



Nutrition's Impact on Symptoms: Why Healthy Eating Matters

Description

Women going through midlife may experience hormonal changes. One way to manage this is by following a good menopause diet. What you eat can affect your hormones, says Maya Feller, a nutrition expert.

Eating healthily can improve how you feel during menopause and help with symptoms like hot flashes and mood swings. As you age, your risk of heart disease and osteoporosis increases. This is because of hormonal shifts.

During menopause, it's essential to eat fruits, vegetables, calcium-rich foods, protein, oily fish, beans, and unsaturated fats. Avoid fatty meats, refined grains, added sugars, alcohol, caffeine, and spicy foods.

In addition to diet, staying active, practicing stress-reducing activities, and getting enough nutrients are vital during menopause. You can use the MyFitnessPal app to track your nutrition and exercise to maintain a healthy lifestyle.

Vocabulary List:

1. **Menopause** /'mɛn.ə.pɔːs/ (noun): The time in a woman's life when her menstrual periods stop usually occurring between the ages of 45 and 55.
2. **Hormonal** /hɔːr'moʊ.nəl/ (adjective): Relating to hormones which are substances produced in the body that regulate various physiological processes.
3. **Osteoporosis** /,ɑː.sti.ɒs.pə'roʊ.sɪs/ (noun): A medical condition in which the bones become weak and brittle increasing the risk of fractures.
4. **Nutrition** /njuː'triʃ.ən/ (noun): The process of obtaining the food necessary for health and growth.
5. **Unsaturated** /ʌn'sætʃ.ə.reɪ.tɪd/ (adjective): Referring to fats that are not fully saturated with hydrogen and are considered healthier for the heart.
6. **Calcium** /'kæɪ.si.əm/ (noun): A mineral essential for bone health and various bodily functions often found in dairy products and green leafy vegetables.

Comprehension Questions

Multiple Choice



1. What can affect hormonal changes in women going through midlife?
 - Option: Exercise
 - Option: Diet
 - Option: Meditation
 - Option: Medication

2. Which of the following is recommended to be included in a menopause diet?
 - Option: Fatty meats
 - Option: Refined grains
 - Option: Calcium-rich foods
 - Option: Added sugars

3. Which symptom during menopause can be alleviated by eating healthily?
 - Option: Muscle pain
 - Option: Hot flashes
 - Option: Headaches
 - Option: Allergies

4. What should be avoided in a menopause diet?
 - Option: Alcohol
 - Option: Beans
 - Option: Oily fish
 - Option: Unsaturated fats

5. Which type of activities are recommended during menopause?
 - Option: Stress-inducing activities
 - Option: Sedentary lifestyle
 - Option: Stress-reducing activities
 - Option: High-impact exercises

6. What can help maintain a healthy lifestyle during menopause?
 - Option: Ignoring nutrient intake
 - Option: Using the MyFitnessPal app
 - Option: Avoiding physical activity
 - Option: Skipping meals

True-False



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7. Hormonal changes during midlife have no impact on women's health.
 8. Menopause is a risk factor for heart disease and osteoporosis.
 9. Adding sugars to the diet is recommended during menopause.
 10. Staying physically active is not important for managing menopause symptoms.
 11. Severe mood swings are not commonly associated with menopause.
 12. Using the MyFitnessPal app cannot help in tracking nutrition and exercise.

Gap-Fill

13. Women going through midlife may experience hormonal changes. One way to manage this is by following a good menopause diet. What you eat can affect your hormones, says Maya Feller, a nutrition expert _____.
14. Eating healthily can improve how you feel _____ during menopause and help with symptoms like hot flashes and mood swings. As you age, your risk of heart disease and osteoporosis increases. This is because of hormonal shifts.
15. In addition to diet, staying active, practicing stress-reducing activities, and getting enough nutrients are vital during menopause. You can use the MyFitnessPal app to track your nutrition and exercise to maintain A guide to enhancing your backyard with native plants _____ a healthy lifestyle.
16. During menopause, it's essential to eat fruits, vegetables, calcium-rich foods, protein, _____ oily fish, beans, and unsaturated fats. Avoid fatty meats, refined grains, added sugars, alcohol, caffeine, and spicy foods.
17. Women going through midlife may experience _____ hormonal changes. One way to



manage this is by following a good menopause diet.

