

# Food and Nutrition

# 8



## Activity 1

### Act Out

**Mother** : Children, dinner's ready.

**Father** : Come everybody. I'm starving. Let's serve **ourselves**.

**Son** : Good idea. I'll help **myself** and eat while watching TV. Pass me the rice, please.

**Daughter** : Here you are. Our teacher said dinner is a family meal and we should all sit at the table and eat as a family.

**Mother** : That's true. We can watch TV after dinner son. Tell us about your day in school.

- Son** : Nothing much to say. Oh, I forgot! We had an interesting lesson on different types of food we eat at important events.
- Father** : That sounds very interesting. Tell us about it.
- Son** : We eat milk rice on auspicious occasions, don't we? Other cultures also have such similar food. I'll tell you all about it later. Now I'm very hungry.
- Father** : So, what are you waiting for? Let's serve **ourselves**.
- Daughter** : Can I have some water? This mushroom curry is very hot.
- Mother** : That's because you don't mix your food well. Mix the rice and curries together. Then the food will not taste so hot.
- Father** : Daughter, your plate is almost empty. Take some more rice.
- Daughter** : No, thank you father. Once our teacher told us that dinner should not be a heavy meal.
- Son** : Why is that?
- Father** : Very good question. Breakfast is the most important meal. We need to have a hearty breakfast. Lunch of course is a light meal. Have you heard some people say "**Eat your breakfast like a king and dinner like a beggar**"?
- Mother** : Whatever we eat, we should make sure that we have a balanced diet.

## Activity 2 - Reading

Answer the following questions.

1. Who are the characters of this conversation?
2. Who was going to eat while watching TV?
3. What was the interesting lesson the son had learnt in school?

4. According to this conversation, what is the most important meal of the day?
5. What is the saying mentioned in the text?
6. List out the reflexive pronouns used in the conversation.
7. Fill in the blanks in the following sentences using the correct reflexive pronoun.
  - I. A: We have to plan the trip well.  
B: Yes, we have to do it by .....
  - II. A; That's a very nice Vesak lantern.  
B: Thank you. I made it all by .....

### Activity 3 - Grammar

Fill in the blanks with the correct reflexive pronouns.

1. Ravi made a Vesak lantern by .....
2. Leela did the home work .....
3. We helped ..... at the party.
4. Did you do this by .....
5. I wrote this poem by .....
6. He cut his finger .....while working with a knife.
7. Can a lion feed .....?
8. We washed our clothes .....

9. The boys dressed .....in white to go to temple.

10. The machine had stopped by .....

### Learning Point

### Clippings

Clippings are new words formed by shortening words that already exist in language. They are a type of abbreviation.

e.g.            television - TV  
                  information - info

### Activity 4 - Grammar

Write clippings for the following.

advertisement            refrigerator            laboratory            spectacles  
facsimile            application            examination            mathematics



## Learning Point

### Proverbs

A proverb is a short, well-known saying that expresses a basic or general truth or gives a piece of advice.

e.g. (I) *Haste makes waste* – Acting too quickly may actually slow things down.

(II) *A drowning man may clutch at any straw* – A person in a desperate situation will try anything even though it is unlikely to provide a solution.

### Activity 5

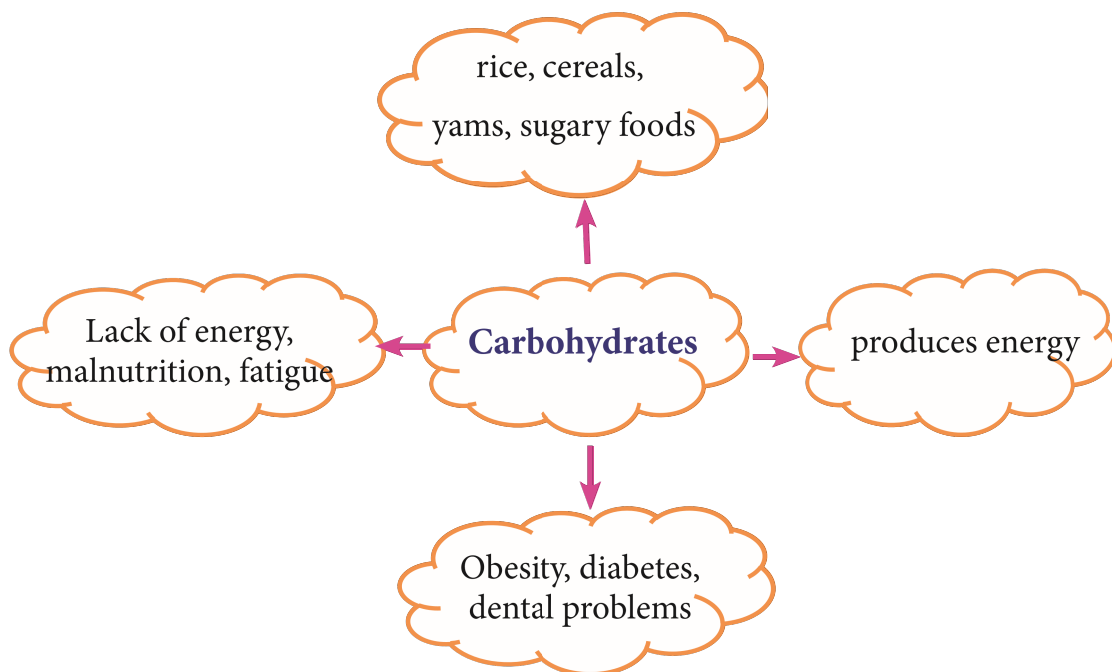
Match the proverbs in column “A” with their meaning in column “B”.

