



# How to Improve Your Diet Quality from a D to an A: Lessons from America's Progress

## Description

A recent study looked at 20 years of **nutrition** data in the United States and found some good news and some bad news. More adults now have somewhat better diets, but only a few have an **ideal diet** with enough fruits and vegetables. The study showed that **nutrition awareness** improved a bit but stopped getting better after 2010.

Experts suggest simple steps to improve diets, such as cooking at home, avoiding sugary drinks, and eating fewer **refined grains**. **Refined grains**, found in many **processed foods**, are a big reason for poor diets. Replacing these with **whole grains**, fruits, and vegetables can improve health.

The study also found differences in diet improvements based on income, education, and **healthcare access**. Educating people about **nutrition** and promoting healthier food choices are important for better **well-being**. By following these tips, individuals can improve their overall **well-being** and reduce diet-related diseases.

## Vocabulary List

1. **Nutrition** /nju??tr???n/ (noun): The process of providing or obtaining the food necessary for health and growth.
2. **Awareness** /??w??n?s/ (noun): Knowledge or perception of a situation or fact.
3. **Ideal diet** /a??di??l da??t/ (noun): A perfect or most suitable diet that includes all necessary nutrients.
4. **Refined grains** /r??fa?nd ?re?nz/ (noun): Grains that have been processed to remove the bran and germ, leaving only the endosperm.
5. **Processed foods** /?pr?s?st fu?dz/ (noun): Foods that have been altered from their natural state for safety reasons or convenience.
6. **Whole grains** /ho?l ?re?nz/ (noun): Grains that contain the entire grain kernel, including the bran, germ, and endosperm.
7. **Healthcare access** /?h?l??k?r ?æks?s/ (noun): The ability to obtain and make use of healthcare services.
8. **Well-being** /?w?l?bi??/ (noun): The state of being comfortable, healthy, or happy.

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## Vocabulary List:

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2. **Refined grains** //rɪ'faɪnd greɪnz// (noun): Grains that have been processed to remove the bran and germ leaving only the endosperm.
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4. **Healthcare access** //ˈheɪlθ,kɛr ˈæksɛs// (noun): The ability to obtain and make use of healthcare services.
5. **Well-being** //ˈwɛl,bɪ:ɪŋ// (noun): The state of being comfortable healthy or happy.
6. **Nutrition awareness** //nju'triʃən ə'wɛrnəs// (noun): Knowledge or understanding regarding the importance of nutrition.

## Comprehension Questions

### Multiple Choice

1. What positive trends were found in a recent study analyzing two decades of nutritional data in the United States?  
Option: Decrease in poor diets among adults  
Option: Increase in consumption of recommended servings of fruits and vegetables  
Option: Improved nutrition awareness among Americans  
Option: All of the above
2. According to the study progress in nutrition awareness among Americans has stalled since which year?  
Option: 2005  
Option: 2010  
Option: 2015  
Option: 2020
3. What do experts suggest as simple steps to improve diet quality?  
Option: Consuming more sugary beverages  
Option: Cooking at home  
Option: Increasing refined grains intake  
Option: Eating fewer fruits and vegetables



4. Which of the following is NOT a recommendation to improve diet quality based on the study?

- Option: Avoiding sugary beverages
- Option: Limiting refined grains
- Option: Consuming more ultraprocessed foods
- Option: Replacing refined grains with whole grains

5. What did the study highlight as a major contributor to poor diet quality?

- Option: Whole grains
- Option: Fruits and vegetables
- Option: Refined grains
- Option: Minimally-processed foods

6. What are disparities in nutritional improvements based on?

- Option: Height and weight
- Option: Income education and healthcare access
- Option: Physical activity levels
- Option: Social media usage

## Answer

**Multiple Choice:** 1. All of the above 2. 2010 3. Cooking at home 4. Consuming more ultraprocessed foods  
5. Refined grains 6. Income education and healthcare access

## Vocabulary quizzes

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

1. Which type of food is highly processed and typically low in essential nutrients?

- Option: Refined grains
- Option: Whole grains
- Option: Fruits
- Option: Vegetables

2. What type of substance helps protect cells from damage caused by free radicals?

- Option: Antioxidant
- Option: Carbohydrate
- Option: Protein
- Option: Fat

3. Who is a scientist who studies the patterns causes and effects of health and disease conditions in defined



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populations?

