

MODULE 7

# NUTRITIOUS EATING

## 健康饮食

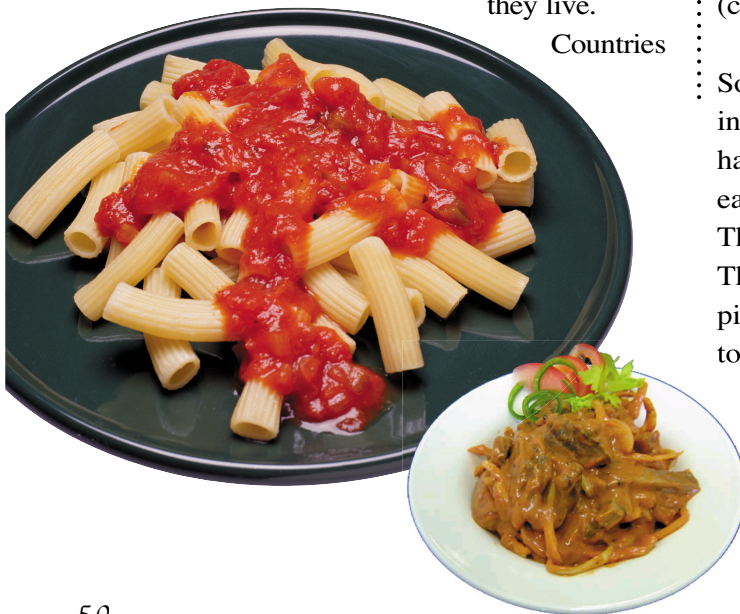
### FOOD OF MANY LANDS

#### 各国饮食习惯

**F**ood differs from country to country. The main foods of a country depend on what grows best there. People in hot countries, close to the **equator**, eat a lot of fruit and vegetables. People in cooler countries eat more animal foods.

With modern ways of **transporting** things, food can be flown or shipped anywhere in the world. So the food in a country also depends on what can be bought from other countries. For example, the poorer regions in Asia and Africa eat the foods grown where they live.

Countries



like Britain, America, Sweden and Switzerland can buy from wherever they want to.

The way food is cooked also differs from country to country. We may eat the same vegetables or meat, but what they taste like or look like after cooking depends on where in the world we come from.

Food has always been closely linked to **religion** and culture. For example, Jewish and Muslim people do not eat pork (pig meat) while **Hindu** people do not eat beef (cow meat).

Some of the customs involving food are interesting. Americans and Europeans each have a plate, knife, fork and **spoon**. Arabs eat from a dish in the centre of the table. They only use their right hands to eat with. The Chinese and Japanese use **chopsticks** to pick up food from a small bowl, held close to the mouth. Most people eat three meals a day.

Of course, every nation has a favourite food. Most cities in the world have



## WORD BANK



|             |      |       |
|-------------|------|-------|
| equator     | n.   | 赤道    |
| transport   | v.   | 运输    |
| religion    | n.   | 宗教    |
| Hindu       | adj. | 印度教的  |
| spoon       | n.   | 勺子    |
| chopstick   | n.   | 筷子    |
| shish kebab |      | 羊肉串   |
| lamb        | n.   | 羔羊肉   |
| onion       | n.   | 洋葱    |
| mushroom    | n.   | 蘑菇    |
| sour cream  |      | 酸奶油   |
| pasta       | n.   | 意大利面食 |
| minced      | adj. | 切碎的   |
| liver       | n.   | 肝     |
| raw         | adj. | 生的    |
| seal        | n.   | 海豹    |

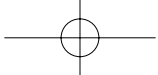


restaurants that make food from other countries. Here are some countries and their favourite foods.

- 1 Armenian people like **shish kebabs**. This is pieces of cooked **lamb** on a stick.
- 2 German people like Wiener schnitzel. This is beef covered in a mixture of flour and eggs that is fried in oil.
- 3 Russians like beef stroganoff. This is beef cooked with **onions**, **mushrooms** and **sour cream**.
- 4 Italian people eat a lot of **pasta** and **pizza**.
- 5 The Japanese eat sukiyaki, which is made up of long pieces of meat and vegetables cooked at the table.
- 6 The Scottish people like haggis. Haggis is **minced** lungs, **liver** and heart from a sheep boiled together.
- 7 Eskimos eat a lot of **raw** salmon (fish) and **seal** meat.

You may like some of these or you may not.  
Are you brave enough to try them?





# THE FAST FOOD CULTURE

## 快餐文化

**W**e have such busy lives that there is no time to cook or eat properly. It is easier just to buy something, already made, on the way to or from work. The result is **overweight** and unhealthy people.