A		B
1. An apple a day keeps the doctor away.		a. A good product does not need advertising
2. Half a loaf is better than no bread.		b. The thing you possess is worth more than two you may have in future.
3. Good wine needs no bush.		c. Maintain good health by eating fruit.
4. Eat your own dog food.		d. Must be grateful for what we get.
5. Better an egg today than a hen tomorrow.		e. Consume your own food product to recognize its flaws.

## Activity 6 - Reading & Writing

Read the following chart of carbohydrates and the information report written with the help of information given in the report.

### *Information Report*



Carbohydrates are one of the basic food groups. They are our main source of energy and should be included in a balanced diet.

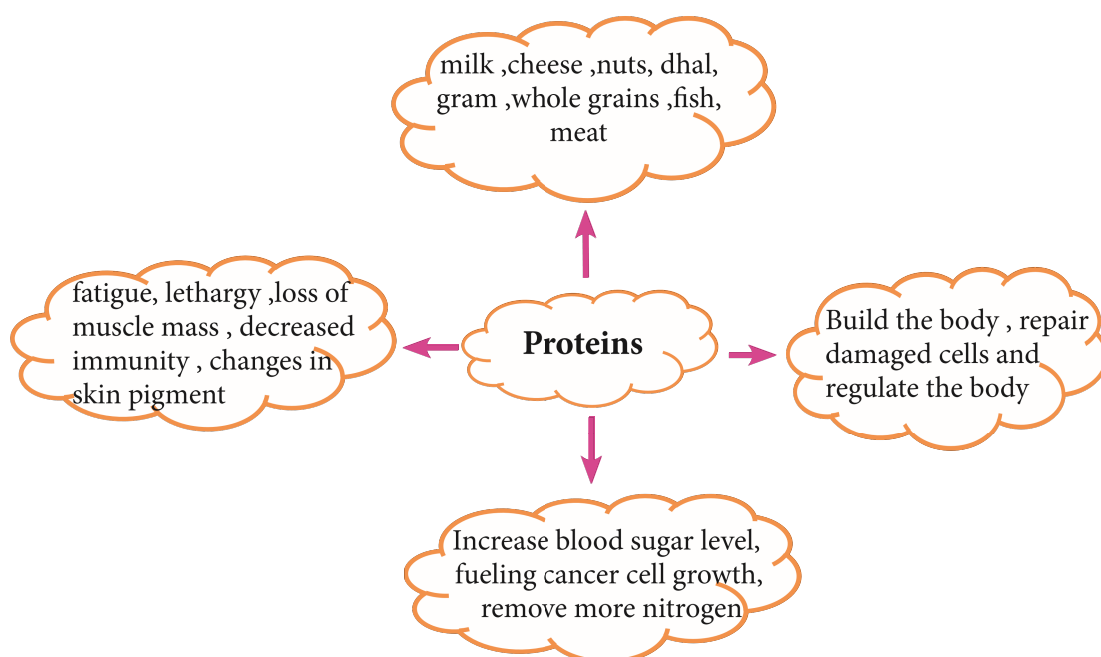
Carbohydrates are found in many foods. They are mainly found in starchy food such as rice, yams, cereals, breads and sugary foods such as cakes, biscuits, and sugary drinks, sweeteners. Preserves and jams are also rich in carbohydrates and sugar.

