



The Best Nutrition Tips of 2024 that We Love

Description

Brimming is the perfect time to refresh your food habits, with farmers' markets brimming with produce, grills firing up, and picnics in full swing. With school out, we have more time to cook and enjoy leisurely outdoor meals with friends.

Looking for some nutrition inspiration? Here are 10 key takeaways from our favorite articles of 2024:

1. Consider trying a **Mediterranean** eating pattern, known for its numerous health benefits without strict rules.
2. **Moderation** is key - science now suggests that daily wine consumption may not be as beneficial as once thought.
3. Avocados are a **nutritional** powerhouse, packed with heart-healthy fats and essential nutrients.
4. There's no need to delay your morning caffeine intake based on questionable online advice.
5. While shrimp is nutritious, choosing the most sustainable option can be tricky due to environmental and ethical concerns.
6. Cutting back on sodium, especially for those with high blood pressure, can have **significant** health benefits.
7. Apple cider vinegar may offer some surprising benefits, but not all online claims are backed by science.
8. Diet is crucial in managing conditions like I.B.S., with the low-FODMAP diet being a recommended treatment.
9. Staying hydrated doesn't mean chugging excessive amounts of water - listen to your body's needs.
10. Ultra-processed foods can have negative impacts on health, so reducing their consumption is advised by experts.

Stay informed and make mindful choices for a healthier **significant** season ahead.

Vocabulary List:

1. **Brimming** /brɪmɪŋ/ (adjective): Filled to the top or overflowing.
2. **Mediterranean** /mɪdɪˈtɛrɪniən/ (adjective): Related to the Mediterranean Sea or the countries bordering it, often associated with a specific diet rich in fruits, vegetables, and healthy fats.
3. **Nutritional** /nuˈtrɪʃənəl/ (adjective): Relating to the nutrients or nutrition in food.
4. **Moderation** /mɒdəˈreɪʃən/ (noun): The avoidance of excess or extremes, especially in one's behavior or political opinions.
5. **Significant** /sɪɡnɪfɪkənt/ (adjective): Sufficiently great or important to be worthy of attention; noteworthy.
6. **Sustainable** /səˈsteɪnəbl/ (adjective): Able to be maintained at a certain rate or level, especially without harming the environment.



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Comprehension Questions

Multiple Choice

1. What is a key takeaway about the Mediterranean eating pattern?
Option: It has strict rules to follow
Option: It is known for its numerous health benefits without strict rules
Option: It includes only fruits and no vegetables
Option: It is originated from Asia
2. Which food is described as a nutritional powerhouse in the text?
Option: Broccoli
Option: Avocados
Option: Potatoes
Option: Oranges
3. According to the article what may offer some surprising benefits?
Option: Orange juice
Option: Lemon water
Option: Apple cider vinegar
Option: Sugar water
4. What is a recommended treatment for managing conditions like I.B.S.?
Option: High-fat diet



- Option: Low-carb diet
- Option: Low-FODMAP diet
- Option: No diet changes needed

5. What is advised by experts regarding ultra-processed foods?

- Option: To consume them in large quantities
- Option: To avoid them completely
- Option: To consume them occasionally
- Option: To reduce their consumption

6. How should one approach staying hydrated according to the text?

- Option: Chugging excessive amounts of water
- Option: Ignoring your body's needs
- Option: Listening to your body's needs
- Option: Drinking only soda

Answer

Multiple Choice: 1. It is known for its numerous health benefits without strict rules 2. Avocados 3. Apple cider vinegar 4. Low-FODMAP diet 5. To reduce their consumption 6. Listening to your body's needs

Vocabulary quizzes

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

1. Which term refers to the interaction between two or more elements?

- Option: Superficial
- Option: Interplay
- Option: Listeria
- Option: Facilitate

2. Which word describes a region bordered by Europe Asia and Africa?

- Option: Nutritional
- Option: Mediterranean
- Option: Cognitive
- Option: Moderation

3. Which term indicates the ability to produce a desired effect?

- Option: Substantial



- Option: Efficacy
- Option: Nuanced
- Option: Compromised

4. What do you call the indications of a particular disease or condition?

- Option: Precautions
- Option: Reheated
- Option: Symptoms
- Option: Outbreak

5. Which term refers to the launching or introduction of something new?

- Option: Significant
- Option: Sustainable
- Option: Eradicating
- Option: Rollout

6. What are new plans or strategies called?

- Option: Brimming
- Option: Initiatives
- Option: Compromised
- Option: Milestone

7. Which term refers to something being polluted or infected?

- Option: Contaminated
- Option: Reheated
- Option: Outbreak
- Option: Listeria

8. What measures are taken to prevent harm or danger?

- Option: Eradicating
- Option: Precautions
- Option: Compromised
- Option: Substantial

9. Which term means filled to the point of overflowing?

- Option: Mediterranean
- Option: Brimming
- Option: Cognitive
- Option: Nuanced

10. Which term refers to the avoidance of excess or extremes?

- Option: Sustainable
- Option: Significant



Option: Moderation

Option: Superficial

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

11. The security of the system was _____ after the data breach.
12. Health authorities focused on _____ the disease from the region.
13. The patient displayed severe flu-like _____ after exposure to the virus.
14. The discovery of a new species in the forest was a _____ milestone for the researchers.
15. The company aims to implement _____ practices to protect the environment.
16. It is important to take necessary _____ when handling hazardous materials.
17. His understanding of the topic was only _____ and lacked depth.
18. The recent food poisoning outbreak was linked to the presence of _____ in the products.
19. The author's writing style was highly _____ with layers of meaning in every sentence.
20. Graduating from college was a _____ achievement for her.

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

21. The new software is designed to streamline and simplify processes.
22. The psychologist studied the effects of aging on mental processes.
23. Health officials declared a state of emergency following the sudden spike in cases.
24. The picnic basket was filled with an assortment of delectable treats.



25. The data breach resulted in the exposure of sensitive information.
26. The city council launched several programs to improve community welfare.
27. The financial investment yielded significant returns for the company.
28. Leftover pizza should be properly heated before consumption.
29. The clinical trial confirmed the drug's effectiveness in treating the condition.
30. Maintaining a balanced diet and exercise routine is essential for good health.

Answer

Multiple Choice: 1. Interplay 2. Mediterranean 3. Efficacy 4. Symptoms 5. Rollout 6. Initiatives 7.

Contaminated 8. Precautions 9. Brimming 10. Moderation

Gap-Fill: 11. Compromised 12. Eradicating 13. Symptoms 14. Significant 15. Sustainable 16. Precautions
17. Superficial 18. Listeria 19. Nuanced 20. Milestone

Matching sentence: 1. Facilitate 2. Cognitive 3. Outbreak 4. Brimming 5. Compromised 6. Initiatives
7. Substantial 8. Reheated 9. Efficacy 10. Moderation

CATEGORY

1. Health - LEVEL6

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