

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.

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Vocabulary List:

- 1. Versatile /'v3:r.sə.tl/ (adjective): Able to adapt or be adapted to many different functions or activities.
- 2. Impressive /Im'presiv/ (adjective): Evoking admiration through size quality or skill.
- 3. **Nutrient** /'nju:.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 /Ik'spov.ʒər/ (noun): The state of being exposed to contact with something.
- 6. Consumption /kən'sʌmp.[ən/ (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? ESL-NE

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



7.	What verb means to judge or determine the significance worth or quality of something?
	Option: Analyze
	Option: Prescribe
	Option: Evaluate Option: Implement
	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
	Option: Tersistent
9.	Which term refers to extreme tiredness resulting from mental or physical exertion?
	Option: Euphoria
	Option: Vigilance
	Option: Fatigue Option: Elation
	Option Liadon
10). What is the body's response to injury or infection causing redness swelling and pain?
	O. What is the body's response to injury or infection causing redness swelling and pain? Option: Circulation Option: Inflammation Option: Detoxification Option: Oxygenation
	Option: Inflammation
	Option: Detoxification Option: Oxygenation
	option: oxygenation
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G	ap-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	2. The of fresh water is essential for human survival.
13	3. Accurate is crucial when venturing into unknown territories.
14	I. The economic of the decision are far-reaching.
1 -	5. Balanced diet ensures adequate nutrient for the body.
	bulanced diet ensures adequate nathent
16	5. Nurses and doctors are dedicated in healthcare facilities.
17	7. The results of the modical tests were
Τ,	7. 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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