



Find Out Your Nutrition IQ with Dr. Mike!

Description

Dr. Mike, known for his presence on Tiktok and Instagram, is a well-respected board-certified physician who produces informative and viral videos. Recently, he collaborated with MyFitnessPal to assess the general public's knowledge of nutrition by quizzing random individuals on the streets about basic nutrition facts like protein, sugar, and calorie content in common foods.

The survey conducted by MyFitnessPal revealed significant gaps in people's understanding of nutrition. Many participants underestimated the fat content in foods such as fish tacos, Caesar salad, and avocado. Additionally, a high percentage of respondents admitted to having no idea about their daily intake of essential nutrients like protein, fiber, carbs, sugar, and salt.

Registered dietitian Katherine Basbaum emphasized the importance of having a basic understanding of nutritional categories to meet health goals, such as improving gut health by monitoring fiber and sugar intake. The video also highlighted people's inability to accurately estimate calorie counts, indicating that misconceptions about calories could hinder health goals.

Basbaum stressed the importance of reliable calorie information and personalized calorie goals based on individual factors like age, gender, weight, height, and activity level. To improve nutrition awareness, she recommended checking nutrition labels on packaged and restaurant foods or using resources like MyFitnessPal for comprehensive nutrition information.

Enhancing nutrition knowledge can aid in making informed food choices, achieving health goals, and overall well-being. By staying informed about nutrition and being mindful of food choices, individuals can navigate their health journey successfully, as demonstrated in Doctor Mike's thought-provoking video.

Vocabulary List:

1. **Collaboration** /kə,læbə'reɪʃən/ (noun): The action of working with someone to produce or create something.
2. **Underestimated** /,ʌndər,ɛstə'meɪtɪd/ (verb): Regarded something as less important or smaller than it actually is.
3. **Nutrients** /'nju:triənts/ (noun): Substances that provide nourishment essential for the maintenance of life and growth.
4. **Misconceptions** /,mɪskən'sɛpʃənz/ (noun): Incorrect beliefs or thoughts about a particular subject.
5. **Monitoring** /'mɒnɪtərɪŋ/ (verb): Observing and checking the progress or quality of something over a period.
6. **Comprehensive** /,kɒmprɪ'hɛnsɪv/ (adjective): Including all or nearly all elements or aspects of something.



Comprehension Questions

Multiple Choice

1. What platform is Dr. Mike known for his presence on?
Option: Facebook
Option: TikTok
Option: Snapchat
Option: LinkedIn
2. Who did Dr. Mike collaborate with to assess the public's nutrition knowledge?
Option: YouTube
Option: MyFitnessPal
Option: Twitter
Option: Pinterest
3. What did many participants underestimate in foods like fish tacos and avocado?
Option: Protein content
Option: Calorie content
Option: Fat content
Option: Fiber content
4. According to the survey, what nutrient were many respondents unaware of their daily intake?
Option: Protein
Option: Fiber
Option: Carbs
Option: Sugar
5. What factor did Basbaum suggest considering for setting personalized calorie goals?
Option: Social status
Option: Body mass index
Option: Favorite color
Option: Zodiac sign
6. How can individuals improve nutrition awareness?
Option: Read newspapers



- Option: Watch soap operas
- Option: Check nutrition labels
- Option: Avoid all carbohydrates

True-False

- 7. Dr. Mike is a board-certified physician.
- 8. Katherine Basbaum stressed the importance of monitoring fiber and sugar intake for gut health.
- 9. Misconceptions about calories can have a positive impact on health goals.
- 10. Improving nutrition knowledge can aid in making informed food choices.
- 11. Personalized calorie goals should be based on factors like age and activity level.
- 12. The survey conducted by MyFitnessPal revealed no gaps in people's understanding of nutrition.

Gap-Fill

- 14. According to Basbaum, individuals should improve nutrition awareness by checking _____ on packaged and restaurant foods.
- 15. Basbaum recommended setting personalized calorie goals based on individual factors like age, gender, weight, height, and _____ level.
- 16. By staying informed about nutrition and being mindful of food choices, individuals can successfully navigate their health _____.
- 17. The video highlighted people's inability to accurately estimate _____ counts.
- 18. Katherine Basbaum emphasized the importance of having a basic understanding of nutritional categories to meet health _____.



