



Maximize Nutrient Absorption from Immunity-Boosting Foods with These Unconventional Tricks

Description

Experts recommend focusing on **boosting** your **immune system** year-round, with diet playing a crucial role. According to Kim Shapira, a **dietitian** and **nutrition therapist**, gut health is key in maintaining a strong **immune system**. Shapira suggests simple ways to improve gut health and enhance immunity, such as consuming **omega-3** rich foods, incorporating fruits and vegetables, taking **probiotics**, and adding fermented foods to your diet. Additionally, she advises eating foods high in **antioxidants** and **whole grains** for optimal benefits.

Shapira also emphasizes the importance of not just what you eat, but how you eat it, suggesting to smell your food before consuming it and to chew your food longer for better digestion. These practices can help ensure your body gets the maximum nutrition from the foods you eat. Prioritizing these habits can lead to a healthier **immune system** and overall well-being.

Vocabulary Insights

1. **Boosting** /'bu:stɪŋ/ (verb): Increasing or improving something.
2. **Immune system** /'ɪmjʊn sɪstəm/ (noun): The body's defense against infectious organisms and other invaders.
3. **Dietitian** /'daɪtɪtʃən/ (noun): An expert in diet and nutrition.
4. **Nutrition therapist** /nju:trɪʃən θerə'pi:st/ (noun): A specialist who uses nutrition to promote health and manage diseases.
5. **Omega-3** /'oʊmə'ri:/ (noun): A type of essential fatty acid beneficial for health.
6. **Probiotics** /'prəʊ'baɪə'tɪks/ (noun): Live bacteria and yeasts that are good for your health, especially your digestive system.
7. **Antioxidants** /'æntɪ'ɒksɪdənts/ (noun): Molecules that inhibit oxidation, a chemical reaction that can produce free radicals leading to cell damage.
8. **Whole grains** /hoʊl 'reɪnz/ (noun): Grains that contain all the essential parts and naturally-occurring nutrients of the entire grain seed.

Vocabulary List:

1. **Boosting** /'bu:stɪŋ/ (verb): Increasing or improving something.
2. **Dietitian** /daɪtɪ'tʃən/ (noun): An expert in diet and nutrition.
3. **Probiotics** /,prəʊ'baɪə'tɪks/ (noun): Live bacteria and yeasts that are good for your health especially your digestive system.
4. **Antioxidants** /,æntɪ'ɒksɪdənts/ (noun): Molecules that inhibit oxidation and prevent cell damage.



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5. **Nutrition** /nju'trɪʃən/ (noun): The process of providing or obtaining the food necessary for health and growth.
6. **Optimal** /'ɑ:ptɪmə/ (adjective): Most conducive to a favorable outcome; best.

Comprehension Questions

Multiple Choice

1. What is recommended by experts to focus on year-round for boosting the immune system?
Option: Exercising regularly
Option: Getting enough sleep
Option: Diet
Option: Meditation
2. According to Kim Shapira what is key in maintaining a strong immune system?
Option: Regular exercises
Option: Social interactions
Option: Gut health
Option: Vitamin D intake
3. Which of the following is NOT recommended by Kim Shapira for enhancing immunity?
Option: Consuming omega-3 rich foods
Option: Eating processed foods
Option: Incorporating fruits and vegetables
Option: Taking probiotics
4. What does Shapira suggest to do before consuming food for better digestion?
Option: Watch TV
Option: Smell the food
Option: Immediately start eating
Option: Skip meals
5. Which foods are advised by Shapira for optimal benefits?
Option: Fast food
Option: High sugar snacks
Option: Foods high in antioxidants and whole grains
Option: Frozen meals



6. What practice does Shapira emphasize in order to get maximum nutrition from foods consumed?

- Option: Talking while eating
- Option: Chewing food longer
- Option: Eating quickly
- Option: Skipping breakfast

Answer

Multiple Choice: 1. Diet 2. Gut health 3. Eating processed foods 4. Smell the food 5. Foods high in antioxidants and whole grains 6. Chewing food longer

