



Discover Micronutrient Deficiencies Now!

Description

Are you getting all the important vitamins and minerals your body needs? Not having enough of these essential nutrients can affect your health. A recent study found that more than half of people worldwide may not be getting all the nutrients they need. The study looked at 15 vital nutrients in 185 countries and discovered that over 5 billion people are lacking in iodine, vitamin E, and calcium. Additionally, more than 4 billion people are not getting enough iron, riboflavin, folate, and vitamin C.

Having a balanced diet with lots of fruits and vegetables can help prevent nutrient deficiencies. It's also important to take care of your gut health by eating fiber-rich foods and probiotics. Tracking your food intake and working with a registered dietitian can also help ensure you're getting the right nutrients. If you're at higher risk for deficiencies due to factors like pregnancy, certain diseases, or age, consult with a healthcare professional before taking supplements. Taking too much of certain vitamins or minerals can be harmful, so it's essential to follow recommended doses.

Vocabulary List:

1. **Nutrients** /'nju:tri.ənts/ (noun): Substances that provide nourishment essential for growth and the maintenance of life.
2. **Deficiencies** /dɪ'fɪj.ən.siz/ (noun): A lack or shortage of essential nutrients.
3. **Probiotics** /ˌprəʊ.bai'ɒt.ɪks/ (noun): Live microorganisms that provide health benefits particularly for gut health.
4. **Essential** /ɪ'sen.ʃəl/ (adjective): Absolutely necessary; extremely important.
5. **Consult** /kən'sʌlt/ (verb): To seek information or advice from someone typically an expert.
6. **Harmful** /'hɑ:rm.fəl/ (adjective): Causing or capable of causing damage or injury.

Comprehension Questions

Multiple Choice

1. Which three vital nutrients were found to be lacking in over 5 billion people worldwide?

Option: Iodine, Vitamin E, Calcium

Option: Iron, Riboflavin, Folate

Option: Vitamin C, Vitamin D, Potassium



Option: Magnesium, Zinc, Vitamin A

2. What can help prevent nutrient deficiencies according to the text?

Option: Eating fast food regularly

Option: Having a balanced diet with fruits and vegetables

Option: Avoiding all types of vitamins

Option: Taking supplements without consulting a professional

3. What is recommended to ensure you are getting the right nutrients?

Option: Ignoring food intake

Option: Tracking food intake and working with a registered dietitian

Option: Eating only one type of food

Option: Avoiding any form of supplements

4. What is an important factor to consider before taking supplements?

Option: The latest fashion trends

Option: Consulting with a healthcare professional

Option: Listening to celebrity endorsements

Option: Following the advice of friends only

5. Why is it important to take care of your gut health?

Option: To increase nutrient deficiencies

Option: To decrease the need for vitamins

Option: To support overall health and digestion

Option: To avoid eating fiber-rich foods

6. What can prevent harmful effects from taking too much vitamins or minerals?

Option: Following recommended doses

Option: Doubling the dosage

Option: Ignoring the recommended intake

Option: Mixing different types of vitamins

True-False

7. A recent study showed that more than half of people worldwide are not getting all the nutrients they need.

8. Taking care of your gut health can be achieved by eating fiber-rich foods and probiotics.



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9. Consulting with a healthcare professional before taking supplements is only necessary for certain age groups.
10. Having a diet rich in fruits and vegetables cannot help prevent nutrient deficiencies.
11. A balanced diet with fruits and vegetables is recommended to address nutrient deficiencies.
12. Not having enough essential vitamins and minerals can have no impact on your health.

Gap-Fill

16. Taking too much of certain vitamins or minerals can be harmful, so it is essential to follow recommended _____.
17. A balanced diet with lots of fruits and vegetables can help prevent nutrient _____.
18. Tracking your food intake and working with a registered dietitian can help ensure you are getting the right _____.

