Eat Well and Be Active for Good Health

To be healthy and achieve a healthy weight it is important to choose the right balance of healthy foods and be physically active.

Eight quick tips for good health and a healthy weight

1. Eat three main meals per day of smaller portions. Don’t skip breakfast!
2. Choose water as your main drink.
3. Choose high fibre, low glycemic index (low GI) carbohydrates.
4. Choose healthy, low fat snacks.
5. Wait 20 minutes after eating before you decide if you want a second serve.
6. Enjoy meals with your family with the TV switched off.
7. Limit ‘screen time’ to no more than two hours per day.
8. Include at least 60 minutes of physical activity or active play each day.

Make healthy food choices

1. Eat three main meals every day. Don’t skip breakfast or other meals to try and lose weight, this can lead to over eating at the next meal or snack.
   > Choose a wide variety of foods from each food group:
     - Aim to eat two serves of fruit and five serves of vegetables each day
     - Choose high fibre carbohydrates such as wholemeal/wholegrain breads, cereals, pasta and rice
     - Choose smaller amounts of low fat dairy foods, lean meats, poultry, fish, eggs, nuts, and fats and oils
   > Decrease your portion size – eat less at meals. Aim to have your plate made up of food portions as pictured below:

2. Choose water as your main drink. Avoid high sugar drinks such as soft drinks, cordial and sports drinks.
   Limit unsweetened juice and reduced fat flavoured milks to one glass per day.

3. Choose high fibre, low glycemic index (low GI) carbohydrates.
   These will help you feel full for longer and help to control blood glucose if you have diabetes.
   Here are some examples of how easy it can be to change from a high to a lower GI option:
   > White bread ➔ Wholegrain bread
   > Corn flakes or rice bubbles ➔ Special K or Porridge
   > Jasmine rice ➔ Basmati, Brown or Doongara rice
   > White potato ➔ Sweet potato
   > Cruskits ➔ Vita Weats
4. Choose healthy, low fat snacks (if needed) between meals.
   Some options include:
   > One piece of fruit or small tub of diced fruit in natural juice.
   > Small tub of low fat yoghurt.
   > Four wholegrain crackers with Vegemite or low fat cheese.
   > Two cups homemade plain popcorn or small packet of pretzels.
   > ½ cup of breakfast cereal with low fat milk.
   > Vegetable sticks with salsa or low fat cream cheese/dip.
   > A crumpet, English muffin, piece of toast or two pikelets.

5. Wait 20 minutes after you have finished eating to decide if you need a second serve.
   If you are still hungry, fill up with more salad or vegetables (other than potato).

6. Enjoy meals with your family at the table with the TV switched off.
   Distractions such as TV can cause you to overeat.

Be physically active!

7. Limit 'screen time' to no more than two hours per day.
   This includes the time you spend watching TV, on the computer or playing video games.

8. Include at least 60 minutes of physical activity or active play each day.
   This can be all at once or in two-three blocks of 20-30 minutes.
   > Choose a sport you like such as: basketball, netball, soccer, football or cricket.
   > If team sports don’t appeal to you try activities such as swimming, dancing, martial arts or bike riding.
   > Participate in active play. Try: skipping, roller blading, skateboarding, climbing, hopscotch, chasey, ball games, play in the playground or jump on the trampoline.
   > Be active with the family: walk the dog, go to the beach or for a bike ride, fly a kite, kick the footy or play cricket, basketball, tennis or table tennis.
   > Try to be active wherever you can: take the stairs instead of the lift, walk or ride your bike to school, or get off the bus a few stops early and walk the rest of the way.
Eat well, look well, feel well!
Do you know what's good for you? Do you look and feel well? Use the quiz to find out how healthy you are.

