

## **The conditionals ( types 1 / 2 )**

### **The plan of the seance**

- **The text**
- **Activitys**
- **Keep in mind**

- **The text:**

## Nutrition and Food



The food which you eat contains substances that your body uses

1. for growth.
2. for repairing and replacing old or worn out tissues.
3. for energy.
4. for regulating body functions and keeping them in good condition.

Your body needs six different substances which are

1. carbohydrates.
2. fats.
3. proteins.
4. minerals.
5. vitamins.
6. water.

The carbohydrates, fats and proteins are called “fuel foods” because the body uses them as fuel to supply energy.

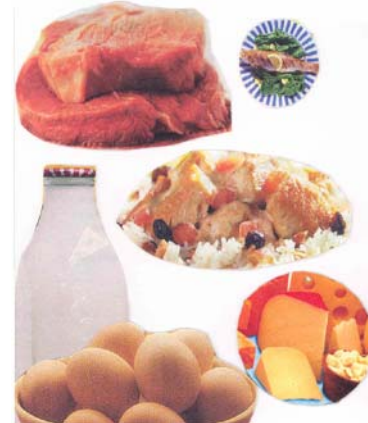
1- **The carbohydrates** exist in variable quantities in most starchy food and grains.



2- **The fats** are also an important source of energy; you get fats from butter, cream, milk, almonds, nuts, olive oil ect ....



3- **The proteins** provide fuel for energy and give the body material for building tissues. If your diet lacked proteins, the tissues in your body would die. You get proteins from meat, fish, poultry, cheese, milk, eggs ect...



4- **Minerals** are necessary for the building and repair of tissues.  
- For example, calcium and phosphorus are needed for bones and teeth and regulating body processes.

You will get the right quantity of calcium and phosphorus if you eat each day dairy products, green vegetables, protein food and cereal products.

Iron is important too because it is used in the blood all the time. If iron is not replaced, you may suffer from anemia. A person who is anemic usually lacks energy and becomes easily tired. Good sources of iron are liver, eggs, whole wheat, dried beans, leafy green vegetables, beef, fish ect...

Iodine is also needed for good health.  
If iodine is lacking in the diet, the thyroid gland may become enlarged. This condition is known as goiter. You will get the necessary amount of iodine if you eat fish and sea-food.



5- **Vitamins** maintain health, protect the body from certain diseases and regulate body functions.

**Vitamin A** is especially important to your eyes and is essential to the health. If you do not get enough vitamin A, your body won't be able to fight off colds, throat infections and pneumonia Most vegetables, eggs, whole milk ect... contain vitamin A.

**The B Vitamin** Family (vitamin B1, B2 and Niacin) is necessary for growth.

The good sources of vitamin B1 are heart, kidney and liver, beans, peas, grain cereals, eggs, milk cheese ect...

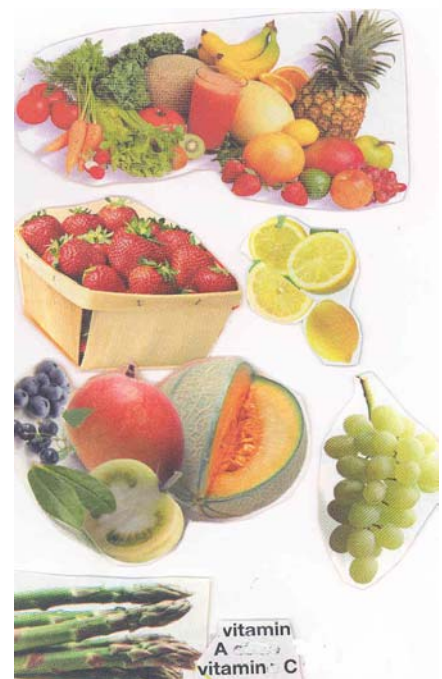
The richest sources of vitamin B2 are milk, liver asparagus... The most common sources of Niacin are nuts, beef hearts, kidneys, tuna, corn ect...

**Vitamin C** holds cells together. It also helps the body to resist infection. You will get vitamin C if you eat fresh fruit and vegetables.

- The food listed below are good sources of vitamin C.

Fruit: lemons, grapefruit, strawberries, cantaloupes, bananas, cherries, peaches ect...

Vegetables: peppers, cauliflowers, asparagus ect ...



**Vitamin D** sometimes called the sunshine vitamin is necessary to build strong bones and teeth. Sometimes doctors prescribe vitamin D in capsule form to growing children. You will get enough vitamin D if you expose your body for short periods to the sunlight.



**Vitamin E, K and others** are also important for your health. You will get vitamin E in whole grain food such as corn, wheat, rice, lettuce and egg yolk.

You will get vitamin K in most green vegetables.



6- **Water** is vital to every living organism.