Answer

Multiple Choice: 1. Iodine, Vitamin E, Calcium 2. Having a balanced diet with fruits and vegetables 3. Tracking food intake and working with a registered dietitian 4. Consulting with a healthcare professional 5. To support overall health and digestion 6. Following recommended doses
True-False: 7. True 8. True 9. False 10. False 11. True 12. False
Gap-Fill: 16. doses 17. deficiencies 18. nutrients

Vocabulary quizzes

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

1. Which substances help maintain fluid balance nerve function and muscle control in the body?



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- Option: Probiotics
Option: Electrolytes
Option: Progesterone
Option: Antibiotics
2. What medical products are used to stimulate the immune system to protect against diseases?
- Option: Progesterone
Option: Vaccines
Option: Immunotherapy
Option: Estrogen
3. Which term describes a medical condition that is intense or serious in nature?
- Option: Severe
Option: Occasional
Option: Alternative
Option: Personalized
4. Which supplements contain beneficial bacteria for gut health?
- Option: Electrolytes
Option: Progesterone
Option: Probiotics
Option: Antibiotics
5. What is the process of adding water to the body to maintain balance?
- Option: Hydration
Option: Replenishing
Option: Essential
Option: Complications
6. What type of medication is used to treat bacterial infections?
- Option: Progesterone
Option: Probiotics
Option: Antibiotics
Option: Immunotherapy
7. Which hormone is mainly responsible for preparing the uterus for pregnancy?
- Option: Progesterone
Option: Estrogen
Option: Cycle
Option: Markers
8. What are substances that provide nourishment essential for growth and maintenance of life?
- Option: Nutrients



- Option: Deficiencies
- Option: Application
- Option: Exposures

9. Which treatment aims to boost or restore the body's natural defenses against diseases like cancer?

- Option: Vaccines
- Option: Immunotherapy
- Option: Melanoma
- Option: Side effects

10. Which professionals are responsible for promoting and selling products or services?

- Option: Effective
- Option: Harmful
- Option: Marketers
- Option: Consult

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

11. _____ electrolytes is important after a strenuous workout.
12. Taking antibiotics should be an _____ measure and not a routine practice.
13. Proper hydration is _____ for overall well-being.
14. Always _____ a healthcare provider before starting a new medication.
15. If you experience _____ side effects from a medication seek medical help immediately.
16. The correct _____ of sunscreen can help protect against skin cancer.
17. Antibiotics should only be taken with a valid _____ from a licensed healthcare provider.
18. Eating a balanced diet can help prevent nutrient _____.
19. Ignoring early symptoms can lead to serious health _____.



20. Consuming too many supplements can be _____ to your health.

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

21. Ensuring proper levels is essential for optimal physical performance.
22. Some people opt for medicine practices instead of traditional treatments.
23. Failure to follow post-operative care instructions can lead to .
24. Occupational health focuses on minimizing workplace to hazardous materials.
25. Some medications may cause minor such as drowsiness or dizziness.
26. nutrition plans are tailored to an individual's specific needs and goals.
27. is a hormone that plays a key role in the menstrual cycle.
28. The menstrual is controlled by fluctuations in hormone levels.
29. Quitting smoking is one of the most ways to improve your health.
30. Regular exercise is an part of a healthy lifestyle.

Answer

Multiple Choice: 1. Electrolytes 2. Vaccines 3. Severe 4. Probiotics 5. Hydration 6. Antibiotics 7. Progesterone 8. Nutrients 9. Immunotherapy 10. Marketers

Gap-Fill: 11. Replenishing 12. Occasional 13. Essential 14. Consult 15. Severe 16. Application 17. Prescription 18. Deficiencies 19. Complications 20. Harmful

Matching sentence: 1. Hydration 2. Alternative 3. Complications 4. Exposures 5. Side effects 6. Personalized 7. Estrogen 8. Cycle 9. Effective 10. Essential

CATEGORY

1. Health - LEVEL2

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