**Vitamin D**  

Scientists have known for a long time that vitamin D is essential for humans. If children have a vitamin D or calcium deficiency, they can develop rickets, a softening of the bones. New studies are showing that people of all ages need vitamin D to help them fight off diseases by keeping their immune systems strong.

1. The main idea of this paragraph is that vitamin D \_\_\_\_\_\_\_.

2. If something is *essential*, it is \_\_\_\_\_\_\_.

3. When you have a *deficiency* of something, you \_\_\_\_\_\_\_.

4. ¨Our bodies can make vitamin D when our skin is exposed to sunlight. However, it’s best to eat a diet that is rich in the vitamin.¨
a. say why vitamin C is also important
b. explain why you should brush your teeth after eating beetles
c. give some examples of foods that are rich in vitamin D
d. say which diseases might be prevented by vitamin D

5. Which statement is false?

a. Some foods contain vitamin D.
b. Our bodies can use sunlight to make vitamin D.
c. Some people don’t have to get vitamin D from food.
d. If you’re a child, you will definitely get rickets if you don’t play in the sun.

**Fish and chips**

****"Fish and chips" is deep-fried fish in batter with deep-fried potatoes, and a popular take-away food. Fish and chips is originally from the United Kingdom, but also very popular in Australia, Canada, Ireland, New Zealand, South Africa and some coastal towns of the Netherlands and Norway; and also increasingly so in the United States and elsewhere. For decades it was the dominant (if not the only) take-away food in the United Kingdom.

The fried potatoes are called chips in British and international usage; and while American English calls them french fries, the combination is still called "fish and chips". (Potato chips, an American innovation, are a different potato-derived food, and are known as crisps in the United Kingdom.)

Fish and chips have separately been eaten for many years – though the potato was not introduced to Europe until the 17th century. The originally Sephardi dish Pescado frito, or deep-fried fish, came to Netherlands and England with the Spanish and Portuguese Jews in the 17th and 18th centuries.

The dish became popular in more widespread circles in London and the south-east in the middle of the 19th century (Charles Dickens mentions a "fried fish warehouse" in Oliver Twist) whilst in the north of England a trade in deep-fried "chipped" potatoes developed.

It is unclear when and where these two trades were merged to become the fish and chip shop industry we know today. The first combined fish and chip shop was probably the one opened in London by Joseph Malin in 1860.

During World War II, fish and chips were one of the few foods that were not rationed in the UK.

**Questions about the text**

Principio del formulario

1. Fish and chips are popular only in England.
True.
False.
We don't know.

2. Americans call "French fries" what British call "chips".
True.
False.
We don't know.

3. Americans call "chips" what British call "crisps".
True.
False.
We don't know.

4. The potato was introduced to Europe in the 18th century.
True.
False.
We don't know.

5. The dish became popular in the 19th century.
True.
False.
We don't know.

6. The first fish and chip shop was opened in the 19th century.
True.
False.
We don't know.

7. Fish and chips were not eaten during World War II.
True.
False.
We don't know.

 

Give a title to this article \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Foods made from grains (wheat, rice, and oats) help form the foundation of a nutritious diet. They provide vitamins, minerals, carbohydrates (starch and dietary fiber), and other substances that are important for good health. Grain products are low in fat, unless fat is added in processing, in preparation, or at the table. Whole grains differ from refined grains in the amount of fiber and nutrients they provide, and different whole grain foods differ in nutrient content, so choose a variety of whole and enriched grains. Eating plenty of whole grains, such as whole wheat bread or oatmeal (see box 11), as part of the healthful eating patterns described by these guidelines, may help protect you against many chronic diseases. Aim for at least 6 servings of grain products per day—more if you are an older child or teenager, an adult man, or an active woman (see box 7)—and include several servings of whole grain foods. See box 8 for serving sizes.

Vitamins, minerals, fiber, and other protective substances in whole grain foods contribute to the health benefits of whole grains. Refined grains are low in fiber and in the protective substances that accompany fiber. Eating plenty of fiber-containing foods, such as whole grains (and also many fruits and vegetables) promotes proper bowel function. The high fiber content of many whole grains may also help you to feel full with fewer calories. Fiber is best obtained from foods like whole grains, fruits, and vegetables rather than from fiber supplements for several reasons: there are many types of fiber, the composition of fiber is poorly understood, and other protective substances accompany fiber in foods. Use the Nutrition Facts Label to help choose grains that are rich in fiber and low in saturated fat and sodium.

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| 1. What types of carbohydrates does grain provide the body with? |  |
| 2. What's the difference between whole grain and refined grain products? |  |
| 3. Why does a teenager require more grain than an adult? |  |
| 4. Why are you often told to eat products that are high in fiber? |  |

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| **Unhealthy Food**http://www.indiadiets.com/foods/foods_images/unhealthy-foods.gifUnhealthy or Junk food is an informal term applied to food perceived to have little or no nutritional value (i.e. containing "empty calories"); to products with nutritional value, but also have ingredients considered unhealthy when regularly eaten; or to those considered unhealthy to consume at all. Junk food / typically ready-to-eat convenience food containing high levels of saturated and / or trans fats, salt, or sugar, and little or no fruit, vegetables, or dietary fiber; and are considered to have little or no health benefits. Common junk food include salted snack foods like chips (crisps), candy, gum, most sweet desserts, fried fast food and carbonated beverages (sodas) as well as alcoholic beverages. High-sugar cereals, particularly those targeted at children, such as Fruit candies, are also classified as junk food.Junk food consumption alters brain activity in a manner similar to addictive drugs. After many weeks on a junk food diet, the pleasure centers of our brains become desensitized, requiring more of the junk food for pleasure.Junk or unhealthy fast food have become a part of our busy lifestyle. Fast food restaurants are popular because they serve filling foods that taste good and are not that heavy on pockets. However, the reason for the fast foods being cheap can be subjected to the use of cheaper ingredients such as high fat meat, refined grains, and added sugar and fats, instead of nutritious foods such as lean meats, fresh fruits, and vegetables.Fast food is not completely bad but eating too much over a long period of time can lead to several health problems. The constant stress of missing nutrients, food additives, environmental pollutants, and pesticides will eventually take its toll and the end result would be premature aging, disease, and other health problems. Research shows that most modern killer diseases such as diabetes, heart disease, and cancer are definitely related to your diet and lifestyle.1.- What means junk ?2.- What is a synonym for ready to eat ?3.- How does the junk food alters the brain?4.- Why junk food is cheap?5.- Which ways does the fast food contribute to health problems? |

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