1. Wholemeal bread contains
   • a lot of fibre.
   • not much fibre.
   • too much fibre.

2. Which contains a lot of iron?
   • Beef.
   • Dried apricots.
   • Spinach.

3. Crisps are
   • too high in fat and salt.
   • too healthy.
   • ok for an occasional snack.

4. You want to get healthy. What do you do?
   • Eat too much.
   • Not eat enough.
   • Eat a very balanced diet.

5. There is a lot of vitamin C in
   • kiwi fruit.
   • apples.
   • bananas.

6. What's very good for you?
   • Grilled vegetables.
   • Fried vegetables.
   • Fizzy drinks.

7. How many times a week do you eat breakfast?
   • Every day.
   • Only when I have time.
   • Never.

8. How much fruit do you eat?
   • Five portions a day.
   • One portion a day.
   • Two or three portions a day.

9. How much junk food do you eat?
   • A lot.
   • Not much.
   • None.

10. How much water do you drink a day?
    • One glass.
    • Six to eight glasses.
    • Three to four glasses.

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0-6 YOU'RE A SPRING GREEN
Eating healthily is not about calories, it's about eating foods with lots of nutrients like fruit and vegetables. Do not skip meals! See www.eatwell.gov.uk for more info.

7-14 YOU KNOW YOUR ONIONS
You know what healthy foods are but you don't eat enough of them. Remember to drink a lot of water and eat plenty of fresh fruits and vegetables.

15-20 YOU'RE A SMART COOKIE
Very good! You're a food genius! You know a lot about food and how food impacts on your health.
1. How many pieces of fruit do you have a day?
   a. I don’t have many. One or two.
   b. Two or three.
   c. A lot – five or more.

2. How many glasses of water do you drink every day?
   a. Not many. One or two glasses.
   b. Three to six a day.
   c. A lot – seven or more.

3. How often do you exercise?
   a. I never exercise.
   b. I sometimes exercise.
   c. I exercise every day.

4. How much chocolate do you eat in a week?
   a. A lot. I eat some every day.
   b. I don’t eat much. It’s a treat on special occasions!
   c. I never eat chocolate.

5. How much fish do you eat?
   a. Not much because I don’t like it.
   b. I eat a little fish, usually once a week.
   c. I eat a lot. I have fish four or five times a week.

6. How much cola do you drink each week?
   a. A lot – a litre a day so it’s 7 litres a week.
   b. Not much. One or two cans a week.
   c. I never drink cola.

7. How much time do you spend in front of the TV each week?
   a. A lot, about 20 hours.
   b. I watch a few hours of TV a week.
   c. Not much, less than an hour a week.

8. How much coffee do you drink each day?
   a. I drink a lot of cups of coffee, more than four.
   b. I drink a little coffee, one cup a day.
   c. I never drink coffee.

9. How often do you eat salad or green vegetables?
   a. I hate salad and never eat vegetables.
   b. I eat a few green vegetables.
   c. A lot – I eat salad and green vegetables most days.

10. How much fast food do you eat?
    a. I eat a lot. I love pizza and burgers.
    b. I eat a little fast food, maybe once a week.
    c. I never eat fast food.
Read the quotation and discuss what you think it means.

Look at the Food Guide Pyramid. Read the passage and fill in the blanks with information from the pyramid.

**THE FOOD GUIDE PYRAMID**

**How much is one portion?**
- 100 grams of pasta
- 5 crackers
- 2 slices of bread
- 1 medium orange
- 1 slice of melon
- 100ml of fruit/vegetable juice
- 100 grams of cooked carrots
- 1 small salad
- 2 tbsps of yoghurt
- 200ml of milk
- 2 eggs
- 1 small chicken leg (no skin)
- 100 grams of meat

Fats, Oils & Sweets
USE SPARINGLY

KEY
- Fat (naturally occurring and added)
- Sugars (added)

These symbols show fats and added sugars in food.

Milk, Yogurt & Cheese Group
2-3 PORTIONS

Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group
2-3 PORTIONS

Vegetable Group
3-5 PORTIONS

FRUIT GROUP
2-4 PORTIONS

Bread, Cereal
Rice & Pasta
Group
6-11 PORTIONS

You've probably seen the Food Guide Pyramid a lot. Maybe you've seen it in the pages of your Science book or on a wall poster. The Food Guide Pyramid shows the foods that make up a good diet. It also tells how much of these foods you need to stay healthy. It is divided into groups. Each of these food groups provides some, but not all, of the nutrients you need daily. Doctors suggest you centre your diet around the foods at the base of the pyramid and eat less of the foods at the top.

The ___________ and ___________ group is at the bottom of the pyramid. The foods in this group are very important because they contain a lot of carbohydrates. Carbs or carbohydrates for short, give you a lot of energy.