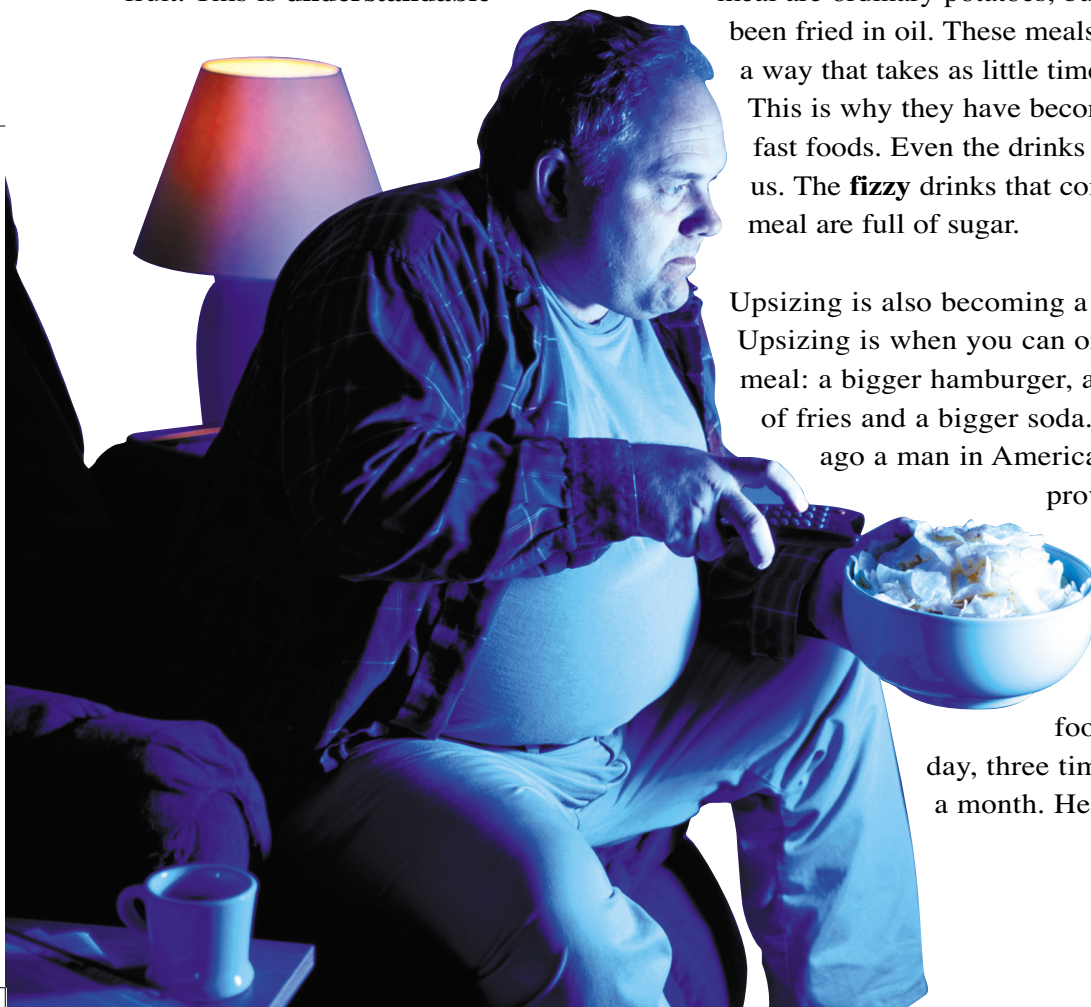
We are eating a lot of **carbohydrates** (such as bread) and **protein** (mainly meat and cheese) and not enough vegetables or fruit. This is **understandable**

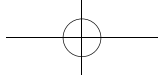
because bread, meat and cheese are the foods that **fill us up** so that we are not hungry.

The **foodstuff** itself is not actually unhealthy; it is the way it has been cooked. Meat is fried in oil and not **grilled**. When we buy a salad or a sandwich, there are hidden fats in the form of **mayonnaise** or tomato sauce. The fries that go with every fast food meal are ordinary potatoes, but they have been fried in oil. These meals are cooked in a way that takes as little time as possible. This is why they have become known as fast foods. Even the drinks are bad for us. The **fizzy** drinks that come with every meal are full of sugar.

Upsizing is also becoming a big problem. Upsizing is when you can order a bigger meal: a bigger hamburger, a bigger packet of fries and a bigger soda. Some time ago a man in America tried to

prove just what a problem fast food has become. He ate upsized fast food meals every day, three times a day, for a month. He gained 13





kilograms in weight. His body suffered. He got **acne** all over his body. His blood pressure went up and he had problems with his liver. His state of mind suffered because he hardly ever felt happy. He did not have any energy to do anything.

