

Lesson 36: Staying Healthy

Hi! How are you today?

Today's lesson is about "*Staying Healthy.*"

Have fun learning English!

Warm-up | Useful Expressions

Directions: Listen and repeat.

- **diet** - the food that you eat and drink regularly
- **nutrition** - the process of taking the food necessary for health and growth
- **nutrient** - a substance that a living thing needs to live and grow
- **carbohydrates** - one of the three major categories of nutrients, found in certain kinds of food (such as sugar, bread, rice), that provide you with energy
- **protein** - one of the three major categories of nutrients, found in food and drinks such as meat, eggs, and milk. You need protein in order to grow and be healthy.
- **fats** - one of the three major categories of nutrients, contained in foods such as meat, cheese, and butter; fats store the energy in your body
- **vitamins** - natural substances found in food; they are an essential part of what humans and animals eat to help them grow and stay healthy
- **minerals** - substances that are naturally present in the earth and are not formed from animal or vegetable matter, for example gold and salt
- **intake** - the amount of food, liquids, etc. that you take into your body
- **digestion** - the ability to digest (break down) food
- **immune system** - the system in your body that produces substances to help it fight against infections and diseases

Activity 1 | Dialogue

Directions: Read the dialogue aloud with your teacher.

Dan is consulting the doctor on how to stay healthy.

Dan: Doctor, what is the best way to stay healthy?

Doctor: Having a good **diet** is probably the most important factor.

Dan: It is very confusing to know what to eat.

Doctor: It wouldn't be so difficult if you knew the basics about **nutrition**. First, you need to make a balance among the three major **nutrients**: **carbohydrates**, **protein** and **fats**. You should control each **intake** daily.

Dan: It must be easy for you, because you're a doctor!

Doctor: It's a struggle for everyone, even doctors. You should also take **vitamins** and **minerals**, which are found in fruits and vegetables generally.

Dan: Can I use vitamin tablets?

Doctor: Ideally, it's better not to, because you might take more vitamins than needed with tablets. It may badly affect your **digestion**. Besides, it can have a bad effect on your **immune system**, too.

Dan: Understood...

Doctor: I'll recommend some books about nutrition so you can learn more about it.

Check your understanding: Answer the following questions.

1. According to the doctor, what is the most important factor to stay healthy?
2. What are the three major nutrients?
3. Why did the doctor advise Dan not to depend on vitamin tablets?

Activity 2 | Composition Table

Directions: Discuss the composition table for McDonald's menu below.

Composition table for McDonald's menu

	Prot[g]	Carb[g]	Fat[g]	Pts	Cals[kcal]
Hamburger	13	33	9	6	260
Cheeseburger	15	35	12	7	310
Double Cheeseburger	25	37	23	11	460
Quarter Pounder	24	40	18	9.5	420
Double Quarter Pounder	47	46	40	17.5	730
Big Mac	25	47	30	13.5	560
Big N' Tasty	24	41	23	11	470
Filet-O-Fish	14	42	18	9.5	400
Small French Fries	2	30	13	5.5	250
Medium French Fries	4	47	20	8.5	380
Large French Fries	6	70	30	13.5	570
Chicken McNuggets (4 piece)	10	10	10	4.5	170
Egg McMuffin	17	30	12	7	300
Sausage McMuffin	14	31	22	9.5	380
Sausage McMuffin (w/ Egg)	20	31	27	11	450

Cited by Calorielab <http://calorielab.com/restaurants/mcdonalds/1>

- **(food) Composition Table** - A table to show the composition of food.
- **Prot** - protein
- **Carb** - carbohydrates
- **Fat** - fats
- **Pts** - Calorie Points computed by CalorieLab from their nutrient database
- **Cal** - calories

Activity 3 | Free Conversation

Directions: Take turns with your teacher in answering the questions

1. What is your favorite meal?
2. Do you think it's possible to keep a healthy lifestyle in a modern and busy world? How?
3. Do you pay a lot of attention to what you eat?
4. Do you sometimes check the food composition before you eat?
5. Have you ever tried going on a diet? How was it?
6. How do you keep yourself healthy? Share your techniques.