Most food, especially fruit and vegetables contain much water.

You would die within four or five days if you didn't drink water!

**Unfamiliar words :**

worn-out: too old or damaged.

starchy food: food that contains a white substance ( for example potatoes, rice and bread)



• **Activity's:**

**1:**

**How much do you remember?**

\_\_\_\_\_

- Read the following statements.
- Say if they are true or false.
- Correct the false ones.

1. The food you eat must perform the four functions of supplying energy, building new tissues, repairing old tissues and regulating body process.  
.....
2. Carbohydrates and fats build new tissues.  
.....
3. You don't need energy for working and playing.  
.....
4. Proteins are known as builders of tissue.  
.....
5. Proteins are not essential to life.  
.....
6. There is no relation between food and health.  
.....
7. A well-balanced diet contains all the vitamins your body needs.  
.....
8. You can get vitamin D by exposing your body to sunlight.  
.....
9. Vitamins , minerals and water are body regulators.  
.....
10. You can survive without water.  
.....

**Activity 2 :**

**Read again the text and answer the following questions.**



1. What are the six substances provided in food that your body needs?  
.....

2. Why are proteins important for health?  
.....

3. Name four important minerals. Explain the part they play in the body.  
.....

4. Why should you eat some fresh fruit and vegetables?  
.....

5. Why do doctors sometimes prescribe vitamin D in capsules to children?  
.....

|   |   |  |
|---|---|--|
|  | <p>“One apple a day keeps the doctor away”.</p> |  |
|---|---|--|

**Activity 3:**

**A) Match each proverb with its meaning.**

Example: 1 — d

| Proverbs  | Meanings  |
|---|---|
| 1. One apple a day keeps the doctor away.<br>2. When there is a will, there is a way.<br>3. A stitch in time saves nine.<br>4. Every cloud has a silver lining. | a. If you deal with a problem as soon as possible, you will save time and money.<br>b. If you are patient and optimistic, you will know better days.<br>c. You will succeed if you make efforts.<br>d. If you eat the right food , you will be healthy. |

**B) Can you find the equivalent of one of these proverbs in Arabic?**

.....



**Activity 4 :**

**Give the correct form of the verbs between brackets and complete the blanks with the right words from the pictures.**

Example:

You (meet) will meet your daily calcium needs if you take enough dairy food.



1. Your body (resist) ..... infection if you get vitamin C. You will get vitamin C if you (eat) ..... , ..... and .....



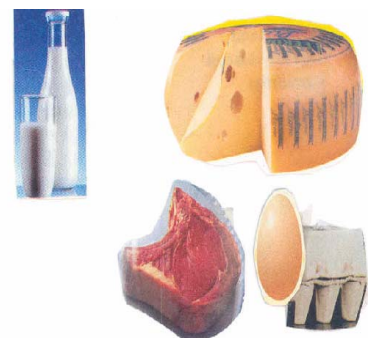
2. Your body (get) ..... iodine if you eat .....



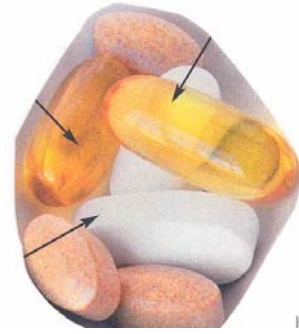
3. Your body (not be able) ..... to fight diseases if you don't get enough vitamin A. You (find) ..... vitamin A in ..... or ..... and in vegetables such as ..... or .....



4. You (get) ..... proteins if you include in your diet ..... and .....



5. If a child (not get) ..... vitamin D, the doctor will prescribe him vitamin D in ..... form.



6. If you (eat) ..... fruit and vegetables and if you (not forget) ..... to drink at least one litre of water each day, you will supply necessary ..... your body cells need.



**Activity 5 :**

**Give the correct form of the verbs between brackets.**

eg: If you lacked fuel food, you would feel weak.

1. If you (lack) ..... proteins, the tissue in your body (die) .....
2. If you (not get) ..... enough iron, you (suffer) ..... from anemia.
3. If you were calcium deprived, you (have) ..... problems of bones and teeth.
4. You (be) ..... anemic if you (not get) ..... enough iron.
5. You (suffer) ..... from goiter if your diet (lack) ..... iodine.
6. If you (be) ..... deprived of vitamin B, you (get) ..... one of the diseases known as beriberi or pellagra.
7. If you (have) ..... a deficiency of vitamin D, you (suffer) ..... from a disease of the bones known as rickets.
8. You (certainly die) ..... if your body didn't get enough water!