This man was an adult. An even more worrying problem is the number of overweight children in the world. This problem is getting worse and worse. Younger and younger people are suffering from health problems caused by incorrect eating. In a study done in South Africa, 20% of South African children under the age of six were found to be overweight. The problem is that fast foods are the foods that children like to eat. It is easier for a busy parent to buy fast food than it is to cook a healthy meal. Especially if parents know that their children will eat the fast food meal.



Our eating habits are becoming a big health problem.

Fast food chains are trying to make their food healthier by using better quality oil to fry food in. Better still, they are grilling food more often instead of frying it. They are also making smaller meals and offering the choice of vegetables instead of fries. But in the end, what we eat is up to us.

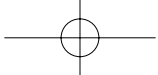
## WORD BANK



|                |      |       |
|----------------|------|-------|
| overweight     | adj. | 超重的   |
| carbohydrate   | n.   | 碳水化合物 |
| protein        | n.   | 蛋白质   |
| understandable | adj. | 可以理解的 |
| fill up        |      | 填饱    |

|            |      |        |
|------------|------|--------|
| foodstuff  | n.   | 食品, 粮食 |
| grill      | v.   | 烧烤     |
| mayonnaise | n.   | 蛋黄酱    |
| fizzy      | adj. | 起泡的    |
| acne       | n.   | 粉刺     |










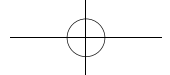
# HEALTHY EATING HABITS


## 健康的饮食习惯

**W**e need to know how much of what food to eat to be healthy. There are six different food groups and we need to eat a certain number of **servings** from each group every day. Each food group has different things that we need for a healthy diet.

Here is a list of the food groups and why they are good for us.

| Food group  | Food   | Why our bodies need it                                 | How many servings in a day |
|---|--|--|----------------------------|
| <b>Carbohydrates</b><br> | Bread, cereal, rice, potatoes and pasta  | Give us energy   | Six to eleven              |
| <b>Proteins</b><br>     | Meat, chicken, fish, eggs, dry beans and nuts  | Repair the body  | Two to three               |
| <b>Vegetables</b><br>  | Green beans, peas, pumpkin, <b>cauliflower</b> , <b>broccoli</b> , tomatoes, <b>lettuce</b> , etc. | Help our bodies grow and develop                       | Three to five              |
| <b>Fruits</b><br>      | Apples, pears, bananas, peaches, oranges, <b>lemons</b> , etc.                                     | Help our bodies grow and develop                       | Two to three               |
| <b>Dairy</b><br>       | Milk, <b>yoghurt</b> , cheese  | Give us <b>calcium</b> to build strong teeth and bones | Two to three               |



|  |  |  |              |
|--|--|--|--------------|
| <b>Fats</b><br> | Oil, <b>margarine</b> , butter, mayonnaise, tomato sauce, chocolate, candy, etc. | Give us energy.<br>But too much is not good. | Two to three |
|--|--|--|--------------|

It is important to understand how food is used. When we eat food, our bodies use the food to make energy. The energy is measured in **kilojoules**. Kilojoules are the amount of energy that our bodies get from the food that we are eating. If we are eating the correct food and the correct amount of food, we will have enough kilojoules for our bodies and minds to work properly.

There are many people who do not eat enough of the right food. This could be because they are too poor to buy the right food. These people may have what we call **malnutrition**. Children who have malnutrition do not grow properly and they cannot concentrate at school. If things are very bad, they can become sick and die. Malnutrition is a great problem in the poor parts of Asia and Africa.

It is also important to drink lots of water. Our bodies are made up of about 76% water. We need to drink six to eight glasses of water a day. Water keeps our skin healthy. It also makes sure that our bodies work properly.

If we do not drink enough water, we can get headaches, stomachaches and our **kidneys** will not work properly. It is important to read the **labels** on the foods in a shop. The labels tell us what the food has in it. It gives us information about how healthy the food is. This information will help us to eat healthily because we will know what we are putting into our bodies. Some people have food allergies. This means that if they eat certain things they may become ill. Some people become ill if they eat nuts, wheat or milk. Food labels will tell us if there is anything in the food that may make us sick.

If we want to have minds and bodies that work properly, then we need to make sure that we eat correctly.

