

# Nutritional science for pharmacy



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_



11. \_\_\_\_\_



12. \_\_\_\_\_

Match the words and phrases to the pictures above:

Choose the best answer.

flavors | fresh fruit | bitter | parsley  
light meal | balanced diet | sour | swallow  
recipe | disgusting | consume | calories

1. It is important to \_\_\_\_\_ medication as directed by your doctor or pharmacist.

- A) eat
- B) produce
- C) consume

2. Some common \_\_\_\_\_ of cough syrup include cherry, grape, and menthol.

- A) colors
- B) flavors
- C) shapes

3. Many people find the taste of cough medicine to be \_\_\_\_\_.

- A) delicate
- B) delicious
- C) disgusting

4. Be sure to \_\_\_\_\_ pills with water or another beverage.

- A) swallow
- B) chew
- C) spit out

5. The taste of some medications can be very \_\_\_\_\_.

- A) bitter
- B) sweet
- C) salty

6. This \_\_\_\_\_ for homemade cough medicine includes honey, lemon, and ginger.

- A) procedure
- B) recipe
- C) ingredient

7. It is important to monitor your \_\_\_\_\_ intake to maintain a healthy weight.

- A) protein
- B) calories
- C) vitamins

8. Eating a \_\_\_\_\_ can help you get all the nutrients you need to stay healthy.

- A) balanced diet
- B) junk food diet
- C) high-carb diet

9. Snacking on \_\_\_\_\_ is a great way to get a quick burst of energy.

- A) candy
- B) fresh fruit
- C) chips

10. Before taking certain medications, it is important to have \_\_\_\_\_ to avoid side effects.

- A) a light meal
- B) a heavy meal
- C) a big meal

11. The taste of lemons and vinegar can be quite \_\_\_\_\_.

- A) salty
- B) sweet
- C) sour

12. Adding \_\_\_\_\_ to your meals can help freshen your breath.

- A) thyme
- B) parsley
- C) rosemary

# Taste and nutrition

1. Put the words in the appropriate column. Add your own ideas too.

flavors | fresh fruit | bitter | parsley  
light meal | balanced diet | sour | swallow  
recipe | disgusting | calories | consume

**Taste**

**Nutrition**

**Other**

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Taste	Nutrition	Other

2. Use the words above to complete the conversation.

A: What kind of \_\_\_\_\_ do you like?

B: I like sweet \_\_\_\_\_. I don't like \_\_\_\_\_ or \_\_\_\_\_ foods.

A: That's good. A \_\_\_\_\_ is important for a healthy diet.

B: Yes, I try to eat a \_\_\_\_\_ every day.

A: Do you have a favorite healthy \_\_\_\_\_?

B: Yes, I like to make a salad with \_\_\_\_\_ and some \_\_\_\_\_.

3. Circle agree/disagree and give a reason.

1. I love trying different flavors in my food. (agree/disagree)

\_\_\_\_\_

2. I enjoy using parsley in my cooking. ((agree/disagree)

\_\_\_\_\_

3. I don't like the taste of sour foods. (agree/disagree)

\_\_\_\_\_

4. I find it easy to swallow pills. (agree/disagree)

\_\_\_\_\_

5. I think some foods are disgusting and refuse to eat them. (agree/disagree)

\_\_\_\_\_

6. I try to keep track of my daily calorie intake. (agree/disagree)

\_\_\_\_\_

## Pictures

1. swallow
2. light meal
3. sour
4. consume
5. balanced diet
6. parsley
7. bitter
8. disgusting
9. flavors
10. recipe
11. fresh fruit
12. calories

## MC

1. C) consume
2. B) flavors
3. C) disgusting
4. A) swallow
5. A) bitter
6. B) recipe
7. B) calories
8. A) balanced diet
9. B) fresh fruit
10. A) a light meal
11. C) sour
12. B) parsley

## Taste nutrition or other

1. **Taste:** flavors, bitter, sour, disgusting
2. **Nutrition:** fresh fruit, balanced diet, calories, light meal,
3. **Other:** parsley, swallow, recipe, consume

## Conversation answers

A: What kind of **flavors** do you like?

B: I like sweet **flavors**. I don't like **bitter** or **sour** foods.

A: That's good. A **balanced diet** is important for a healthy diet.

B: Yes, I try to eat a **light meal** every day.

A: Do you have a favorite healthy **recipe**?

B: Yes, I like to make a salad with **fresh fruit** and some **parsley**.

## Giving opinions

1. Agree - I enjoy trying different flavors in my food because it adds variety to my meals and helps me discover new tastes that I might enjoy.
2. Agree - I love using parsley in my cooking because it adds a fresh and vibrant flavor to dishes, and it also has some nutritional benefits.
3. Disagree - I actually enjoy the taste of sour foods, as I find them refreshing and tangy.
4. Agree - I find it easy to swallow pills because I've been doing it for many years, and it has become a routine part of my daily medication.
5. Agree - There are some foods that I find disgusting and refuse to eat because they either have an unappealing texture or flavor that I can't tolerate.
6. Disagree - I don't typically keep track of my daily calorie intake, as I prefer to focus on eating a balanced and varied diet rather than fixating on specific numbers.