

Before reading

1 **Abbina i cibi (a-f) alla categoria nutrizionale (1-6).**

- a oranges, broccoli, kiwi
- b bread, pasta
- c salt, spinach, bananas
- d oily¹ fish
- e fish, meat, cheese
- f bran², oats³

- 1 carbohydrates
- 2 proteins
- 3 omega fats
- 4 vitamin C
- 5 fibre
- 6 minerals



Diet and Exercise

Why do we Need a Healthy Diet?

A balanced⁴ diet is a combination of proteins, carbohydrates, fats, vitamins, minerals, fibre and water. Food gives us nutrients, which help our bodies work. When we have a healthy diet, we look and feel great and we have more energy.

Proteins

We need protein (eggs, cheese, fish, meat, cereals and beans) to grow and develop. Babies and children need a lot of protein. There are



essential amino acids in protein, which the body can't make.

Carbohydrates

Our energy comes from carbohydrate foods. There are

two types of carbohydrate. Simple carbohydrate is in sugar and provides instant energy. Complex carbohydrate is in bread, potatoes, cereals and pasta. Complex carbohydrates release⁵ energy over several hours.



Vitamins

The name comes from the word 'vital' and vitamins are vital for our bodies. There are lots of vitamins in fruits and vegetables like oranges, kiwi, broccoli, peppers and blueberries.



Fibre

Fibre comes from plants. There are two types of fibre: soluble (oats, bananas, carrots) and



Comprehension

2 **Leggi i testi, poi rispondi alle domande.**

- 1 Why do babies and children need a lot of protein?
- 2 What parts of the body can omega fats help?
- 3 What happens to us when we have a healthy diet?
- 4 Which nutrient comes from the word 'vital'?
- 5 Where does fibre come from?
- 6 What do endorphins do?
- 7 What is BMI?
- 8 When are there problems with a BMI?

Vocabulary

3 **Rileggi i testi e completa.**

- 1 There are two types of fibre – and insoluble.
- 2 carbohydrate is in sugar. carbohydrate is in bread, potatoes, cereals and pasta.
- 3 makes strong bones and teeth.
- 4 help the body change food into energy.
- 5 A healthy diet means a diet.
- 6 Exercise makes us feel

4 **Guarda le proposte per il menu di oggi e completa con i seguenti cibi.**

- salami • chicken • blueberries
- lettuce • yoghurt • mozzarella
- banana

Breakfast

For a healthy breakfast, put two handfuls of ¹, a small ² and some ³ in a bowl.



insoluble (bran, cereals, nuts). Insoluble fibre passes through the body undigested. The body can only digest soluble fibre.

Essential Fats

The body needs omega fats to build healthy cells. Omega fats improve heart health and brain⁶ function. We can find them in oily fish (salmon and tuna) and walnuts.



Calcium



Calcium builds strong bones and teeth. The body can't make calcium. We must get it from cheese, milk and yoghurt.

Minerals

Minerals are vital nutrients and they help the body convert food



into energy. They are in all kinds of food: meat, fish, milk, vegetable and fruits (broccoli, spinach, bananas).

Physical Exercise

This is important for a healthy life. Exercise can help our heart and lungs⁷. When we exercise, oxygen goes to all parts of the body. Our energy levels increase and our endorphins too – a natural chemical which makes us feel happy and minimise stress and pain. Exercise makes us feel confident⁸ and sleep better. So start slowly and do a little more every day. Do something you enjoy and you can meet new people and make friends at the gym, at the swimming pool or when you are running in the park.

The Basal Metabolic Rate and BMI

Hormones and the nervous system control the metabolism of the body. The basal metabolic rate is the rate at which all the chemical reactions in the cells of the body take place. It can vary from person to person and it depends on how much exercise you do. Scientists think that it can be affected by factors that you inherit⁹ from your parents. Doctors look at your BMI (the body mass index): a measure of body fat that compares your weight¹⁰ to your height¹¹.

$$\text{BMI} = \frac{\text{weight}}{(\text{height})^2}$$

Usually a BMI is between 18.5 and 25. There are problems when it is below 18 or above 30.

Lunch

Prepare a chicken salad. Wash some ⁴ leaves, slice two tomatoes and add some chopped ⁵

Dinner

Make a pizza base. Put some tomatoes, slices of ⁶ and ⁷ on top.

CLIL Project

5 **A coppie. Preparate un poster con un menu giornaliero sano ed equilibrato, ma anche appetitoso! Il menu deve comprendere: fruit, vegetables, dairy products, carbohydrate, meat, fish and cereals. Presentatelo poi alla classe, che voterà il menu migliore.**

WORDS YOU NEED

- | | |
|--------------|--------------|
| 1. oily | grasso |
| 2. bran | crusca |
| 3. oats | avena |
| 4. balanced | bilanciato |
| 5. release | rilasciare |
| 6. brain | cervello |
| 7. lung | polmone |
| 8. confident | sicuro di sé |
| 9. inherit | ereditare |
| 10. weight | peso |
| 11. height | altezza |



6 And in your country?

- Do people have a healthy diet? Why/Why not?
- What do they eat?
- What kind of regular exercise do young people do?