

**Филиал ФГБВОУ ВО «Военно-медицинская академия
имени С.М. Кирова» МО РФ (г. Москва)
Медицинский колледж**

Иностранный язык
Тема 2.5 «Здоровое питание»

Для студентов 1 курса
специальность 34.02.01 Сестринское дело
Преподаватель Кудрявцева Н. В.

A collage of various healthy foods including fruits, vegetables, dairy, and grains. The image shows a variety of items such as a red apple, yellow bell peppers, a purple eggplant, a red tomato, a head of lettuce, a glass pitcher of milk, a small glass of milk, several brown eggs, a wedge of orange cheese, a pile of red kidney beans, a slice of whole wheat bread, a piece of salmon, a bunch of carrots, a whole fish, and some rice. The background is a dark wooden surface.

1. What is healthy food?

- Do you pay much attention to what you eat?
- Do you think it is more important for you to eat healthy or tasty food?

2. Do you try to eat your breakfast, lunch and dinner at a certain time every day?

3. Do you have a snack every time you are hungry or do you wait for the lunch or dinner?

- What is better for health?

4. Do you think diets are useful or not?

- Have you ever tried to go on a diet?
- What kind of diet was it?
- Did it work?

Put the best food for our health at the top

- beef
- fish
- chocolate
- rice
- tofu
- nuts
- garlic
- spinach



How would these diets affect our physical and mental health?

Diet	Physical health	Mental health
Vegetarian		
Fast food		
Spicy food		
Japanese food		
Meat only		
Fruit only		



Put these words into
categories of your choice (3
minimum)


light / mental health / brain / chemistry / stable /
team / obesity / influence / research/ anonymous /
survey / professional / fast food / anxiety /
carbohydrates / diet






Read the text

Scientists have cast new light on the effects our diet has on our mental health. Researchers say what we eat affects and alters our brain chemistry up until the age of 30. They say this explains why older adults are more emotionally stable and resilient than under-30s. The research was conducted by a team led by Lina Begdache, a professor of health and wellness studies. Researchers said that while the link between our diet and diabetes, heart disease and obesity is well established, there is a paucity of research on the influence our dietary intake has on mental health. The researchers also suggested that mental well-being stimulated healthy eating, healthy practices, and exercising.




The research was carried out via an anonymous internet-based survey. It was sent through social media platforms to different professional and social group networks. Professor Begdache found that adults under 30 who ate fast food more than three times a week scored higher on levels of mental distress, anxiety and depression. She said that for adults over 30, the study found that eating less carbohydrates and more fruit reduced anxiety and depression. Begdache pointed to research showing how a Mediterranean diet was as good for our brain as for our body. She said: "It has all the components that are important for the healthy structure of the brain."



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1. Scientists shone a light on people's diets. T / F
 2. Researchers say the food under-30s eat changes their brain. T / F
 3. A researcher said there is little research on our diet and mental health. T / F
 4. The researcher suggested that being healthy encourages healthy eating. T / F
 5. The research was done on people the researchers never met. T / F
 6. A survey was send via just one social network. T / F
 7. The article said that people who ate faster were more depressed. T / F
 8. A professor said the Mediterranean Diet was not good for mental health. T / F



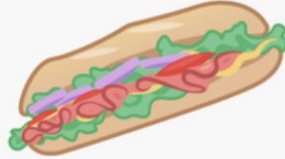


**SYNONYM
MATCH: Match the
following
synonyms from the
article**

- | | |
|----------------|------------------|
| 1. cast | a) conducted |
| 2. alters | b) well-balanced |
| 3. stable | c) parts |
| 4. paucity | d) encouraged |
| 5. stimulated | e) study |
| 6. carried out | f) spread |
| 7. survey | g) formation |
| 8. anxiety | h) shortage |
| 9. components | i) worry |
| 10. structure | j) changes |

12 HEALTHY EATING HABITS THAT WORK

1. Eat food you enjoy.



2. Portion sizes are key.



3. Pack your lunch.



4. Choose protein and fiber.



5. Go Mediterranean.



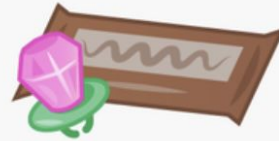
6. Don't drink your calories.



