

UNIT 13 HEALTHY EATING



Target
Vocabulary

Noun:	choice, absorption, principle, junk
Adjective:	fizzy, executive, herbal, essential, immune
Adverb:	effectively, just
Verb:	combat, reduce, lure, run, issue, replace, lead, boost, apply
Phrasal Verb:	break down (1), break down (2), end up, call off, show up

Cambridge University students are being offered a new menu designed to improve concentration and **combat** stress over the examination season. Meals on offer at Queens' College include aubergine and pepper korma, turkey fillet with stir-fry vegetables and lemon chicken with avocado salsa. It is hoped the menu will **lure** students away from **junk** foods and **fizzy** drinks. **Executive** chef Hans Schweitzer said a poor diet could increase stress and **reduce** concentration levels. Mr Schweitzer, who **ran** restaurants in Barbados before taking up the job at Queens' a year and a half ago, has **issued** students with advice about healthy eating, such as **replacing** a drink of coffee with a **herbal** tea and using soy sauce instead of salt to add flavour. Mr Schweitzer said: "Exam time is stressful enough for students without them having to worry about what they are eating. But poor diet **choices** can **lead** to increased stress levels, reduced concentration, tiredness and lowering the **absorption** of **essential** vitamins and minerals which can affect the ability to study and perform well in exams. This diet has been created to reduce stress, **boost** the **immune system** and give the students lots of energy to ensure their bodies are working **effectively** and they feel good. The diet is not necessarily **just** for university students - the **principles** can be **applied** to anyone studying for exams."

I. Read the passage carefully and circle the choice which is the closest in meaning to the word given.

1. "combat" in line 2 means

- A. involve
- B. fight
- C. cause

3. "issued" in line 8 means

- A. discouraged
- B. threatened
- C. provided

2. "ran" in line 7 means

- A. began
- B. cooked
- C. operated

4. "essential" in line 13 means

- A. necessary
- B. healthy
- C. delicious

5. "boost" in line 14 means

- A. damage
- B. improve
- C. build

II. Match the following words with the definitions.

- 1. ___ lure a. a process in which something takes in liquid, gas, or heat
- 2. ___ absorption b. (drinks) containing bubbles of gas
- 3. ___ executive c. to persuade someone to do something, especially something wrong or dangerous, by making it seem attractive or exciting
- 4. ___ immune system d. the system by which your body protects itself against disease
- 5. ___ fizzy e. relating to a high position with the power to make decisions

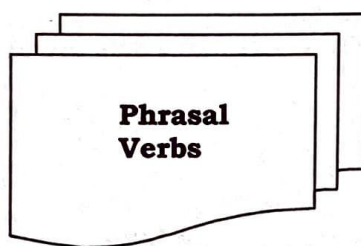
III. Fill in the blanks with an appropriate word from the list below making changes if necessary.

junk	herbal	replace	lead to	effectively	just
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- 1. Scientists fear that global warming will eventually _____ the total destruction of our planet.
- 2. The practice of treating illness using plants is called _____ medicine.
- 3. All teachers should learn to use the Internet _____ for teaching purposes.
- 4. _____ food is considered to be an important cause of obesity.
- 5. A warm cup of tea is _____ what I need right now.
- 6. The houses in this area will be pulled down and _____ with a shopping mall.

IV. Choose the right word.

1. She **boosted** / **boasted** that her son was a genius.
2. The **principles** / **principals** governing the world of physics are unchanging.
3. While some people believe in fate, others believe they have a freedom of **choice** / **chance**.
4. The same rules **apply** / **supply** to both male and female students.
5. Darwin's observations led him to **reduce** / **deduce** that plants and animals could adapt to their surroundings.



break down (1) (of machinery) :	stop working
break down (2) :	lose control emotionally or mentally
call off:	cancel something (an event / an arrangement / an activity etc.) that has been scheduled; abandon something that has already begun
end up:	finish in a certain way, or place; finally arrive at; arrive at an unexpected place
show up:	arrive; appear

V. Fill in the blanks with an appropriate word from the list above making changes if necessary.

1. Susan _____ and cried when she learned that her mother died.
2. My car _____ on the way to the airport, and I had to get a taxi.
3. The boss was very upset when you didn't _____ for the meeting. What happened?
4. The Football Association _____ the match between Turkey and Greece because of bad weather.
5. We got lost last night and _____ in the next town.

MINI TEST

1. **The organization works on the ---- that all members have the same rights.**
A) principal B) alteration
C) avoidance D) occupation
E) principle
2. **I have no doubt that Mr. Jansen's ---- skills will be a valuable asset to our company.**
A) executive B) hereditary
C) perverse D) immune
E) unethical
3. **Supermarket chains try to ---- customers into doing shopping with price discounts.**
A) combat B) lure
C) run D) apply
E) issue
4. **The Ministry of Health has ---- a statement about its plans to improve health services.**
A) boosted B) removed
C) issued D) reduced
E) replaced
5. **The government is spending millions of dollars in its attempt to ---- drug abuse.**
A) propose B) implant
C) maintain D) combat
E) run
6. **We ought to clear out this cupboard - it's full of ----.**
A) fault B) junk
C) cells D) choice
E) pills
7. **Scientists believe that a terrible catastrophe, perhaps an asteroid crash, ---- to the extinction of dinosaurs 65 million years ago.**
A) argued B) implanted
C) led D) removed
E) eliminated
8. **Repeatedly receiving praise ---- our self-confidence, but constantly hearing words of negativity can break our will.**
A) boosts B) reduces
C) replaces D) applies
E) removes
9. **For the experiment to be valid, it is ---- to record the data accurately.**
A) immoral B) free
C) hereditary D) essential
E) fizzy
10. **Mr. Johnson had to ---- his appointment at the bank because of an urgent business he had to attend to.**
A) break down B) end up
C) show up D) put out
E) call off