**Activity 6 :**

**Fill in the blank with one word from the list.**

**Vitamin - contained - as -who - the- name - rice - substance - for - find - suffered - this-**

Vitamin B1 or Thiamine was discovered ..... the result of the attempt to ..... a cure ..... a disease called beriberi. 1884, Japanese sailors ..... lived chiefly on polished rice ..... from beriberi. When the ..... was eaten whole, however, beriberi was cured or prevented. .... proved that the outer husk of the rice ..... an important ..... which prevented ..... disease. The ..... given to this substance was ..... B1.

**Activity 7 :**

**A) Fill in the following columns so as to find the corresponding noun or verb.**

| verbs        | nouns       |
|--------------|-------------|
| to resist    | .....       |
| .....        | digestion   |
| .....        | protection  |
| to grow      | .....       |
| to prescribe | .....       |
| to fight     | .....       |
| .....        | discovery   |
| to suffer    | .....       |
| .....        | requirement |

**B) Classify these nouns according to their endings. Put the nouns with no specific end in the column** ∅

| ance | ion | th | y | ing | ment | ∅ |
|------|-----|----|---|-----|------|---|
|      |     |    |   |     |      |   |

**C) Fill in the blanks with the right word from table A.**

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Example: Eating fresh fruit helps you resist colds.

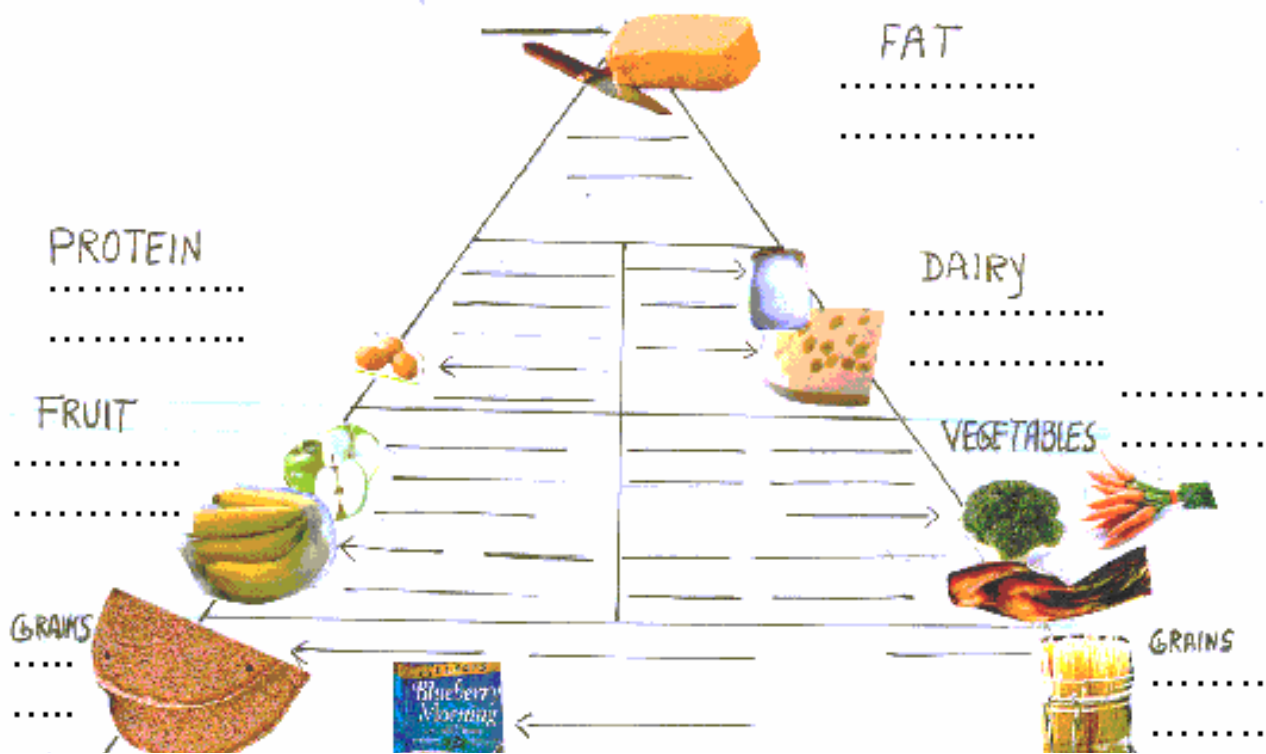
1. If you go to the doctor, he will ..... you antibiotics.
2. You may have problems of ..... if you eat rich and greasy food for dinner.
3. The specialist ..... she had a problem with her heart when he took her pulse.
4. He always has a regular medical check up once a year to ..... himself against serious health problems.
5. If he still ..... from the pain in the chest, he will go to the doctor.
6. Children need more vitamins during their .....
7. If you have a well balanced diet and if you practise a sport, your body will ..... off diseases
8. Both children and adults ..... Vitamin D.

|   |
|---|
| <p>The Food Pyramid is a guide of what to eat and how much to eat each day. For good health, eat a lot of grains, vegetables and fruit. Eat some dairy, meat and other protein. Eat very little fat, oil and sugar.</p> |
|---|

**Activity 8 :**

**Complete the Food Pyramid with the food in the box**

meat - pasta - carrots - apples - cheese - fish - tomatoes - broccoli - butter - asparagus - beef - milk - oranges - eggs - yogurt - lettuce - rice - strawberries - peppers - bananas - grapefruit - cream - peas - wheat - bread watermelon - oil - onions - turnip - chicken - cereals.



