

Get ready!

1 Before you read the passage, talk about these questions.

- 1 What are some different types of fruits and vegetables?
- 2 What makes fruits and vegetables so important in our diet?

EATING WELL

Why are fruits and vegetables so important?

Fruits are classified as those plant parts that have the **seed**. **Vegetables** are plants and parts of the plant that are grown for the purpose of being eaten. Edible parts include: bulbs, flowers, **leaves**, roots, and stems. Fruits include **tomatoes** and **olives** despite the fact that these are considered to be vegetables in the supermarkets. Popular fruits and vegetables include: **strawberries**, **grapes**, **apples**, **onions** and **potatoes**.

They **provide** us with vitamins, **minerals**, **carbohydrates**, proteins, fats and **starches**. We usually eat more of them when we are trying to lose weight as they don't have many calories. Both fruits and vegetables have **plenty of antioxidants** which help protect the human body from oxidant stress and develop the **capability** to fight against diseases by **boosting immunity**.

Vocabulary

3 Match the words or phrases (1-8) with the definitions (A-H).

- | | |
|-----------------|------------------|
| 1 ___ provide | 5 ___ capability |
| 2 ___ boost | 6 ___ tomato |
| 3 ___ immunity | 7 ___ olive |
| 4 ___ plenty of | 8 ___ leaves |

- A the ability of an organism to resist an infection or disease
- B supply
- C large amounts of
- D someone's ability to do something
- E encourage sth/sb to improve
- F the green, usually flat parts of the plant that grows outward from the stem
- G a round red fruit which is usually eaten in salads
- H a small black or green fruit often confused with a vegetable that contains a hard pit in the center

Reading

2 Read the webpage. Then, mark the following statements as true (T) or false (F).

- 1 ___ Fruits have seeds.
- 2 ___ Tomatoes are fruits.
- 3 ___ Fruits and vegetables have lots of calories.



4 Write a word that is similar in meaning to the underlined part.

- 1 A popular summer fruit with children is a red fruit frequently used to make jam. s _ _ _ _ b _ _ _ _
- 2 In order to give the dish flavor, you must begin by chopping and then frying the vegetables which often make our eyes sting when we peel them. _ n _ _ _ _
- 3 Chardonnay wine, which is made from round, small fruits with seeds in the middle, originates from a village in the Burgundy region of eastern France. g _ _ _ _ s
- 4 This red or green round hard fruit is said to keep the doctor away if we eat one a day. _ _ _ l e

5 Listen and read the webpage again. What do fruits and vegetables provide us with?

Listening

6 Listen to a conversation between a mother and her ten-year-old son. Mark the following statements as true (T) or false (F).

- 1 ___ The boy is not hungry at all.
- 2 ___ The boy's friends don't have nutritious snacks at school.
- 3 ___ The teacher supports healthy nutrition.

7 Listen again and complete the conversation.

Son: You know, Mom, I was a bit embarrassed eating an **1** _____ at break time.

Mom: Why is that, dear?

Son: Well, Alex had pizza, Mary had **2** _____ and Joan had chips.

Mom: And ...?

Son: And I was sure they would **3** _____ me if I pulled the apple out of my bag!

Mom: Why don't you ignore them and eat your fruit? I'm sure nobody would laugh if they knew how **4** _____ fruits are!

Son: You're right, Mom. Our teacher has talked to us about **5** _____ nutrition.

Mom: I think you'd better listen to your teacher.

Son: Yeah, you're right. I will.

Mom: And don't forget: "an apple a day **6** _____".

Son: Let's have an apple then ...

Speaking

8 With a partner, act out the roles below based on Task 7. Then, switch roles.

USE LANGUAGE SUCH AS:

You should/could ...

Why don't you ...?

You'd better ...

Student A: You are a parent. Talk to Student B about:

- the benefits of healthy nutrition
- what to eat
- describe healthy snacks

Student B: You are a child. Talk to Student A about your eating habits.

Writing

9 Use the conversation from Task 8 to fill out the school poster with healthy, nutritious tips.

Healthy eating tips!

Make your school snacks nutritious!

Instead of _____, which have a lot of salt and sugar, you can have _____, which are full of vitamins and minerals.

Eating well will help you stay healthy!