18. During menopause, it's essential to eat fruits, vegetables, calcium-rich foods, protein, oily fish, beans, and unsaturated fats. Avoid _____ fatty meats, refined grains, added sugars, alcohol, caffeine, and spicy foods.

Answer

Multiple Choice: 1. Diet 2. Calcium-rich foods 3. Hot flashes 4. Alcohol 5. Stress-reducing activities 6. Using the MyFitnessPal app

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

Gap-Fill: 13. Maya Feller 14. hot flashes 15. MyFitnessPal app 16. caffeine 17. good menopause diet 18. unsaturated fats

Vocabulary quizzes

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

1. What is the process through which a product or service is awarded an official document confirming its quality or meeting specific standards?

- Option: Implementation
- Option: Organic
- Option: Integrity
- Option: Certification

2. Who are individuals or groups that have an interest in the success and outcomes of a business or organization?

- Option: Practices
- Option: Stakeholders
- Option: Menopause
- Option: Hormonal

3. Which type of live bacteria and yeasts are good for your digestive system?

- Option: Fermented
- Option: Probiotics
- Option: Stamina
- Option: Nutritious



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4. What is a medical condition in which bones become weak and brittle?
- Option: Therapeutic
 - Option: Moderation
 - Option: Osteoporosis
 - Option: Nutrition
5. Which term refers to inflammation of the brain usually caused by a viral infection?
- Option: Weight
 - Option: Regulating
 - Option: Hormones
 - Option: Encephalitis
6. What is the stage in a woman's life when menstruation stops typically around the age of 45-55?
- Option: Factors
 - Option: Habits
 - Option: Menopause
 - Option: Hormonal
7. What mineral is essential for strong teeth and bones?
- Option: Unsaturated
 - Option: Calcium
 - Option: Fermented
 - Option: Probiotics
8. What is the process of providing or obtaining the food necessary for health and growth?
- Option: Metabolism
 - Option: Nutrition
 - Option: Therapeutic
 - Option: Moderation
9. Which term relates to the signaling chemicals in the body that control various processes?
- Option: Awareness
 - Option: Repellent
 - Option: Hormonal
 - Option: Osteoporosis
10. Which type of fats are considered healthier than saturated fats?
- Option: Limit
 - Option: Threat
 - Option: Unsaturated
 - Option: Nutritious



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

11. _____ certification ensures that products are grown without synthetic pesticides or GMOs.
12. The successful _____ of new policies requires careful planning and execution.
13. Regular exercise can help improve your _____ and overall endurance.
14. Enjoying treats in _____ is key to maintaining a balanced diet.
15. Hormones play a crucial role in _____ various bodily functions.
16. Various lifestyle _____ can influence your risk of developing certain health conditions.
17. Educating the public can help raise _____ about the importance of environmental conservation.
18. Using insect _____ can help protect against mosquito-borne diseases.
19. It is important to _____ your intake of sugary snacks to maintain good health.
20. Climate change poses a significant _____ to biodiversity and ecosystems.

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

21. Businesses should adopt sustainable to minimize their impact on the environment.
22. Regular exercise can help boost your and aid in weight management.
23. Maintaining a healthy diet and staying active can help control your .
24. Developing good eating and exercise early in life can lead to a healthier future.
25. Choosing foods high in fats can help lower cholesterol levels.



26. Setting on screen time can promote better sleep and overall well-being.

27. Certain herbs have properties that can help alleviate minor ailments.

28. Balancing the number of consumed with physical activity is essential for weight management.

29. Maintaining the trust of customers requires honesty and in business dealings.

30. A well-rounded diet should include a variety of foods that are and provide essential nutrients.

Answer

Multiple Choice: 1. Certification 2. Stakeholders 3. Probiotics 4. Osteoporosis 5. Encephalitis 6. Menopause
7. Calcium 8. Nutrition 9. Hormonal 10. Unsaturated

Gap-Fill: 11. Organic 12. Implementation 13. Stamina 14. Moderation 15. Regulating 16. Factors 17.
Awareness 18. Repellent 19. Limit 20. Threat

Matching sentence: 1. Practices 2. Metabolism 3. Weight 4. Habits 5. Unsaturated 6. Limits 7. Therapeutic
8. Calories 9. Integrity 10. Nutritious

CATEGORY

1. Health - LEVEL2

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