## WORD BANK



|              |    |            |
|--------------|----|------------|
| serving      | n. | (食物的) 一份   |
| cauliflower  | n. | 花菜         |
| broccoli     | n. | 椰菜         |
| lettuce      | n. | 莴苣         |
| lemon        | n. | 柠檬         |
| dairy        | n. | 奶制品        |
| yoghurt      | n. | 酸奶         |
| calcium      | n. | 钙          |
| margarine    | n. | 人造黄油       |
| kilojoule    | n. | (功的单位) 千焦耳 |
| malnutrition | n. | 营养不良       |
| kidney       | n. | 肾脏         |
| label        | n. | 标签         |





## EXERCISES

### PASSAGE 1

Decide whether the following statements are true (T) or false (F).

1. The main foods of a country depend only on what grows best there. ( )
2. We all eat the same vegetables or meat, and they taste much the same around the world. ( )
3. Jewish and Muslim people don't eat pork, but Hindu people do. ( )
4. Most people eat more than once a day. ( )
5. As every nation has a favourite food, food from other countries won't be accepted by the local people. ( )

### PASSAGE 2

1. Read the passage again and then choose the best answer.

- 1) If we eat fast food regularly, it may make us \_\_\_\_\_.  
A. fat and unhealthy  
B. healthy and thin  
C. sick and hungry  
D. easy and comfortable
- 2) According to the author, fast food is not healthy because \_\_\_\_\_.  
A. the meat is fried  
B. it contains too much fat  
C. it contains too much sugar  
D. all of the above
- 3) If you order a big meal and eat three times a day, you may \_\_\_\_\_.  
A. gain weight  
B. become unhappy  
C. have blood and liver problems  
D. all of the above

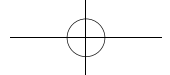
2. Decide whether the following statements are true (T) or false (F).

- 1) In South Africa, 20% of all children were found to be overweight. ( )
- 2) Fast food restaurants are trying to make their food healthier. ( )

### PASSAGE 3

Read the passage again and then choose the best answer.

1. If parents want their children to have good teeth, it's necessary for the children to have enough \_\_\_\_\_.  
A. fish  
B. peas  
C. bananas  
D. milk
2. The amount of energy provided by food is measured in \_\_\_\_\_.  
A. kilograms  
B. servings  
C. kilojoules  
D. food labels
3. It is good to have \_\_\_\_\_ to repair the body.  
A. dry beans and nuts  
B. oranges and lemons  
C. oil and butter  
D. potatoes and pasta
4. If we don't have enough \_\_\_\_\_ every day, our skin will not be kept healthy.  
A. yoghurt  
B. water  
C. cereal  
D. oil
5. What may happen if a child suffers from malnutrition?  
A. He will not grow properly.  
B. He can't concentrate at school.  
C. He can become sick and die.  
D. All of the above.



# NOTES

## PASSAGE 1

1. With modern ways of transporting things, food can be flown or shipped anywhere in the world. 有了现代交通工具，可以用飞机或者轮船将食品运到世界任何一个地方。
2. Countries like Britain, America, Sweden and Switzerland can buy from wherever they want to. 诸如英国、美国、瑞典、瑞士等国家，他们想从哪里买就从哪里买（食品）。
3. For example, Jewish and Muslim people do not eat pork (pig meat) while Hindu people do not eat beef (cow meat). 例如，犹太教徒和穆斯林不吃猪肉，而印度教徒不吃牛肉。

## PASSAGE 2

1. The fries that go with every fast food meal are ordinary potatoes, but they have been fried in oil. 每顿快餐要吃的薯条，虽然是由普通的土豆做的，但是土豆是油炸的。
2. The fizzy drinks that come with every meal are full of sugar. 每餐的碳酸饮料里面含有很多糖。
3. He got acne all over his body. 他全身都长了粉刺。
4. His state of mind suffered because he hardly ever felt happy. 他精神状态不好，因为他总是郁闷。
5. Younger and younger people are suffering from health problems caused by incorrect eating. 由于饮食不当，健康问题正向着低龄化发展。

## PASSAGE 3

1. If we are eating the correct food and the correct amount of food, we will have enough kilojoules for our bodies and minds to work properly. 如果我们吃的食物以及食量得当，就会获得足够的能量，身体和头脑就会运作正常。
2. Children who have malnutrition do not grow properly and they cannot concentrate at school. If things are very bad, they can become sick and die. 患有营养不良的孩子发育不正常，并且在学校注意力不集中。要是情况很严重，可能会病死。
3. If we do not drink enough water, we can get headaches, stomachaches and our kidneys will not work properly. 要是饮水不足，就会头疼、胃痛，肾脏运作也会不正常。



# MODULE ACTIVITY

- Nowadays, more and more children are getting overweight. What do you think about this problem? Discuss it with your classmates.