



Dietitian's Mediterranean Tips from Greek Journey

Description

A dietitian visiting Greece found inspiration in the Mediterranean diet. This diet is known for its health benefits and tasty fresh foods, focusing on lean proteins, seafood, vegetables, and whole grains. It aims to reduce the intake of highly processed foods.

Living in the US, especially in the South, makes it challenging to fully adopt this diet due to different food cultures. In Greece, the diet is part of daily life. On a visit, the dietitian enjoyed fresh dishes with olive oil and wine.

This experience led to some new habits. Now, the dietitian includes salads at breakfast, contributing to the recommended intake of vegetables and fiber. Honey, though an added sugar, is used modestly to make nutritious dishes more appealing, as it provides some nutrients.

Grilled sardines, rich in omega-3 fatty acids and low in mercury, have also become a favorite. In Greece, they are prepared with herbs and lemon, offering a flavorful alternative to canned sardines.

A small glass of wine with dinner is now a little luxury, promoting social dining and fitting well within the Mediterranean diet's guidelines. Finally, grilled calamari is a new addition, providing lean protein and omega-3s. This method is healthier and tastier than fried versions. The dietitian finds these changes easy to include in their life back in the US.

Vocabulary List:

1. **Dietitian** /daɪ'etɪʃən/ (noun): A person who studies food and nutrition.
2. **Mediterranean** /,mɛdɪtə'reɪniən/ (adjective): Related to the sea between Europe and Asia.
3. **Inspiration** /,ɪnspə'reɪʃən/ (noun): A good idea that encourages action.
4. **Health** /hɛlθ/ (noun): The state of being free from illness.
5. **Benefits** /'bɛnɪfɪts/ (noun): Good things that come from something.
6. **Proteins** /'prəʊti:nz/ (noun): Nutrients needed for body growth.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which term refers to a microorganism that can cause disease in the bloodstream?



-
- Option: Virus
Option: Bacterium
Option: Fungus
Option: Protozoa
2. What biological response is characterized by redness, heat, swelling, and pain?
Option: Infection
Option: Inflammation
Option: Allergy
Option: Necrosis
3. What molecule carries genetic information in living organisms?
Option: RNA
Option: Proteins
Option: DNA
Option: Lipids
4. What term describes bacteria that are not affected by antibiotics?
Option: Sensitive
Option: Resistant
Option: Dormant
Option: Virulent
5. What treatment uses chemical substances to kill or slow the growth of cancer cells?
Option: Radiation
Option: Surgery
Option: Chemotherapy
Option: Immunotherapy
6. What is the term for the temperature at which a solid becomes a liquid?
Option: Boiling point
Option: Melting point
Option: Freezing point
Option: Sublimation point
7. Which mineral is essential for muscle and nerve function?
Option: Calcium
Option: Magnesium
Option: Potassium
Option: Iron
8. What type of function refers to mental processes such as thinking and remembering?
Option: Cognitive



- Option: Emotional
- Option: Physical
- Option: Creative

9. Who is a professional that advises on nutrition and diet planning?

- Option: Physician
- Option: Dietitian
- Option: Chef
- Option: Nurse

10. What term describes the brain's ability to adapt and change?

- Option: Neurotransmission
- Option: Neuroplasticity
- Option: Neurogenesis
- Option: Neuroscience

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The _____ effect relates to the impact of ions on caloric content.

12. The _____ is used in air conditioning and refrigeration systems.

13. Water is commonly known as a universal _____.

14. High levels of _____ can adversely affect health.

15. Some chemicals are known to be _____ and can cause harm.

16. The Mediterranean diet is known for its numerous health _____.

17. Meat, fish, and dairy are rich sources of _____.

18. The _____ of a material affects its buoyancy in water.

19. Exercise can _____ cognitive function and memory.

20. The _____ components of a cell include its membrane and organelles.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The Mediterranean diet is renowned for its health benefits and balance of nutrients.



22. Maintaining proper nutrition is essential for optimal brain health throughout life.
23. The nervous system transmits signals throughout the body via network of nerves.
24. Regular exercise helps to strengthen and build muscles, enhancing physical capacity.
25. Personal stories can serve as powerful sources of inspiration for others.
26. Achieving a balance between physical, mental, and emotional well-being is vital for overall health.
27. Different cultures can shape one's perception of beauty and success.
28. Chemotherapy can be an effective treatment for certain types of cancer.
29. Regular practice can help enhance skills and improve performance.
30. Exposure to toxic substances can lead to serious health issues.

Answer

Multiple Choice: 1. Bacterium 2. Inflammation 3. DNA 4. Resistant 5. Chemotherapy 6. Melting point 7. Magnesium 8. Cognitive 9. Dietitian 10. Neuroplasticity

Gap-Fill: 11. ionocaloric 12. refrigerant 13. solvent 14. stress 15. toxic 16. benefits 17. proteins 18. density 19. enhance 20. structural

Matching sentence: 1. Mediterranean 2. brain health 3. nerves 4. muscles 5. inspiration 6. health 7. perception 8. chemotherapy 9. enhance 10. toxic

CATEGORY

1. Health - LEVEL3

POST TAG

1. B1
2. Dietitian Tips
3. ESL learning
4. esl news
5. Greece Trip
6. L3
7. Level 3
8. Mediterranean Diet

Tags



1. B1
2. Dietitian Tips
3. ESL learning
4. esl news
5. Greece Trip
6. L3
7. Level 3
8. Mediterranean Diet

Date Created

2026/02/27

Author

aimeeyoung99

ESL-NEWS.COM