

## LESSON 3. NEEDS OF DIFFERENT GROUPS OF PEOPLE

### PLAN:

1. Learn the words and word combinations.
2. Read and translate the following words and word combinations.
3. Read and translate the text. Write down English equivalents of the following word combinations.
4. Answer the questions.
5. Read the text and translate it using a dictionary.
6. Read and translate the text. Find English equivalents of the following word combinations

### ХІД ЗАНЯТТЯ:

#### I. Learn the words and word combinations:

adolescent [ˌædəʊˈlesnt] n підліток

breastfeeding ['breɪst,fiːdɪŋ] n годування груддю

to breast feed годувати груддю

consume [kənˈsjuːm] v споживати; з'їдати

cut [kʌt] v різати, розрізати

cut down скорочувати, зменшувати

cut out вилучити

helping ['helprɪŋ] n порція

matter ['mætə] n діло, справа, питання

prefer [prɪˈfɜː] v віддавати перевагу

preference [ˈpreʃərəns] n перевага

rely [rɪ'laɪ] v покладатися, довіряти

sensible ['sensəbl] а відчутний; розсудливий, розважливий

slim ['slɪm] v худнути, втрачати вагу

slimming diet дієта для схуднення

snack ['snæk] n легка закуска

to have a snack перекусити на ходу

unique [ju:'ni:k] а єдиний у своєму роді, унікальний

vegetarian [ˌvedʒɪ'teəriən] n вегетаріанець; а овочевий, рослинний

## **II. Read and translate the following words and word combinations:**

1. preference ['prɛfərəns]: he gives vegetables preference over meat; I have a preference for fish; prefer [pri'fɜ:]: I prefer meat well done (underdone);

2. matter ['mætə] : money matters; a matter of individual preference; that's quite another matter; a matter of great importance;

3. cut [kʌt] : Cut the apple in half, please! she cut the cake to pieces; to cut down energy intake; I had to cut out meat; the doctor said I must cut fatty food out;

4. helping ['helpɪŋ] : a helping of lean meat; three helpings of meat and vegetables.

## **III. Read and translate the text. Write down English equivalents of the following**

### **word combinations:**

грудне молоко, легко засвоювані поживні речовини, захищати від захворювання, задовольняти потреби харчування, здорові підлітки.

### **TEXT 1. Needs of Infants, Children and Adolescents**

Infants and Young Children Infants are unique. They must rely on a single food, milk, to satisfy all their nutritional needs. Breast milk is ideal for several reasons:

1. All the nutrients are present in it in an easily absorbed form.
2. It contains several natural agents protecting against disease.
3. It is clean, can't be prepared incorrectly and doesn't cause allergies.

A mother should try to breast feed her baby at least for two weeks, ideally for four – six months. Solid foods should not be introduced before four months of age.

From about six months mother may gradually introduce infant cereal foods, pureed fruit and vegetables, egg yolk, and even **finely divided meat**. By about twelve –eighteen months, the infant can eat a mixed diet. This diet must not be very different from that of the rest of the family. Milk will continue to be very important but less will be drunk as more solid foods are eaten.

Needs of Schoolchildren and Adolescents Schoolchildren are growing fast and are very active. That is why their needs for energy and nutrients are rather high. For example, the recommendations for seven or eight year old girls for energy, protein and thiamin are nearly as high as those for grown women, and for calcium are even higher.

The big appetites of some children usually reflect a real nutritional need. Bread, milk, cheese, meat, fish, liver, eggs, fruit, green vegetables and potatoes are wonderful sources of a number of nutrients. Milk is known to be one of the best sources of calcium, riboflavin and protein.

As for adolescents, their nutrient needs are higher in many respects than those of any other group. Healthy adolescents have very big appetites. It is very important for them that their needs should be satisfied with food of high nutritional value in the form of well balanced meals, but not by too many snacks rich in fat, sugar or salt.

**finely divided meat** - м'ясний фарш

#### **IV. Answer the questions:**

1. Why is breast milk ideal?
2. When should solid foods be introduced for infants?
3. Why are needs of Schoolchildren and Adolescents for energy and nutrients high?
4. What are the recommendations for seven or eight year old girls for energy, protein and thiamin?

#### **V. Read the text and translate it using a dictionary:**

##### **TEXT 2. Needs of Adults and Old People**

Nutritional problems are of great importance and interest at present. The reasons for this are different diseases such as tooth decay, arteriosclerosis, diabetes and many others. Many adults are more likely to be at risk of overnutrition than of undernutrition. A lot of them have a particular risk of a premature heart attack.

That's why food must consequently be chosen in the light of its energy value and the content of essential constituents. Those adults who wish to reduce their risk of a premature heart attack should reduce their intakes of energy or of fat and saturated fatty acids. But to make good the energy, lost from the reduction in fats and sugars, extra cereal products, rice, potatoes should be used.

Also it is very wise to estimate the whole diet before making any changes, because the essential point is that the chief nutritive components – protein, fat and carbohydrates – should be in balanced relationship to each other. It is also very important to keep alcohol under control.

As for the nutritional requirements of the elderly people, they are less than the energy requirements of adults. The elderly tend to be less active after the age of seventy five, that's why they should avoid an increase in weight. Those with poor teeth, arthritis or other physical disabilities or poor appetites should cook at least one meal a day of good

nutritional quality. They should supplement this with foods such as milk, eggs, cheese, bread, fruits rich in vitamin C, which need little preparation.

**VI. Answer the questions:**

1. What should do adults who wish to reduce their risk of a premature heart attack?
2. Why are nutritional problems of great importance?
3. What are the nutritional requirements of the elderly people?

**VII. Read and translate the text. Find English equivalents of the following word combinations:**

дієта для схуднення; треба зменшити споживання енергії; жирна і солодка їжа, може знадобитися кілька місяців; зберігати потрібну вагу; продукти тваринного походження; велика кількість води; змішана дієта