

Food and Nutrition

Nutrition is the process by which plants and animals take in and use food. Food is needed to keep the body running smoothly, by providing the needed energy for its system to work adequately. The building material for muscles, bones, and blood comes from food. To stay healthy, we need to eat a balanced diet. This means a diet containing the right proportions of the main nutrients: carbohydrates, proteins, fats, fiber, minerals, vitamins, and fluids. Many foods are a mixture of these basic nutrients.

A balanced diet also contains enough energy (in the form of food) to power the chemical reactions of living. Some people worry that a vegetarian diet will be short protein, but this is not the case. Plenty of protein can be obtained from the great variety of nuts, seeds, pulses, cereals, eggs and milk products. It was once thought that plant proteins were inferior to animal proteins, being deficient in some amino acids. It is now known that a mixture of plant proteins complement one another.

For example, a shortage of an amino acid in one plant food, such as pulses, is counterbalanced by an excess of that amino acid in a different plant food, such as a cereal. Protein combinations such as beans on toast, rice and lentils, bean stew with pot barley, oats and nuts (as in muesli), provide very high quality protein. All other nutrients are present in adequate quantities in the lactovegetarian diet. If dairy products are not eaten, a supplement of vitamin B12 becomes essential.

Text Analysis and Comprehension:

1: what is the general idea of the text?

2: based on your knowledge, what does the following words means?

- a) Diet: **The food and drink usually eaten or drunk by a person or group/ an eating plan in which someone eats less food, or only particular types of food, because they want to become thinner or for medical reasons**
- b) Shortage: **a situation in which there is not enough of something/ a lack of something needed**
- c) Nutrient: **any substance that plants or animals need in order to live and grow**

3: State if the following statements are true or false?

- a) Energy intake is found in all kinds of different foods from animal and plant sources. **True**
- b) The building material for muscles, bones, and blood comes from fluid. **False (From food)**
- c) Protein can be obtained from meat only. **False (from the great variety of nuts, seeds, pulses, cereals, eggs and milk products)**
- d) The absence of dairy products can be counterbalanced by a supplement of vitamin B12. **True**

4: choose the correct term for the following definitions:

- a) **Carbohydrate** : any of a large group of organic compounds occurring in foods and living tissues and including sugars, starch, and cellulose. They contain hydrogen and oxygen in the same ratio as water and typically can be broken down to release energy in the body.
- b) **Protein** : any of a class of nitrogenous organic compounds which have large molecules composed of one or more long chains of amino acids and are an essential part of all living organisms, especially as structural components of body tissues such as muscle, hair, etc., and as enzymes and antibodies.
- c) **Fats** : any of a group of natural esters of glycerol and various fatty acids.

5: Translate the following statements into French or Arabic:

- a) Human beings eat all kinds of different foods from animal and plant sources.
Les êtres humains mangent toutes sortes d'aliments d'origine animale et végétale.
- a) Antioxidants in food help fight some life threatening diseases.
Les antioxydants présents dans les aliments aident à combattre certaines maladies potentiellement mortelles.
- b) A shortage of an amino acid in one plant food is counterbalanced by an excess of that amino acid in a different plant.
Une carence en acide aminé dans un aliment végétal est compensée par un excès de cet acide aminé dans une plante différente.