

## **LESSON 4. DIET AS A WHOLE:**

1. Read and translate the text.
2. Answer the questions.
3. Translate the following word combinations.
4. Write down verbs using suffixes. Translate the words.
5. Translate the following word combinations.
6. Form verbs from the following nouns. Translate the nouns and the verbs.
7. Read the text and translate it using a dictionary.
8. Translate the sentences into Ukrainian.
9. Finish the following sentences.
10. Use "do" or "make" in combinations with the following words. Make up sentences with these expressions.
11. Read and translate the text. Answer the questions.

### **ХІД ЗАНЯТТЯ:**

#### **I. Read and translate the text:**

##### **TEXT 1. ASSESSING THE ADEQUACY OF A DIET**

It is important not only that all the essential nutrients should be present in a diet, but that they should be present in the amounts required by different people. To find out whether a particular diet is nutritionally adequate, three things must be known:

1. What foods are eaten?
2. How much of each food was eaten?
3. What kind of person ate the foods? Were they men, women, adolescents or children, etc?

When the answers to these questions are known, daily nutrient intakes can be compared with the amounts recommended for health. People who do heavy work need more food than those of mental work. The elderly people must not eat so much as the young. Those who are active should not eat more than sedentary.

Special attention should be paid to the diet in disease. Any person with high temperature and a poor appetite should the first few days have a fluid or semi-fluid diet. If high temperature keeps for a long time, a man becomes very weak and it is important to give him a high caloric diet. A very important part of such diet is fat though many people don't like it. So it is necessary to give fatty food in a pleasant form. It should be noted that many diseases can be cured by appropriate diet.

It must however be emphasized that the mineral and vitamin recommendations are high enough to cover the needs of practically all healthy people; therefore it is only when an individual is consistently obtaining less than this recommended intake that there could be any cause for concern.

## **II. Answer the questions:**

1. Find out the adequacy of the diet.
2. Do people who do heavy work need more food than those of mental work?
3. Do sedentary should not eat more than active people?
4. What diet should have a person with high temperature?

## **III. Translate the following word combinations:**

1. all foods provide nutrients; 2. to base meals on a modest helping of lean meat; 3. to avoid an increase in weight; 4. foods rich in dietary fibre; 5. to satisfy the appetite with a good mixed diet; 6. to have little effect on nutritional value; 7. a special diet should be followed; 8. the avoidance of some foods is necessary; 9. to cover the needs of practically all healthy people; 10. meals served in canteens or restaurants; 11 the energy value of food.

## **IV. Write down verbs using suffixes. Translate the words:**

-ize: character, general, sympathy, crystal;

-en: black, thick, deep, wide, strength

## **V. Translate the following word combinations:**

збалансована дієта; жирне м'ясо; грудне молоко; маслинова олія; молочні продукти; проблеми харчування; зернові продукти; припустимі втрати; (не)харчові відходи

## **VI. Choose the appropriate word. Translate the sentences:**

1. The advantages of a lower cooking temperature are (much, many). 2. There is (little, few) difference between the nutritional requirements of the elderly and the adult. 3. in shape grapefruit is (much, many) like an orange. 4. (Much, little, many) of the common diseases attributed to malnutrition are now said to be caused by a lack in the diet of one, or two, or all of the vitamins.

**VII. Form verbs from the following nouns. Translate the nouns and the verbs:**

service, preservation, prevention, requirement, recommendation, supplement, activity, government.

**VIII. Translate the sentences into Ukrainian:**

1. It has been found that if all the tin from a large can were dissolved, the amount of tin salts formed would be too small to be in the least harmful. 2. If the amount of fat were decreased in a recipe, the amount of milk or water should be decreased too. 3. It is necessary that fruits should be heated until they are rather soft to extract the pectin. 4. In the preparation of fruit products it is desirable that the natural colour and flavour of the fruit should be preserved. 5. To complete the coagulation, it is necessary that ions should be added. 6. It is likely that tannin should be present in larger amounts in coffee made by boiling method.

**IX. Finish the following sentences:**

1. You would know English better if ... . 2. If I were you, ... . 3. I shall make a cake if ... . 4. If you had got up earlier this morning ... .

**X. Define where the words in bold type are prepositions and where they are conjunctions. How do you define?**

1. Since it is well known that the fat can be emulsified in protein and protein in fat, it is possible that the foaming power of the protein is cut down by the fat emulsified with it. 2. The object of canning meat is to preserve and protect it for future use. 3. Butter has been used for various purposes since 2000 B. C. 4. She went to a Chinese restaurant for she wanted to know Chinese cuisine. 5. After the ripening process the cream is churned to separate the fat. 6. Before whipping, it is advisable

to take it out and wipe it well before packing. 7. Caffeeol escapes readily from the coffee cup after it is prepared. 8. I shall go there before dinner.

**XI. Use "do" or "make" in combinations with the following words. Make up sentences with these expressions:**

a mistake, scrambled eggs, well, some shopping, a cake, one's best, progress, homework, the washing.

**XII. Translate the following sentences:**

1. Much has been said in the past few years about a new set of necessary food constituents. 2. To determine whether meat is done there are many ways. 3. There appears to be little difference in nutritive value between butter and margarine. 4. There are only a few varieties of this plant in nature. 5. Please give me a little water.

**XIII. Translate the following sentences into English:**

1. Бажано, щоб люди похилого віку уникали зайвої маси тіла. 2. Необхідно, щоб мати годувала немовля груддю перші місяці життя. 3. Якби ви поступово давали своїй дитині іншу їжу, вона вже харчувалася б різноманітніше. 4. Який жаль, що я не можу піти з вами.

**XIV. Read and translate text 2:**

### **TEXT 2. SLIMMERS AND VEGETARIANS**

If a person wants to be in good health he must be careful about his diet.

Planning a slimming diet is a matter of individual preference. The energy intake should be cut down by up to 1,000 kilocalories each day, but other nutrients shouldn't be reduced much. It is often convenient to cut out fatty and sugary foods such as sweets, preserves, biscuits and puddings as well as alcohol, as these tend to be sources of energy rather than nutrients. Fat can be trimmed from meat and foods can be boiled or grilled but not fried.

Effective slimming diets are all basically low energy diets, though they vary in how this is achieved. A good plan is to base meals on a modest helping of lean meat, fish, eggs or cheese with liberal amounts of fruits and vegetables and small amounts of bread and potatoes. Eating three or four meals a day gives better results than eating the same amount of food at one or two meals only; breakfast should be

included. As it may take several months to reach the desired weight, a slimming diet should be sensible and palatable. After this, a diet of reduced energy content may still be included to maintain the correct weight.

Vegetarians do not eat meat and most do not eat fish, but the majority consume some animal products – the most important of which are milk, cheese and eggs. Such diets may be lower in energy than a mixed diet because most vegetables have a high water content, but, in general, their nutritional values are very similar to those of mixed diets.

A much smaller group, vegans, eat no foods of animal origin at all. Man's nutrient requirements with the exception of vitamin B<sub>12</sub> can be met by a diet composed entirely of plant foods but to do so it must be carefully planned using a wide selection of foods.

**XV. Answer the questions:**

1. What the energy intake should be for a person planning a slimming diet?
2. What foods may be cut out?
3. What fat can be trimmed from?
4. What slimming diets may be based on?
5. What do vegetarians eat?