

Food is more than just fuel

1. Look at the title of the lesson and say what you think it means and whether you agree with the saying.

Possible answer: 'Food is more than just fuel' means that the role of food in our lives is more than providing the energy necessary for physical survival. It might have cultural and emotional importance.

2. Look at the words in the box and put them into the correct categories. The number in brackets indicates how many words there should be in each category.

VITAMINS & MINERALS (5)	OTHER NUTRIENTS (3)	HORMONES (3)
vitamin C	fat	dopamine
iron	carbohydrate	melatonin
magnesium	protein	serotonin
potassium		
zinc		

- carbohydrate
- magnesium
- melatonin
- potassium
- protein
- serotonin
- zinc

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Dopamine and serotonin are commonly known as neurotransmitters, although they are often referred to as hormones as well. We use the term 'hormones' not to overcomplicate it for students. To work on pronunciation, you can play the words to students and ask them to repeat: carbohydrate, dopamine, magnesium, melatonin, potassium, protein, serotonin, zinc, vitamin.

3. Read the descriptions of foods and guess what they are.

- A. This fruit is a great snack, especially before workouts, as it has carbohydrates which are a source of energy. It's rich in potassium which is necessary for healthy blood pressure. It's not common for people to be intolerant to it so it's safe even for babies. banana
- B. It's a delicious treat full of nutrients. It contains fat which gives you energy and it is good for those who have a low level of iron. Additionally, it provides magnesium and zinc. It helps increase the level of dopamine and serotonin, making people feel happy and relaxed. People often include it as a dessert in their balanced diet. dark chocolate
- C. It is a well-known meat that is easy to digest. It contains a lot of protein and zinc. If a person consumes a lot of it, the body produces serotonin and melatonin and it helps improve mood and regulate sleep. turkey

4. Look at the texts in ex. 3 again and find the words and phrases for the meanings below.

- A. have inside contain
- B. process food in stomach (v) digest
- C. not able to process food without negative health effects intolerant
- D. healthy eating plan balanced diet
- E. eat or drink consume
- F. packed with rich in

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5. Complete the task below.

Name at least one...

Possible answers:

- A. ...food that people might be intolerant to. **milk**
- B. ...vitamin that strawberries, lemons and oranges are rich in. **vitamin C**
- C. ...meal a person with a balanced diet might have. **pasta with fish and vegetables**
- D. ...consequence of consuming drinks that contain a lot of caffeine. **anxiety**
- E. ...drink that helps digest food. **kombucha**

T If students are familiar with the topic of nutrition, you can ask them to come up with a food description like the ones in ex. 3 using the vocabulary from ex. 2 and 4. They can share their descriptions and let others guess what food they are talking about.

6. Look at the health aspects and say how much food influences them in your experience. Give examples.

EXAMPLE: *I've noticed that when I eat nuts, which contain healthy fat, zinc and other nutrients, I can think more clearly.*

7. Watch a **video** [<https://youtu.be/n804iflkIGw>] and say which two foods that are mentioned in the video improve sleep and which two worsen it.

The speaker mentions that foods that improve sleep are kiwi [00:34], tart cherries [00:52], milk [01:09], fatty fish [01:31], nuts [01:48] and rice [02:09]. Some foods that worsen sleep are whole fat milk [01:26], alcohol, caffeine and spicy food [02:48].

8. Watch the **video** again and correct one incorrect word in each sentence.

- A. It's more likely the combination of food you eat (e.g. at Thanksgiving) is what really makes you tired. **amount** [00:19]
- B. Kiwis help our brain produce melatonin. **serotonin** [00:35]
- C. Tart cherries are known for their sweet taste. **sour** [00:52]
- D. Hot milk not only helps you relax but produces melatonin. **warm** [01:15]
- E. Fatty fish is especially good for people in winter when many lack iron. **vitamin D** [01:36]

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- F. It's clear why rice helps people sleep better. **unclear [02:08]**
- G. You should talk to a doctor before you make serious changes to your sleep. **diet [02:54]**

9. Choose one of the options to complete the statements. Give reasons for your choice.

- The video **was/wasn't** informative for me.
- I **have/have never** observed the effect that the foods mentioned in the video have on the quality of my sleep.
- People today are **very concerned/don't care enough** about their dietary habits.
- Learning about a balanced diet is **quite easy/challenging**.



10. Look at the boxes and discuss the questions.

gluten-free

zero-fat

lactose-free

non-GMO

organic

- Have you noticed this information on food packages? What types of products typically have them?
- Do you buy products with these labels? Why/Why not?
- Do you read the ingredients on food packages? If yes, what specific information do you focus on?

11. Choose the food philosophy you agree with most or create your own statement. Explain your choice.

- It's best to eat everything you want but in moderation.
- Your body usually tells you what it requires by giving you certain food desires. You just have to learn to listen to it.
- You are what you eat.

This worksheet includes an additional task that you can use as homework or revision. It's only available in the teacher's version of the worksheet. The task with the answer key is below, while the students' version is on the last page. Print it, cut it up and hand it out to your students.

Find and correct four mistakes in the sentences A–F. Then, say what your reaction or next step in each case would be.

EXAMPLE: You've decided to take up sport, so you need to start consuming more protein, calcium, ~~zink~~ and magnesium. **zinc**

I'll google which foods contain these nutrients and do the grocery shopping.

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- A. Your colleague is telling you about their balancing diet and all its benefits. **balanced**
- B. You've noticed that your child consumes a lot of sugar.
- C. You've learnt that you have a lack of iron but the foods that are rich with it are the ones you really don't like. **in**
- D. You've read an article that says that raw fruit and vegetables are hard to digest.
- E. Your doctor has told you that you are untolerant to lactose. **intolerant**
- F. At the restaurant, you've realized that most of the dishes contain of something you don't like or are allergic to. **contain something**

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