentence. There are two extra words.

salt - calories - snacks - caffeine - sugar - processed food - healthy lifestyle

1. We find this in tea, coffee and cola. _____
2. We eat this between meals. _____
3. This expression describes how we should live. _____
4. Every food has got these in it. _____
5. It's in cake, ice cream, sweets and chocolate. _____

Do you know what SUPERFOOD is?

7. Watch the video and answer the questions.



- a) Which superfood can be made into milk?
- b) Which superfood can heal wounds?
- c) Which superfood can reduce blood pressure?
- d) Which 2 superfood can protect your heart?
- e) Which superfood is good for your bones?

8. Create a spider-diagram on SUPERFOOD, its nutrients and benefits.

9. Do a Google search of SUPERFOOD and list your favourite 3 below. Include a description of what each food offers nutritionally. Then, give a suggestion of how you can incorporate this food into your diet.

Example:

Superfood 1: Eggs

Nutritional Benefits: High source of protein, vitamins and minerals including choline for development and memory.

Ways to include in diet: They can be scrambled or poached.