7. Give yourself options.



8. Don't grocery shop hungry.



9. Get a good night's sleep.



10. Eat breakfast.



11. Avoid diet drinks.



12. Don't snack after dinner.



HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

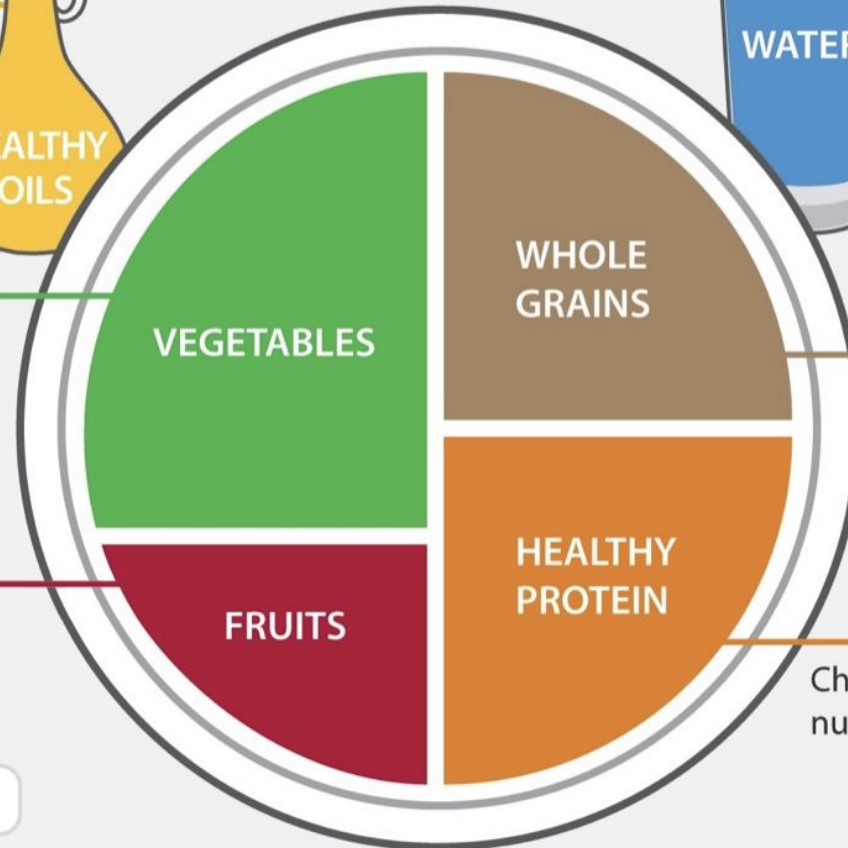


The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Balanced diet



- Fruits and vegetables
- Protein
- Fibre-rich carbohydrates
- Fats






WHITE

YELLOW

RED

PURPLE

GREEN

-  Immune system
-  Protection of stomach
-  Low cholesterol
-  Healthy heart
-  Healthy gut

-  Low cholesterol
-  Healthy heart
-  Healthy joints
-  Eye protection
-  Preventing cancer

-  Healthy heart
-  Healthy blood vessels
-  Skin protection
-  Cellular rejuvenation
-  Preventing cancer

-  Healthy heart
-  Healthy blood vessels
-  Improve your memory
-  Cellular rejuvenation
-  Protecting of the urogenital system

-  Protection of stomach
-  Healthy bones
-  Eye protection
-  Immune system
-  Preventing cancer



Study healthy eating tips (Slides 10-13) and write a menu for a day.

Breakfast

Yogurt and musli

- Muesli is a good source of fibres that will help in keeping your digestive system healthy.
- It also helps in reducing bad **cholesterol**, keeps your heart healthy and reduces the risk of heart-related diseases.

Green tea with lemon boosts metabolism

Lunch

Borsch

- It is nutritious, helps to reduce blood pressure, protects stomach, liver and heart. It also cleanses blood and circulatory system.

Watch the video and answer the question

What is more important? Why?

<https://m.youtube.com/watch?v=ztiHRiFXtoc>



Tasks

- Slide 2 Answer the questions
- Slides 3-9 Read the text and complete the tasks
- Slides 10-13 Study healthy eating tips
- Slide 14 Write a menu for a day. Look at the example.
- Slide 15 Watch the video and and answer the question.



Использованная литература

- **Google.com** картинки для составления презентации

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- <https://m.youtube.com/watch?v=ztiHRiFXtoc>

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