Going up the pyramid we find two other important food groups. Tomatoes, broccoli, carrots etc. are in the ___________ group. They are full of vitamins and minerals. Remember to have a variety of vegetables everyday.

The ___________ group contains apples, bananas, and oranges etc. The best place to find fibre and vitamins, especially vitamin C, is in this group. Eat fresh fruit and drink fruit juices at least twice a day.

The next two groups are the ___________ and ___________ group and the ___________ and ___________ group. All the foods in these two groups give you proteins (say: pro-TEENs). Proteins are very important nutrients especially for teenagers because they help build and keep your body healthy. Foods in the milk group are very high in calcium. Calcium is the mineral that makes your bones and teeth strong. Drink half a litre of milk everyday.

___________ and ___________ are at the top of the pyramid. You can find chocolate, biscuits, butter, etc. in this group. These foods have few nutrients but can be a source of quick energy.

Because there are a lot of natural sugars and fats found in fruits, cheese and meats, it is important not to add more fats, oils and sweets to your diet. "Junk" or bad food is full of fats, sugar and calories.

Keep a Food Pyramid Diary. Draw a food pyramid and put all the foods you eat during a weekend into the appropriate group. Is there a food group that you didn't eat anything from? Which group did you eat the most from? Discuss your food diaries in class.
YOU ARE WHAT YOU EAT

1 The food pyramid is a guide for planning a healthy diet. If you eat the recommended portions of each food group every day you will get all the nutrients you need and you will have enough calories to keep you healthy. It is also important to vary the food you eat as much as possible within each food group, because different foods contain different kinds of nutrients.

2 Carbohydrates make up the biggest part of the pyramid. Nutritionists recommend that 60-65% of the food we eat every day should be made up of carbohydrates. They provide vitamin B, minerals and fibre. Foods in this group include bread, cereal, rice and pasta. Nutritionists recommend we eat 6-7 portions of these foods per day.

3 Fruits and vegetables also contain carbohydrates and are also a good source of vitamins, minerals and fibre. We should eat between 3-5 portions of fruit and vegetables each day.

4 Protein is important but should be eaten in moderation. We can find it in dairy products such as milk, cheese, and yoghurt. These foods also contain calcium and vitamins. We should choose dairy products with lower levels of fat and only eat 1-2 portions per day.

5 Meat, fish, beans and eggs contain the most protein. Beans are very healthy as they contain high levels of protein and fibre, but do not contain much fat. Proteins which come from animals are called ‘complete proteins’ as they contain essential amino acids. But our cholesterol level can rise if we eat too much red meat.

6 Fats, oils and sweets are at the top of the pyramid: this means that we should not eat them too much. Remember that fats are also contained in other food groups too. But not all fats are bad. Saturated fats like butter should not be eaten too often, but unsaturated fats like olive oil are good for us in moderation.

Match the English words to their Italian equivalents.

a amino acids b calcium c carbohydrates
d dairy products e harmful f portion g protein
h saturated fats i source j sparingly
k unsaturated fats

1 con parsimonia 2 grassi insaturi 3 carboidrati
4 porzione 5 latticini 6 calcio 7 grassi saturi
8 fonte 9 proteina 10 dannoso 11 amminoacidi

While you read
Look at the diagram. Match the paragraph to the correct part of the pyramid?

After you read
Write True or False.

1 It is important to eat a variety of foods.
2 The food group you should eat the most of is carbohydrates.
3 Bread contains vitamins and minerals.
4 Cheese contains a lot of carbohydrate.
5 All fatty foods are bad for us.
1 Put the foods into the correct category in the table.

chicken biscuit olive oil eggs bread beef fish pasta strawberries beans butter cake cereal potatoes rice spinach salad crackers

2 Can you add the names of any other foods to the table?

3 Read the clues and complete the crossword.

Across
2 You can find this in milk and cheese. It’s good for your bones and teeth.
4 This is an amount of food we eat.
7 You can find this in bread, pasta and rice.
9 A, B, C, D, E and K are all types of these.
10 These are a kind of vegetable with a lot of protein.
11 Butter has got lots of this.

Down
1 This is a unit of measurement telling us how much energy we get from food. Cakes and sweets contain a lot of these.
3 You can find these, with vitamins, in fruit and vegetables. Iron is an example.
5 This is the part of fruit and vegetable that our bodies cannot digest. It helps to keep our intestine healthy.
6 This can be found in meat, fish and eggs.
8 When you are strong and not ill you are this.
**READ**

Read the text below and decide if the statements are true (T) or false (F).

