ESL Brains
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.**

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 iron	fat	dopamine

carbohydrate

magnesium

melatonin

potassium

protein

serotonin

zinc

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.

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.

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.

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

A. have inside

B. process food in stomach (v)

C. not able to process food without negative health effects

D. healthy eating plan

E. eat or drink

F. packed with

5. **Complete the task below.**

   Name at least one…

   A. …food that people might be intolerant to.

   B. …vitamin that strawberries, lemons and oranges are rich in.

   C. …meal a person with a balanced diet might have.

   D. …consequence of consuming drinks that contain a lot of caffeine.

   E. …drink that helps digest food.

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.*

creativity and thinking	productivity and energy levels	mood	sleep

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.**

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.

   B. Kiwis help our brain produce melatonin.

   C. Tart cherries are known for their sweet taste.

   D. Hot milk not only helps you relax but produces melatonin.

   E. Fatty fish is especially good for people in winter when many lack iron.

   F. It's clear why rice helps people sleep better.

   G. You should talk to a doctor before you make serious changes to your sleep.

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**.
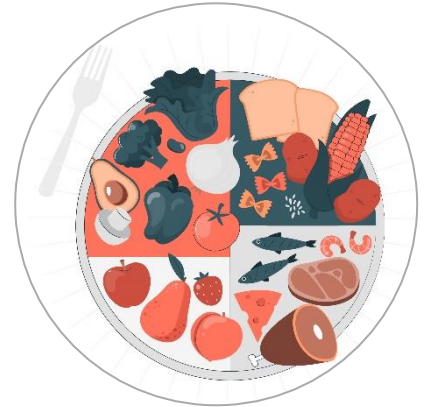
10. Look at the boxes and discuss the questions.

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.