

Basic taste and nutrition vocabulary



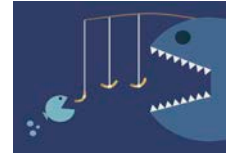
1. _____



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 _____ a variety of nutrients in your diet.

- A) contain
- B) produce
- C) consume

5. Coffee without sugar can be very _____.

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

9. I like to eat _____ in the morning. I think it's healthy.

- A) frozen vegetables
- B) processed food
- C) fresh fruit

2. The ice cream shop has many different _____ to choose from.

- A) colors
- B) textures
- C) flavors

6. Can you give me the _____ for your famous lasagna?

- A) dish
- B) ingredient
- C) recipe

10. I had a _____ for lunch because I wasn't very hungry.

- A) heavy meal
- B) light meal
- C) spicy meal

3. The food was so _____ that I couldn't finish it.

- A) delicious
- B) disgusting
- C) nutritious

7. An apple has fewer _____ than a piece of cake.

- A) calories
- B) vitamins
- C) minerals

11. Lemonade can be quite _____ if it has too much lemon.

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

4. Be sure to _____ your food properly to avoid choking.

- A) cook
- B) eat
- C) swallow

8. It is important to have a _____ to maintain good health.

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

12. The chef added some _____ to the dish to enhance the flavor.

- A) water
- B) oil
- C) parsley

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

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. _____ 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)

1. Rank the following food items (1-5) based on their nutritional value:

- ___ a. French fries
- ___ b. Grilled chicken
- ___ c. Fresh fruit salad
- ___ d. Chocolate cake
- ___ e. Greek yogurt

Give a short explanation for your ranking: _____

2. Read the opinion statements below and decide whether you agree or disagree with each. Then, discuss your thoughts with a partner.

a. Fast food is always unhealthy. (agree/disagree)

Reason: _____

b. Vegetarian diets lack essential nutrients. (agree/disagree)

Reason: _____

c. Drinking fruit juice is as healthy as eating whole fruit. (agree/disagree)

Reason: _____

d. Organic food is more nutritious than non-organic food. (agree/disagree)

Reason: _____

e. Consuming a variety of foods is important for a balanced diet. (agree/disagree)

Reason: _____

3. Complete the following sentences with your own ideas about taste and nutrition:

a. In my opinion, the most disgusting healthy food is...

b. One way to make vegetables more appealing is to...

c. A common misconception about taste and nutrition is that...

d. I think it's important to teach children about nutrition because...

e. If I could give advice to someone trying to eat healthier, I would say...

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

Answers

Rank the following food items (1-5) based on their nutritional value:

- _3 a. French fries
- _2 b. Grilled chicken
- _1 c. Fresh fruit salad
- _5 d. Chocolate cake
- _4 e. Greek yogurt

Explanation: Fresh fruit salad is ranked first due to its high content of vitamins, minerals, and fiber. Grilled chicken is a good source of lean protein and essential nutrients. French fries contain unhealthy fats and fewer nutrients, but are still better than chocolate cake, which is high in sugar and unhealthy fats. Greek yogurt is ranked fourth because it's a good source of protein and probiotics but doesn't have as many essential nutrients as fruit salad or grilled chicken.

Agree/disagree and reason:

a. Fast food is always unhealthy. (disagree)

Reason: While fast food can often be unhealthy, there are healthier options available, such as salads, grilled items, and smaller portion sizes.

b. Vegetarian diets lack essential nutrients. (disagree)

Reason: Vegetarian diets can provide all essential nutrients when properly planned, including protein, iron, and vitamin B12 from plant-based sources or fortified foods.

c. Drinking fruit juice is as healthy as eating whole fruit. (disagree)

Reason: Whole fruit contains more fiber and fewer calories than fruit juice, and it can help you feel fuller.

d. Organic food is more nutritious than non-organic food. (disagree)

Reason: While organic food may have some environmental and ethical benefits, studies have shown that there is not a significant difference in nutritional content between organic and non-organic foods. The nutritional value of a food item depends on various factors, such as soil quality, weather conditions, and the crop's maturity at harvest.

e. Consuming a variety of foods is important for a balanced diet. (agree)

Reason: Eating a diverse range of foods ensures that you consume a wide array of nutrients, including vitamins, minerals, and macronutrients (carbohydrates, proteins, and fats). A balanced diet promotes overall health, supports growth and development, and helps prevent chronic diseases.

a. In my opinion, the most disgusting healthy food is kale, as it tastes bitter and unappealing, despite its high nutrient content.

b. One way to make vegetables more appealing is to experiment with different cooking methods, such as roasting, grilling, or sautéing, and seasoning them with herbs, spices, and healthy fats like olive oil to enhance their flavor.

c. A common misconception about taste and nutrition is that healthy foods are bland and tasteless.

d. I think it's important to teach children about nutrition because it lays the foundation for lifelong healthy habits and promotes a positive relationship with food. By understanding the role of balanced meals and proper nutrients, children will be better equipped to make informed choices, maintain healthy body weights, and reduce the risk of chronic diseases later in life.

e. If I could give advice to someone trying to eat healthier, I would say start by making small, manageable changes to your diet, such as incorporating more fruits and vegetables, choosing whole grains over refined grains, and limiting processed foods. Don't be too hard on yourself and remember that progress is more important than perfection. Additionally, stay informed about nutrition, listen to your body's needs, and seek guidance from professionals if needed.