Vocabulary quizzes

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

1. Which dietary practice involves alternating periods of eating with fasting?

- Option: Probiotics
- Option: Antioxidants
- Option: Intermittent fasting
- Option: Genetic predispositions

2. Which condition is associated with the formation of amyloid plaques in the brain?

- Option: Diabetes
- Option: Alzheimer's disease
- Option: Mitochondria
- Option: X chromosome

3. Which medical procedure is commonly used to treat severe obesity?

- Option: Medications
- Option: Replacement
- Option: Bariatric surgery
- Option: Research

4. Which type of medication is known to improve blood sugar control and reduce weight?

- Option: Lifestyle changes
- Option: GLP-1s
- Option: Metabolic
- Option: Gastric bypass

5. What term refers to inherited traits that may increase the likelihood of certain diseases?



- Option: Genetic predispositions
- Option: Diagnosed
- Option: Alzheimer's disease
- Option: Amyloid plaques

6. Which concept focuses on providing the best possible nutrients for overall health?

- Option: Probiotics
- Option: Optimal nutrition
- Option: Endorsing
- Option: Caution

7. Which health indicator is commonly affected by lifestyle changes?

- Option: Mitochondria
- Option: X chromosome
- Option: Blood pressure
- Option: Intermittent fasting

8. Which term is often used when advising clients on potential risks of certain diets?

- Option: Diagnosis
- Option: Caution
- Option: Disordered
- Option: Boosting

9. Which compounds are known for their ability to reduce oxidative stress in the body?

- Option: Nutrition
- Option: Antioxidants
- Option: Diagnosis
- Option: Lifestyle changes

10. Which organelles are often referred to as the powerhouse of the cell?

- Option: Mitochondria
- Option: Blood pressure
- Option: X chromosome
- Option: Genetic predispositions

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

11. When a medical professional determines an illness or condition it is known as being

_____.



12. In some cases hormone _____ therapy may be necessary to address deficiencies.
13. Scientific studies and investigations are essential components of advancing medical _____.
14. Severe _____ is a leading risk factor for various chronic diseases.
15. Prescription _____ can help manage certain health conditions when used appropriately.
16. Adopting healthy habits such as regular exercise and balanced nutrition is key to making positive _____.
17. Biological females typically have two _____ while males have one.
18. Issues related to the body's _____ processes can have significant impacts on overall health.
19. Some dietary supplements claim to aid in energy _____ but their effectiveness is debated.
20. Eating behaviors that are irregular or harmful may indicate an _____ relationship with food.

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

21. Many people consume yogurt and other fermented foods to introduce beneficial bacteria into their digestive system.
22. The science of food and its relationship to health encompasses various aspects of a balanced diet.
23. Prominent athletes and celebrities are often seen specific products to promote a healthy lifestyle.
24. For individuals with extreme obesity may be a life-changing intervention to aid in weight loss.



25. Maintaining stable blood sugar levels is crucial for individuals with to manage their condition effectively.
26. One common type of bariatric surgery that involves altering the digestive system to support weight loss is known as .
27. Continued is essential to uncovering new treatments and preventive measures for complex health issues like Alzheimer's.
28. In cases of hormone dysfunction hormone therapy can help restore balance within the body.
29. Health professionals often advocate for a balanced approach to dieting and exercise emphasizing the importance of .
30. These cellular structures play a critical role in energy production and are vital for overall cellular function.

Answer

Multiple Choice: 1. Intermittent fasting 2. Alzheimer's disease 3. Bariatric surgery 4. GLP-1s 5. Genetic predispositions 6. Optimal nutrition 7. Blood pressure 8. Caution 9. Antioxidants 10. Mitochondria

Gap-Fill: 11. Diagnosed 12. Replacement 13. Research 14. Obesity 15. Medications 16. Lifestyle changes 17. X chromosome 18. Metabolic 19. Boosting 20. Disordered

Matching sentence: 1. Probiotics 2. Nutrition 3. Endorsing 4. Bariatric surgery 5. Diabetes 6. Gastric bypass 7. Research 8. Replacement 9. Caution 10. Mitochondria

CATEGORY

1. Health - LEVEL1

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