Answer

Multiple Choice: 1. TikTok 2. MyFitnessPal 3. Fat content 4. Essential nutrients 5. Age, gender, weight, height, and activity level 6. Check nutrition labels on packaged and restaurant foods or use resources like MyFitnessPal

True-False: 7. True 8. True 9. False 10. True 11. True 12. False

Gap-Fill: 14. nutrition labels 15. activity 16. journey 17. calorie 18. goals

Vocabulary quizzes

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

1. Which type of food is described as being rich in nutrients relative to its calorie content?

Option: Fried food

Option: Processed snacks

Option: Nutrient-dense food

Option: Sugary desserts

2. What is the term used to describe the collection of microorganisms in a particular environment such as the gut?

Option: Bacteriome

Option: Virobiome

Option: Microbiome

Option: Cellularbiome

3. Which category of substances is known to help the body adapt to stress and exert a normalizing effect upon bodily processes?

Option: Adaptogens

Option: Stimulants

Option: Depressants

Option: Hallucinogens

4. Which group includes carbohydrates, proteins, and fats due to their requirement in relatively large amounts by the body?

Option: Micronutrients

Option: Tracenutrients

Option: Primary nutrients

Option: Macronutrients

5. What term describes the act of ensuring that the body receives adequate amounts of different nutrients



for optimal health?

- Option: Overloading
- Option: Balancing
- Option: Deficiency
- Option: Exempting

6. Which term refers to working together with others for a common goal or objective?

- Option: Competition
- Option: Collaboration
- Option: Isolation
- Option: Independence

7. What are beliefs or opinions about something that are incorrect or based on faulty reasoning?

- Option: Accurate views
- Option: Misconceptions
- Option: Facts
- Option: Truths

8. What term is used to describe the best or most favorable condition or level for something to function?

- Option: Minimum
- Option: Optimum
- Option: Maximum
- Option: Average

9. Which term refers to practices that meet the needs of the present without compromising the ability of future generations to meet their needs?

- Option: Disposable
- Option: Sustainable
- Option: Wasteful
- Option: Unstable

10. Which term is used to describe something that is tailored to meet individual preferences or requirements?

- Option: Generic
- Option: Impersonal
- Option: Standardized
- Option: Personalized

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

11. _____ is the drive or reason behind actions, choices, or behavior.



12. Regular _____ of progress is essential to track improvements and make adjustments.
13. Regular exercise has many _____ effects on both physical and mental health.
14. Volunteering your time can make a meaningful _____ to the community.
15. Researchers gained valuable _____ into the effects of climate change on marine life.
16. Advertisements can sometimes be _____, leading consumers to make uninformed choices.
17. The impact of a healthy diet on overall health is often _____ by many people.
18. A good night's sleep is important for _____ brain function and emotional well-being.
19. Personal growth often involves a process of self-discovery and _____.
20. The report provides a _____ overview of the current state of the economy.

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

21. Developing effective strategies to manage stress and challenges is essential for maintaining mental well-being.
22. Staying dedicated and focused on a goal, despite obstacles, is a key factor in achieving success.
23. Supporting a friend through a difficult time can be incredibly valuable in helping them overcome obstacles.
24. Traveling to new places and experiencing different cultures can have a profound impact on one's perspective on life.
25. Tailoring a workout plan to match an individual's fitness level and goals can lead to better results.
26. The interconnected web of living organisms and their environment in a specific area forms a delicate ecosystem.
27. Adopting eco-friendly practices and reducing waste are crucial steps toward achieving environmental sustainability.



28. Each individual has the capacity to make positive contributions to society through acts of kindness and generosity.

29. Education and awareness campaigns are essential in dispelling common myths and about certain topics.

30. Carbohydrates, proteins, and fats are examples of essential needed for optimal bodily functions.

Answer

Multiple Choice: 1. Nutrient-dense food 2. Microbiome 3. Adaptogens 4. Macronutrients 5. Balancing 6. Collaboration 7. Misconceptions 8. Optimum 9. Sustainable 10. Personalized

Gap-Fill: 11. Motivation 12. Monitoring 13. Beneficial 14. Contribution 15. Insights 16. Misleading 17. Underestimated 18. Optimal 19. Transformation 20. Comprehensive

Matching sentence: 1. Coping 2. Commitment 3. Aiding 4. Transformative 5. Personalized 6. Ecosystem 7. Sustainability 8. Contributions 9. Misconceptions 10. Macronutrients

CATEGORY

1. Health - LEVEL5

Date Created

2024/10/17

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