**Activity 9 :**

**Fitness quiz. Circle the most appropriate answer and find out your health i**

| Your nutrition   | Your fitness  |
|--|---|
| <p>1- How many meals do eat during a day?</p> <p>- five or six 6</p> <p>- three 3</p> <p>- one or two 0</p>                            | <p>6- How often do you exercise?</p> <p>- three 6</p> <p>- once 3</p> <p>- never 0</p>  |
| <p>2- Do you eat at regular</p> <p>- almost always 6</p> <p>- usually 3</p> <p>- seldom 0</p>  | <p>7- How important is your exercise program to you?</p> <p>- very 6</p> <p>- important 3</p> <p>- not very important 0</p>   |
| <p>3- How many fruit and vegetables do you usually have day?</p> <p>- five or more 6</p> <p>- two to four 3</p> <p>- one or more 0</p> | <p>Your health</p> <p>8- Which best describes your weight?</p> <p>-within 3kgs of my ideal weight 6</p> <p>-within 5kgs of my ideal weight 3</p> <p>-within 6 kgs of my ideal weight. 0</p>     |
| <p>4- How much water do you drink each day?</p> <p>- 2 litres 6</p> <p>- 1 litre 3</p> <p>- 1 glass 0</p>                              | <p>9- How often do you have a medical check-up?</p> <p>- once a year 6</p> <p>- every three years 3</p> <p>- I almost never go to the doctor 0</p>  |
| <p>5-How much milk do you drink a day?</p> <p>- half a litre 6</p> <p>- one glass 3</p> <p>- none 0</p>                                | <p>10- How often do you go to the dentist?</p> <p>- twice a year 6</p> <p>- every four or five years 3</p> <p>- when 0</p> <p>11- How often do you smoke?</p> <p>- Never 6</p> <p>- often 0</p> |



| Score  | Total points |  |
|--|--------------|--|
| 55 to 70 points: Excellent keep it up!<br>35 to 54 points: Above average.<br>15 to 34 points: your health and fitness are below average. Read again the text and try to respect nutrition requirements.<br>14 points used below: Now is the time to start making changes study carefully the text.<br>It may help! |              |  |

**Activity 10 :**

**Read aloud the following words. In each group circle the word with a different vowel sound from the other two.**

\_\_\_\_\_

- a. cheese            bread            beans
- b. pepper            cereal            melon
- c. potato            tomato            banana
- d. pear                seafood            meat
- e. cauliflower        orange            onion
- f. apple                garlic            carrot

**Activity 11 :**

**Complete the following conversation.**

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John: .....

Bill: Not very well. I feel tired all the time and I don't get enough sleep.

John: .....

Bill: Well I did. I had an appointment with my doctor yesterday.

John: .....

Bill: He told me to give up smoking and to have a well balanced diet.

John: .....

Bill: He also said that if I stopped smoking and exercised I would feel better.

John: .....

Bill: Because it is hard to change bad habits.

John: .....

Bill: That's true! You gave up smoking. Well I suppose the proverb "When there is a will, there is a way" is true.

John: .....

Bill: It means that if you really want to do something, you will find a way to do it.

John: .....

Bill: You are right. It is worth trying. Thank you for the advice. I feel better now.

John: .....

Bill: See you.



**Activity 12 :**

**Translate into Arabic:**



You will be healthy and happy if you have a well balanced diet and if you practise sport. Remember! A good nutrition and exercise are necessary for good health.

.....  
.....  
.....

- **Keep in Mind:**

### The Conditional Statements.

- When you want to express a condition that is likely to happen.

**If + Subject + Verb in the present + Subject +**

eg: If you **have** a balanced diet, you **will be** healthy  
or You **will** be healthy if you **have** a balanced diet

- When you want to express a condition that is unlikely to happen.

**If + Subject + Verb in the past + Subject + would(not) + stem**

eg: If you **had** a balanced diet, you **would be** healthy.  
or You **would be** healthy if you **had** a balanced diet.

#### **Note:**

- The verb is in the past form but the meaning is present.  
(If you had a balanced diet **now**, you would be healthy)

- Use **were** with all the persons instead of was.  
( If I **were** healthy I would be happier.)