



The Effects of Regular Fish Consumption on Your Body

Description

Fish is a versatile and tasty way to reap impressive health benefits, ranging from a casual canned tuna sandwich to a fancy seared salmon. The Dietary Guidelines for Americans recommend consuming 8 to 10 ounces of fish weekly for healthy adults. However, the type of fish you choose matters, as some may have potential downsides. It's essential to be aware of the pros and cons and choose a nutrient-packed and safe catch.

When it comes to fish nutrition, varieties like white tuna, canned in water, cooked Atlantic cod, and cooked salmon offer different nutritional benefits. From heart health to brain health and reducing inflammation, regularly eating fish can offer numerous health benefits. However, it's crucial to be mindful of allergic reactions, mercury exposure, and the risk of foodborne illnesses associated with fish consumption. Cooking fish in healthy ways like grilling, steaming, poaching, or baking can maximize its nutritional benefits. Aim for 8 to 10 ounces of fish per week and enjoy its health-promoting properties.

Vocabulary List:

1. **Versatile** /'vɜːr.sə.tl/ (adjective): Able to adapt or be adapted to many different functions or activities.
2. **Impressive** /ɪm'preɪsɪv/ (adjective): Evoking admiration through size quality or skill.
3. **Nutrient** /'njuː.tri.ənt/ (noun): A substance that provides nourishment essential for growth and the maintenance of life.
4. **Inflammation** /,ɪn.flə'meɪ.ʃən/ (noun): A localized physical condition characterized by redness swelling heat and pain often as a reaction to injury or infection.
5. **Exposure** /ɪk'spoʊ.ʒər/ (noun): The state of being exposed to contact with something.
6. **Consumption** /kən'sʌmp.ʃən/ (noun): The act of consuming especially food and drink.

Comprehension Questions

Multiple Choice

1. What is the recommended weekly consumption of fish for healthy adults according to the Dietary Guidelines for Americans?

Option: 4 to 6 ounces



- Option: 8 to 10 ounces
- Option: 12 to 14 ounces
- Option: 16 to 18 ounces

2. Which of the following cooking methods is mentioned as a way to maximize the nutritional benefits of fish?

- Option: Frying
- Option: Boiling
- Option: Grilling
- Option: Microwaving

3. What are some potential downsides to consider when choosing the type of fish to consume?

- Option: Decreased brain function
- Option: Allergic reactions
- Option: Stronger immunity
- Option: Enhanced metabolism

4. Which type of fish is mentioned as offering different nutritional benefits in the given text?

- Option: Canned sardines
- Option: Farmed tilapia
- Option: Cooked Atlantic cod
- Option: Breaded fish sticks

5. How can consuming fish contribute to reducing inflammation in the body?

- Option: By promoting inflammation
- Option: By supplying omega-3 fatty acids
- Option: By increasing cholesterol levels
- Option: By depleting essential vitamins

6. What is the recommended amount of fish to aim for per week according to the information provided?

- Option: 2 to 4 ounces
- Option: 6 to 8 ounces
- Option: 8 to 10 ounces
- Option: 12 to 16 ounces

Answer

Multiple Choice: 1. 8 to 10 ounces 2. Grilling 3. Allergic reactions 4. Cooked Atlantic cod 5. By supplying omega-3 fatty acids



Vocabulary quizzes

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

1. Which disease is caused by a virus that affects the nervous system?
Option: Rabies
Option: Influenza
Option: Malaria
Option: Cholera
2. What preventive measure involves administering a vaccine to build immunity against a particular disease?
Option: Medication
Option: Surgery
Option: Vaccinating
Option: Physical therapy
3. What term is used to describe a sudden and significant increase?
Option: Decline
Option: Plateau
Option: Surge
Option: Stabilize
4. What are measures taken in advance to prevent harm or danger?
Option: Compliments
Option: Precautions
Option: Reactions
Option: Interventions
5. Someone who is averse to something strongly dislikes or has an opposition to it.
Option: Content
Option: Impartial
Option: Favorable
Option: Averse
6. What is the process of providing or obtaining the food necessary for health and growth?
Option: Restoration
Option: Hydration
Option: Nutrition
Option: Purification



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7. What verb means to judge or determine the significance worth or quality of something?
- Option: Analyze
 - Option: Prescribe
 - Option: Evaluate
 - Option: Implement
8. What term describes something that continues to exist or endure over a prolonged period?
- Option: Brief
 - Option: Transient
 - Option: Intermittent
 - Option: Persistent
9. Which term refers to extreme tiredness resulting from mental or physical exertion?
- Option: Euphoria
 - Option: Vigilance
 - Option: Fatigue
 - Option: Elation
10. What is the body's response to injury or infection causing redness swelling and pain?
- Option: Circulation
 - Option: Inflammation
 - Option: Detoxification
 - Option: Oxygenation

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

11. Radiation _____ can lead to health concerns if not properly managed.
12. The _____ of fresh water is essential for human survival.
13. Accurate _____ is crucial when venturing into unknown territories.
14. The economic _____ of the decision are far-reaching.
15. Balanced diet ensures adequate nutrient _____ for the body.
16. Nurses and doctors are dedicated _____ in healthcare facilities.
17. The results of the medical tests were _____ warranting further investigation.



18. The _____ of diabetes is increasing globally due to sedentary lifestyles.
19. The chef was known for creating dishes using _____ ingredients.
20. Regular health _____ is important for early detection of any issues.

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

21. The lion was to a large enclosure to ensure the safety of visitors.
22. Maintaining a sense of can greatly impact one's overall well-being.
23. The field of focuses on creating intelligent machines that can mimic human behavior.
24. Using technology individuals can immerse themselves in a computer-generated environment.
25. The participants had to navigate through a complex to reach the finish line.
26. It is essential to the performance of the new system before full implementation.
27. Improving one's can enhance navigation skills and memory retention.
28. Engaging in challenging puzzles can help maintain sharp abilities.
29. Fruits and vegetables are excellent sources of essential for the body.
30. His efforts to master the skill paid off when he won the competition.

Answer

Multiple Choice: 1. Rabies 2. Vaccinating 3. Surge 4. Precautions 5. Averse 6. Nutrition 7. Evaluate 8. Persistent 9. Fatigue 10. Inflammation

Gap-Fill: 11. exposures 12. availability 13. navigation 14. implications 15. consumption 16. caretakers 17. worrisome 18. prevalence 19. versatile 20. monitoring

Matching sentence: 1. confined 2. positivity 3. artificial intelligence 4. virtual reality 5. maze 6. evaluate 7. spatial memory 8. cognitive 9. nutrient 10. persistent

CATEGORY

1. Health - LEVEL2

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