

# Lesson 69

## This is very nutritious.

**Target:** Having a conversation about nutrition.

### Vocabulary

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### Nutrition



### Related vocabulary

- |   |  |                                       |
|---|--|---------------------------------------|
| - to be <b>high in...</b> / <b>rich in...</b> | - to be <b>nutritious</b> / to be <b>nutritional</b>                 | - <b>diabetes</b>                     |
| - to be <b>a good source of...</b>            | - <b>nutrients</b> / <b>nutrition</b> / <b>malnutrition</b>          | - to <b>consume...</b>                |
| - to be <b>chock full of...</b>               | - a <b>nutritionist</b> / <b>the nutritional value of...</b>         | - to <b>starve</b>                    |
| - to be <b>high/ low / non fat</b>            | - to <b>nourish</b> / <b>nourishment</b> / to be <b>malnourished</b> | - to be <b>artificial</b>             |
| - to be <b>lean / extra-lean</b>              | - to <b>digest...</b> / <b>digestion</b> / <b>digestive system</b>   | - <b>whole grains</b> / <b>grains</b> |
| - a <b>balanced diet</b>                      | - <b>coronary heart disease</b>                                      | - <b>skim-milk</b>                    |
| - <b>recommended daily intake</b>             | - <b>anorexia</b> / to be <b>anorexia</b>                            | - to <b>steer clear of...</b>         |

### Conversation

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**1** Use the questions below to have a conversation with your partner about the topic

#### Partner #1: Questions

1. What do you think are the key points of a balanced diet?
2. What do you think is more important when it comes to food, quality or quantity?
3. What are the essential food groups?
4. What are some really high fat foods that people should steer clear of?
5. What healthy / unhealthy habits do you have?
6. Do you like extra lean meat? Is it popular in Japan?
7. Do you like foods that have a lot of artificial colors and flavors? Why?
8. What do you think three things that everyone should eliminate from their diet are?
9. Do you know the nutritional value of the things you eat every day?
10. Which foods are high in: acid / saturated fats / trans fats / sodium / zinc / cholesterol?

#### Partner #2: Questions

1. What happens when people don't have a good diet?
2. What was your diet like when you were growing up opposed to now?
3. Has anyone you know ever had a problem with coronary heart disease?
4. What are the major causes of obesity / diabetes?
5. Do you eat a lot of whole grain bread? Why? Why not?
6. Why do you think portion / serving size is so important for people who want to have a healthy diet?
7. If someone has a high metabolism, do they still need to eat healthy? When does metabolism slow down?
8. Do you prefer skim or whole milk? Why?
9. Why is obesity becoming a problem in some countries? How many calories should you consume per day?
10. Which foods are a good source of: zinc / potassium / protein / iron / fiber / calcium / carbohydrates?

**2** Complete one or more of the situations below

1. **Role play:** Partner #1: You are overweight. Talk to a nutritionist about changing your diet.  
Partner #2: You are a nutritionist. Give your partner some advice on changing their diet.
2. **Speech:** Talk about different foods you think people should try to eliminate from their diet.
3. **Speech:** Talk about a person who lost a lot of weight by changing their diet.
4. **Debate:** You think kids should be educated about nutrition in school, but your partner disagrees.