



---

# Megan Roup on Intuitive Eating: Your Joyful, Healthy Journey

## Description

A trend in nutrition known as intuitive eating is gaining popularity as an alternative to traditional dieting. Rather than following strict rules, intuitive eating focuses on listening to one's internal needs when it comes to food choices. This approach, according to the Harvard School of Public Health, allows individuals to choose what to eat based on their physical and emotional needs, without worrying about calorie counts or food types.

Intuitive eating has been used as a strategy for weight loss and as a treatment for disordered eating. Celebrity fitness trainer Megan Roup has adopted intuitive eating in her own life, emphasizing the importance of listening to hunger cues and selecting foods that make her feel good.

Roup believes that intuitive eating can also be beneficial for children, as it helps them form healthy relationships with food. By modeling positive behavior around food and prioritizing health and wellness, parents can set a good example for their children.

While intuitive eating has its benefits, registered dietitian and nutritionist Ilana Muhlstein cautions that allowing children to eat whatever they want can have negative consequences. She emphasizes the importance of introducing nutritious foods to children to promote good health and well-being.

Overall, intuitive eating can be a valuable approach to nutrition for individuals looking to break free from strict dieting and develop a healthier relationship with food. By listening to their bodies and making mindful food choices, individuals can improve their overall well-being and set a positive example for future generations.

---

## Vocabulary List:

1. **Nutrition** /nuˈtriʃ.ən/ (noun): The process of providing or obtaining the food necessary for health and growth.
2. **Intuitive** /ɪnˈtjuː.ɪ.tɪv/ (adjective): Based on what one feels to be true even without conscious reasoning; instinctive.
3. **Emotional** /ɪˈmoʊ.ʃən.əl/ (adjective): Relating to a person's emotions.
4. **Cues** /kjuːz/ (noun): Signals or prompts that indicate a certain action or response.
5. **Consequences** /ˈkɒn.sɪ.kwənt.sɪz/ (noun): Results or effects of an action or condition.
6. **Mindful** /ˈmaɪnd.fəl/ (adjective): Conscious or aware of something; attentive.

## Comprehension Questions



---

## Multiple Choice

1. What is intuitive eating?

- Option: Following strict rules for food intake
- Option: Listening to internal needs for food choices
- Option: Counting calories for every meal
- Option: Restricting food types

2. Who has adopted intuitive eating in her own life?

- Option: Megan Roup
- Option: Ilana Muhlstein
- Option: Harvard School of Public Health
- Option: No one

3. What is one benefit of intuitive eating according to the text?

- Option: Strict calorie counting
- Option: Improved well-being
- Option: Following food type restrictions
- Option: Ignoring hunger cues

4. Who cautions about the negative consequences of allowing children to eat whatever they want?

- Option: Megan Roup
- Option: Ilana Muhlstein
- Option: Harvard School of Public Health
- Option: Ratan Naval Tata

5. What is emphasized by Ilana Muhlstein regarding children and food intake?

- Option: Healthy relationships with food
- Option: Not introducing nutritious foods
- Option: No importance of food choices
- Option: Unlimited eating choices for children

6. What can intuitive eating help individuals break free from?

- Option: Listening to hunger cues
- Option: Strict dieting
- Option: Mindful food choices
- Option: Weight loss



## Answer

**Multiple Choice:** 1. Listening to internal needs for food choices 2. Megan Roup 3. Improved well-being 4. Ilana Muhlstein 5. Healthy relationships with food 6. Strict dieting

## Vocabulary quizzes

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

1. What term refers to the ability of a product to provide a desired effect or result?  
Option: Consequences  
Option: Efficacy  
Option: Neurodevelopmental  
Option: Emotional
2. Which term is related to blood vessels?  
Option: Statistics  
Option: Gastroparesis  
Option: Impact  
Option: Vascular
3. What substance is known for its antioxidant properties found in foods like berries and tea?  
Option: Polyphenol  
Option: Prescription  
Option: Detrimental  
Option: Awareness
4. Which term refers to the process of putting a decision or plan into effect?  
Option: Vascular  
Option: Efficacy  
Option: Implementation  
Option: Ischemic
5. What word describes an option or choice that can be used instead of the usual?  
Option: Biliary  
Option: Alternative  
Option: Inflammation  
Option: Cessation



6. Which term relates to the growth and development of the nervous system?

- Option: Neurodevelopmental
- Option: Dangers
- Option: Complications
- Option: Retinopathy

7. What process often occurs in response to injury or infection?

- Option: Efficacy
- Option: Inflammation
- Option: Cues
- Option: Afflicted

8. Which term involves the collection analysis and interpretation of data?

- Option: Nutrition
- Option: Statistics
- Option: Precautionary
- Option: Mindful

9. What word describes a powerful effect or influence on something or someone?

- Option: Polyphenol
- Option: Impact
- Option: Profoundly
- Option: Intuitive

10. Which hormone raises glucose levels in the blood?

- Option: Glucagon
- Option: Ischemic
- Option: Cessation
- Option: Emotional

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

11. Smoking has many \_\_\_\_\_ effects on health.

12. Public \_\_\_\_\_ campaigns aim to educate people about important issues.

13. An \_\_\_\_\_ stroke occurs when blood flow to the brain is blocked.

14. The region was \_\_\_\_\_ by a severe drought.

15. Every action has its own set of \_\_\_\_\_.



16. A balanced diet is crucial for good \_\_\_\_\_.
17. She had an \_\_\_\_\_ understanding of the problem.
18. The movie had a very \_\_\_\_\_ ending.
19. Body language can provide important \_\_\_\_\_ about a person's feelings.
20. It is important to be \_\_\_\_\_ of your surroundings at all times.

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

|                                                                                                    |
|----------------------------------------------------------------------------------------------------|
| 21. The surgery was successful but unexpected arose during recovery.                               |
| 22. Patients with diabetes may experience delayed gastric emptying a condition known as .          |
| 23. The system is responsible for producing and transporting bile.                                 |
| 24. Diabetic is a complication that affects the eyes due to damage to blood vessels in the retina. |
| 25. The loss of a loved one can impact a person affecting every aspect of their life.              |
| 26. The doctor recommended a series of measures to prevent the spread of infection.                |
| 27. Mountaineering involves many risks and that climbers must be aware of.                         |
| 28. The film's powerful story evoked strong reactions from the audience.                           |
| 29. The company announced the of its operations in the region.                                     |
| 30. Increasing public about mental health is crucial in breaking the stigma.                       |

## Answer

**Multiple Choice:** 1. Efficacy 2. Vascular 3. Polyphenol 4. Implementation 5. Alternative 6. Neurodevelopmental 7. Inflammation 8. Statistics 9. Impact 10. Glucagon

**Gap-Fill:** 11. Detrimental 12. Awareness 13. Ischemic 14. Afflicted 15. Consequences 16. Nutrition 17. Intuitive 18. Emotional 19. Cues 20. Mindful

**Matching sentence:** 1. Complications 2. Gastroparesis 3. Biliary 4. Retinopathy 5. Profoundly 6. Precautionary 7. Dangers 8. Emotional 9. Cessation 10. Awareness



---

## CATEGORY

1. Health - LEVEL6

### Date Created

2024/08/23

### Author

aimeeyoung99

ESL-NEWS.COM