

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** /nu'trɪʃ.ən/ (noun): The process of providing or obtaining the food necessary for health and growth.
- Intuitive /In'tju:.I.tIV/ (adjective): Based on what one feels to be true even without conscious reasoning; instinctive.
- 3. **Emotional** /ɪˈmoʊ.[ən.əl/ (adjective): Relating to a person's emotions.
- 4. Cues /kju:z/ (noun): Signals or prompts that indicate a certain action or response.
- 5. Consequences /'kpn.si.kwənt.siz/ (noun): Results or effects of an action or condition.
- 6. Mindful /'maind.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

ESL-NEWS.COM 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



Option: Neurodevelopmenta	ıl
Option: Dangers Option: Complications	
Option: Retinopathy	
7. What process often occurs in	n response to injury or infection?
Option: Efficacy	
Option: Inflammation	
Option: Cues	
Option: Afflicted	
8. Which term involves the coll	lection analysis and interpretation of data?
Option: Nutrition	
Option: Statistics	
Option: Precautionary	
Option: Mindful	
9. What word describes a nowe	erful effect or influence on something or someone?
Option: Polyphenol	erful effect or influence on something or someone?
Option: Impact	
Option: Profoundly	
Option: Intuitive	
10. Which hormone raises gluc	cose 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 se	et of
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6. Which term relates to the growth and development of the nervous system?



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

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