

Food and Health

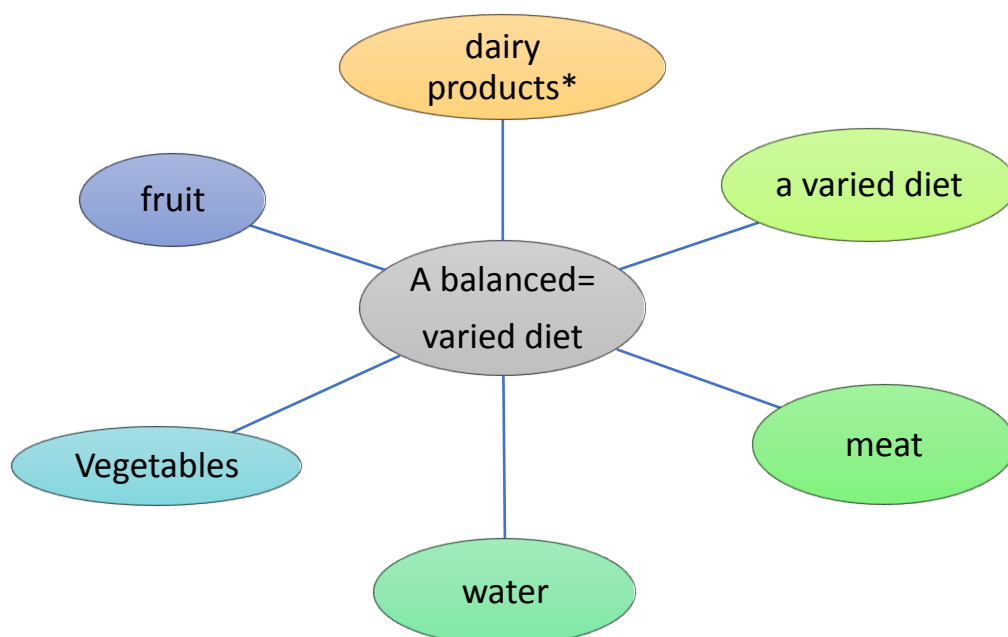
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Things you should know in this course:

- The components of a balanced diet
- Vocabulary related to unbalanced diet
- Vocabulary related to obesity, bolemia and addiction

1. The components of a balanced diet

There is a tight relationship between food and health
Good health is partly dependent on healthy food



Dairy products = Milk products / milk / eggs

A dietician = a nutrition expert

Skinny = thin < slim < fat < overweight < obese (adj.)

People are satiated = satisfied with sports.

2. Vocabulary related to unbalanced diet

Excess body fat leads to obesity. It is a shame to be fat.

Shortage of body fat leads to low body weight.

3. Vocabulary related to obesity, bolimia and addiction

• Obesity

Main causes	Effects	Treatment
• Genetic susceptibility • Lack of physical activity • Excessive dietary calories • Psychiatric illness (stress, ...)	• Reduced life expectancy • Health problems. eg: heart disease,diabeter, certain type of cancer	• Dieting (to go on a diet) • Physical exercice • Anti-obesity drugs • Surgery • Fasting (eg: Ramadhan)

• Bulimia

Definition: a serious physical and emotional illness in which people and especially young women eat large amounts of food and then cause themselves to vomit in order not to gain weight.

- Binging on food
- They feel guilty (adj.) guilt (N.)
- Purging / Vomiting / Fasting
- To lose weight ≠ to gain weight

• Addiction

Definition: the state of being enslaved to a habit or practice or to something that is psychologically or physically habitforming, as narcotics, to such an extent that its cessation causes severe trauma.

- To be addicted = to be hooked on something
- Addictive (adj.) substances / products
- Deficiencies = lack of something

Eg: Once you see him, you love him