**Eat your way to exam success**

Do you find it hard to concentrate at school? Yes, some lessons are boring, but research suggests that the food you eat can affect your brain power. A balanced diet can help you to get good marks and pass your exams.

Nutrition scientist Claire MacEvilly explains why it's important to have a balanced diet during exam time:

- Our brain is only 2% of total body weight, but it uses approximately 20% of the body's energy. This energy comes from food. The primary source of energy for the brain is glucose; glucose comes from carbohydrate rich foods like bread and pasta.

- Food influences mood, but mood also influences food choice. There is no magic food, but it's important that you don't skip meals and eat regularly.

- Breakfast really is the most important meal of the day. You need food to prepare for your school day. Healthy options include: low sugar / salt cereal or wholemeal bread, and some fruit.

- You can make healthy choices if you're having a school dinner at lunchtime. Choose a salad or some vegetables.

- Don't eat fatty, fried food at dinner. A good evening meal can help your brain to tackle homework.

(Adapted from www.bbc.co.uk/schools/studentlife)


<table>
<thead>
<tr>
<th>Statement</th>
<th>Truth</th>
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<td>1. A good diet can influence your performance at school.</td>
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<tr>
<td>2. The human brain is 20% of the body weight.</td>
<td>F</td>
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<td>3. Glucose gives energy to the brain.</td>
<td>F</td>
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<tr>
<td>4. It's not important to have regular meals.</td>
<td>F</td>
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<tr>
<td>5. It's a good idea to eat fried food before you do your homework.</td>
<td>F</td>
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**WRITE**

Write a brief text in which you describe your eating habits. Use the information on...

- what you eat at breakfast, lunch, and dinner,
- what you eat when you're not at home,
- what you eat when you're not hungry.

[... / 5]

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**Writing**

Scrivi un breve testo in cui descrivi le tue abitudini alimentari. Dai informazioni su...

- quello che mangi e bevi nei tre pasti principali,
- se e che cosa mangi fuori pasto,
- se qualcosa mangi a seconda non proprio sani e quali.

[... / 20]
Task 2

Look at the notes below and write the reply to Rose’s letter.

Rose’s case
- already underweight
- no more weight to lose
- main problem: her attitude to food and eating
- evidence of eating disorder: distorted view of her body, sense of guilt when eating, refusing to lead a normal social life, never feeling good about herself
- advice: talk to her doctor as soon as possible

Task 3

Read the passage and answer the questions below.

Anorexia and Bulimia

Both eating disorders often start during the teens and may be a result of emotional problems connected with becoming an adult, as well as low self-esteem and/or physical or emotional abuse. Anorexia and bulimia share many features. Like anorexia, bulimia develops from an obsessive desire to be thin. However, instead of not eating, the person alternates between frantic binging and drastic purging (by self-induced vomiting and the abuse of laxatives and diuretics) or periods of excessive fasting and exercise.

People with anorexia develop a fear of fatness that goes far beyond that of most dieters. The need to control their weight dominates all other emotions and food becomes the central issue of their lives.

Binge eating is less likely, but the obsessions with weight and shape, exercising and the use of vomiting and laxatives to reduce weight are often major elements. Other signs before a person loses a dramatic amount of body weight include:
- failure to notice or be satisfied with the result of exercise
- avoiding food high in carbohydrates
- feeling depressed
- menstrual cycle becomes irregular or ceases
- lack of interest in sex

People with anorexia have a very low body weight, which can cause serious medical problems, including poor circulation, brittle bones, infertility, fainting and dizziness, dehydration and kidney damage. The consequences of inadequate nutrition in the long-term can be slowed heartbeat, low blood pressure and reduced body temperature. It’s important to seek medical help as soon as possible because some of these problems, if left untreated, may not improve when the person recovers from anorexia.

Teenage girls are at the greatest risk of developing anorexia, and parents often miss many of the signs. They may not share their feelings about their body with you. They may also exercise, vomit and take laxatives secretly. Depression may be difficult to spot in an uncommunicative teenager, and lack of interest in sex is not some thing most parents worry about in their teenage daughters. Good communication and trying to remain open are obviously crucial but eating habits may be the only sign you can see easily.