Carbohydrates are very important to a healthy life. Carbohydrates provide our bodies with energy and the lack of it may cause lethargy, malnutrition and fatigue.

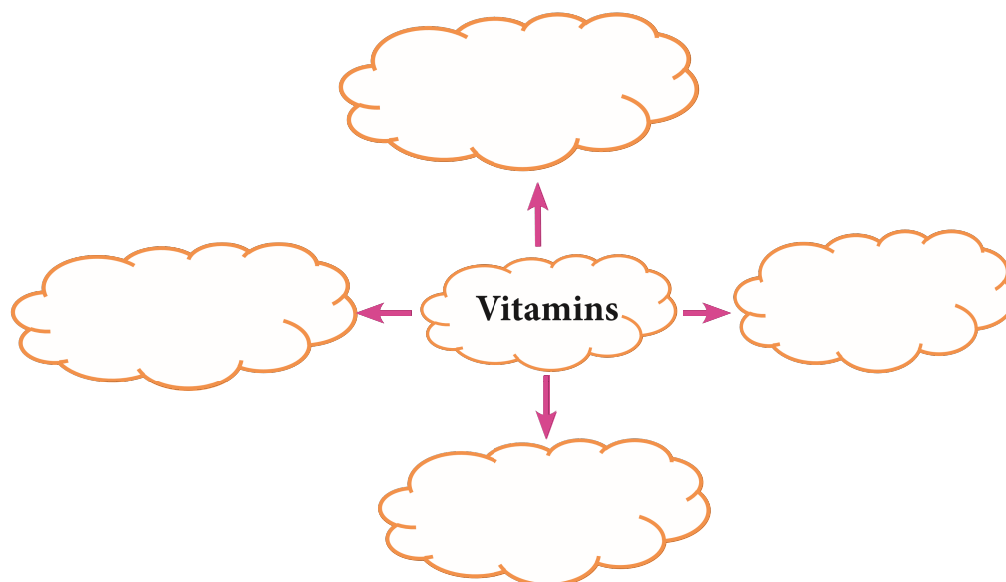
On the other hand, excessive intake of carbohydrates and sugar may lead to dental problems, obesity and diabetes.

Therefore, carbohydrates are essential for our nutrition provided that you take them with care.

**Read the following chart of proteins and write a similar information report as above.**



Now you find information about vitamins and write an information report about vitamins.



### Activity 7 - Listening

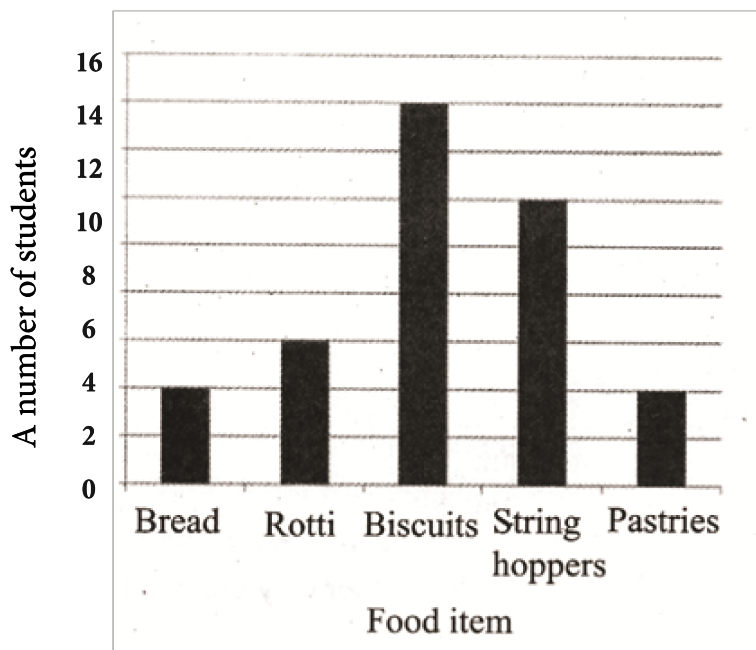
Listen to the conversation and write the names of the speakers who express the given opinion.

Different points of views	Who said that
1. Vegetarianism has a lot of health benefits.	
2. Vegetarianism should be practiced because it is cruel to kill animals.	
3. Vegetarians could face the risk of not getting enough proteins for their body requirements.	
4. Vegetarians may be less susceptible to heart diseases.	
5. Vegetarianism could be difficult when others in your family are not vegetarians.	