- Option: Epidemiologist
- Option: Psychiatrist
- Option: Cardiologist
- Option: Endocrinologist

4. What medical device delivers electrical stimulation to specific nerve sites in the body?

- Option: Neurostimulator
- Option: Pacemaker
- Option: Insulin pump
- Option: Oxygen concentrator

5. Which process involves all the chemical reactions that occur in the body to maintain life?

- Option: Metabolism
- Option: Respiration
- Option: Photosynthesis
- Option: Digestion

6. What term describes the state of having adequate water or fluid in the body?

- Option: Hydrated
- Option: Dehydrated
- Option: Satiated
- Option: Starved

7. What is the body's response to injury or infection causing redness swelling pain or heat?

- Option: Inflammation
- Option: Circulation
- Option: Lubrication
- Option: Mobilization

8. Which carbohydrate is commonly found in foods such as potatoes rice and wheat?

- Option: Starch
- Option: Fiber
- Option: Sugar
- Option: Protein

9. Which term describes a medical device or material that is inserted into the body?

- Option: Implanted
- Option: External
- Option: Surface
- Option: Portable



10. What describes a person environment or action that provides encouragement or assistance to others?

- Option: Supportive
- Option: Oppressive
- Option: Critical
- Option: Indifferent

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

11. Consuming too many \_\_\_\_\_ may lead to health issues due to high levels of added sugars fats and salt.

12. A neurostimulator is used to manage a specific medical \_\_\_\_\_ by providing targeted stimulation.

13. Patients with inflammation may experience a range of \_\_\_\_\_ such as pain fever and swelling.

14. Cravings for unhealthy foods can be controlled by opting for nutrient-dense snacks over unhealthy \_\_\_\_\_.

15. During a \_\_\_\_\_ staying cool and hydrated is crucial to prevent heat-related illnesses.

16. Severe inflammation near the spinal cord can lead to temporary or permanent \_\_\_\_\_ in certain body parts.

17. Lack of a specific \_\_\_\_\_ may result in difficulty digesting certain types of carbohydrates.

18. Regular physical activity can help build \_\_\_\_\_ to certain health conditions.

19. Individuals with implanted neurostimulators may experience fewer \_\_\_\_\_ associated with their condition.

20. Sudden changes in cognitive function could be \_\_\_\_\_ and may require immediate



medical attention.

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

21. The campaign aimed to educate the public about the importance of making healthy food choices.
22. Improved infrastructure and policies can enhance the availability and quality of medical services in underserved areas.
23. The cognitive abilities of the elderly can be maintained through engaging activities and social interactions.
24. Regular exercise and stress management techniques contribute to overall well-being and mental health.
25. Many students opt to live in university dorms for the convenience and social aspects of communal living.
26. Athletes focus on nutrition and training to optimize their physical and mental performance during competitions.
27. The combination of symptoms observed in the patient indicated a rare genetic syndrome.
28. The neurologist recommended brain stimulation therapy to help alleviate chronic pain.
29. The surgeon successfully implanted the artificial heart valve during the open-heart surgery.
30. She found a supportive community online that helped her cope with the challenges of her medical condition.

## Answer

**Multiple Choice:** 1. Refined grains 2. Antioxidant 3. Epidemiologist 4. Neurostimulator 5. Metabolism 6. Hydrated 7. Inflammation 8. Starch 9. Implanted 10. Supportive

**Gap-Fill:** 11. processed foods 12. condition 13. symptoms 14. cravings 15. heat wave 16. paralysis 17. enzyme 18. resistance 19. seizures 20. concerning

**Matching sentence:** 1. nutrition awareness 2. healthcare access 3. cognitive 4. well-being 5. dorms 6. performance 7. syndrome 8. stimulation 9. implanted 10. supportive

## CATEGORY

1. Health - LEVEL2



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