1. What are anorexia and bulimia generally called?
2. What distinguishes anorexia from bulimia?
3. How do doctors explain eating disorders?
4. What feeling predominates in anorexic subjects?
5. Besides avoiding eating, how do anorexic and bulimic people keep weight under control?
6. What are the short-term consequences of anorexia and bulimia?
7. What are their long-term consequences?
8. Who do eating disorders mainly affect?
9. Why do parents often overlook the early signs of such disorders?
10. How can parents discover their daughter’s eating disorder more quickly and easily?
### Eating and drinking

- food cibo
- starter antipasto
- first course primo piatto
- main course portata principale
- dessert dolce
- bread pane
- butter burro
- cake torta
- cereal cereali
- chicken pollo
- coffee caffè
- eggs uova
- fish pesce
- flour farina
- jam marmellata
- jar barattolo
- juice succo
- legumes/pulses legumi
- loaf pagnotta
- meat carne
- milk latte
- poultry pollame
- rice riso
- soup minestra
- steak bisteca
- sugar zucchero
- vegetables verdura
- beans fagioli
- cabbage cavolo
- celery sedano
- garlic aglio
- lettuce lattuga
- mushrooms funghi
- onion cipolla
- peppers peperone
- fruit frutta
- grapes uva
- melon melone
- orange arancia
- pear pera
- strawberries fragole
- dressing condimento
- herbs erbe aromatiche
- olive oil olio d’oliva
- pepper pepe
- sauce salsa/sugo
- salt sale
- spices spezie
- vinegar aceto
- bottle bottiglia
- bowl ciotola
- cooker/stove fornello
- cup tazza
- fork forchetta
- glass bicchiere
- knife coltello
- pan padella
- plate piatto
- saucer piattino
- spoon cucchiio
- leftovers avanzi
- piece trancio
- slice fetta
- recipe ricetta
- takeaway food cibo d’asporto
- fresh fresco
- frozen surgelato
- in season di stagione
- salty salato
- spicy speziato/piccante
- sweet dolce

### Verbs
- eat/dine out mangiare fuori
- go for/have a picnic fare un picnic
- have a snack fare uno spuntino
- lay/set the table apparecchiare la tavola
- bake (v) cuocere al forno
- boil (v) bollire
- fry (v) friggere
- grill (v) grigliare
- peel (v) spazzare
- pour (v) versare (i liquidi)
- steam (v) cuocere a vapore
- stir (v) girare
- reheat/heat up (v) riscaldare
- roast (v) arrostire

### Completa con la parola corretta.

1. Can you ________________ me a glass of juice, please.
2. Salmon, cod and trout are all types of ________________.
3. Cook this steak in that frying pan on the ________________.
4. Why don’t we ________________ a cake for Ben’s birthday?
5. Can you give me a hand and ________________ the table, please?
6. First peel the potatoes, then cut them into thin ________________.
7. If you ________________ chicken or eggs, they must be boiling hot.
8. We sometimes buy ________________ food if our parents get home late from work.
9. Have you got a ________________ to stir my coffee?
10. Let’s ________________ tonight. I don’t feel like cooking.

### Elimina la parola estreanea a ciascun gruppo. Poi dai il nome a ciascun gruppo, come nell’esempio.

#### vegetables
- onions, beans, carrots, *e.g.* lettuce
1. ________________ water, grapes, tea, wine, coffee
2. ________________ pork, lamb, ham, cheese, veal

#### other
3. ________________ peach, pear, apple, cabbage, melon
4. ________________ milk, butter, cheese, pepper
5. ________________ salmon, trout, cauliflower, sole
FOOD AND DRINK

**Food**

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**Meat, poultry, fish and shellfish**

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**Dairy products**

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**Other ingredients**

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**Drinks**

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**Verbs and expressions**

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**Other words**

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<td>banconota</td>
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1. We need .......... milk. 2. Do we need .......... rice? 3. We haven't got .......... cheese. Can you buy some lettuce, please?

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1. I'd like a cup of .......... please. 2. We need two kilos of .......... 3. You can~ you a packet of .......... please? 4. We need a bottle of .......... 5. Can I have a glass of .......... please?

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