**Activity 8 - Reading / Writing**

Write a paragraph about the bar chart by completing the following sentences.

A group of children who consume food products for their breakfast



1. The bargraphs shows  
.....
2. The horizontal axis shows  
.....
3. The vertical axis shows  
.....

4. 12 out of 42 children eat  
.....
5. String hoppers are eaten by  
.....
6. An equal number of children eat  
.....
7. Children who eat rotti are higher **than**  
.....

### Activity 9 - Reading

Read the lesson on food poisoning while paying attention to the underlined words of the text.

#### *Food Poisoning*

Food borne illnesses, more commonly referred to as food poisoning, are the result of eating contaminated, spoiled, or toxic food. The most common symptoms of food poisoning include nausea, vomiting, diarrhea. Abdominal cramps, loss of appetite, mild fever, weakness, and headaches. Moreover most food poisoning can be traced to one of the following three major causes; bacteria, parasites, and viruses.

However anyone can come down with food poisoning. Statistically speaking, nearly everyone will come down with food poisoning at least once in their lives.

Food poisoning can usually be treated at home, and most cases will resolve within three to five days. So it's best to gradually hold off on solid foods until vomiting and diarrhea have passed and instead ease back to regular diet by eating simple to digest foods that are bland and low in fat, such as; saltine crackers, gelatin, bananas, rice, chicken broth, boiled vegetables, toast, and sports drinks.

**In brief** the best way to prevent food poisoning is to handle your food safely and to avoid any food during cooking. If these foods are eaten in their raw form, not cooked properly, or if hands and surfaces are not cleaned after contact food poisoning can occur.

**Read the text on food poisoning and answer the following questions.**

1. What is food poisoning?
2. What are symptoms of food poisoning?
3. What are the main causes for food poisoning mentioned in the text?
4. Who is at the risk of food poisoning?
5. How is food poisoning treated?
6. What is good to eat when you have food poisoning?
7. How can food poisoning be prevented?
8. List out the cohesive devices used in the paragraph.
9. Fill in the blanks in the following sentences using the underlined words in the texts.
  - ❖ He worked hard ..... got a prize.
  - ❖ She is a scholar..... an athlete.
  - ❖ I waited..... my father returned from office.
  - ❖ .....hard he tried, he could never succeed.

## Learning Point

### Cohesive Devices

- ❖ Cohesive devices are sometimes called linking words or connectors. These are words or phrases that show the relationship between sentences, paragraphs or sections of a text or a speech.
- ❖ Here are some useful linking words or phrases to show the different relationships between your ideas and sentences.
  - **Concessive** :- certainly/ naturally/ of course/ it is true that/ regardless/though/ even if/ although
  - **Resultative** :- accordingly/ as a result/ since/ hence/ then/ thus/consequently/ so that
  - **Summative**:- in brief/ in all / therefore/ basically / on the whole / in short
  - **Time** : - immediately/ thereafter/ soon/finally/then/ later/ previously/ first/next/ formerly/ while

## Activity 10 - Grammar

Fill in the blanks of the following sentences using the linking words or phrases given in the brackets.

- 1) He is shy; ..... he is guilty.
- 2) ..... you do, do it well.
- 3) Don't talk..... She is singing.
- 4) I have not been well..... I returned from London.
- 5) He is honest..... he is poor.



- 6) Very heavy rain fell..... the rivers were soon in flood.
- 7) They would not do it..... you paid them.
- 8) I will give you a map..... You can find the way.
- 9) He wrote to me ..... he heard the news.
- 10) We will help you ..... we like you.

as a result, therefore, because, even if, whatever,  
immediately, though, so that, while, since

- **Read the lesson on food poisoning and list out the adverbs in the text.**
- **Fill in the blanks of the following sentences using the correct adverbs.**

1. She ..... brushes her teeth twice a day.
2. I ..... reach the office by 9.30.
3. He does his work .....
4. The teacher has told him to write .....

## Activity 11

Fill in the blanks with the suitable adverbs formed from the adjectives given in brackets.

1. The boys entered the classroom ..... ( noisy )
2. He listened to us ..... ( patient )
3. She danced ..... ( beautiful )
4. We were ..... moved. ( deep )
5. My mother will be arriving ..... ( short )
6. They ..... works. ( hard )
7. The principal talked with us ..... ( friend )
8. The dog ate the meat ..... ( greedy )
9. The man scolded the boy ..... ( bitter )
10. They welcomed the chief guest ..... ( warm )