



---

## What are the benefits of eating walnuts?

### Description

A nutrition expert suggests adding more zinc to your diet for better health. Walnuts have become increasingly popular due to social media promotion, with exports doubling since 2010. Despite their delicious taste, walnuts are also highly nutritious and versatile in various dishes. Tree nuts grown in California, walnuts offer numerous health benefits, including being rich in essential nutrients like calcium, vitamins, and omega-3 fatty acids. Research shows that walnuts can improve heart health and brain function. However, moderation is key as walnuts are calorie-dense and may lead to kidney stones in some individuals. It is advisable to avoid them if you have a tree nut allergy. Overall, walnuts offer a great addition to a balanced diet for most people. With their unique flavor and nutritional value, walnuts are a smart choice for boosting your overall health.

---

### Vocabulary List:

1. **Nutritional** /nu'triʃənəl/ (adjective): Relating to the nutrients in food and their impact on health.
2. **Versatile** /'vɜ:rsətəɪl/ (adjective): Able to adapt or be adapted for many different functions or activities.
3. **Calorie-dense** /'kæl.ə.ri dɛns/ (adjective): Containing a high number of calories relative to the serving size or weight.
4. **Essential** /ɪ'senʃəl/ (adjective): Absolutely necessary; extremely important.
5. **Moderation** /,mɒdə'reɪʃən/ (noun): The avoidance of excess or extremes particularly in one's behavior or consumption.
6. **Versatile** /'vɜ:rsətəɪl/ (adjective): Capable of many uses; adaptable to various situations.

## Comprehension Questions

### Multiple Choice

1. What benefit does a nutrition expert suggest adding more zinc to your diet for?

Option: Improved heart health

Option: Better brain function

Option: Stronger bones

Option: Healthy skin



2. Why have walnuts become increasingly popular?

- Option: Due to their affordability
- Option: Social media promotion
- Option: Celebrity endorsements
- Option: Health restrictions on other foods

3. Which essential nutrient are walnuts rich in?

- Option: Iron
- Option: Zinc
- Option: Calcium
- Option: Vitamin C

4. What potential issue should be considered when consuming walnuts?

- Option: Weight gain
- Option: Allergy risk
- Option: Dehydration
- Option: Digestive issues

5. What is a key point to remember when adding walnuts to your diet?

- Option: Unlimited consumption is recommended
- Option: They are low in calories
- Option: Moderation is important
- Option: They can replace all other nuts

6. Which of the following is a health benefit associated with walnuts?

- Option: Improved eyesight
- Option: Better digestion
- Option: Enhanced memory
- Option: Stronger muscles

## Answer

**Multiple Choice:** 1. Improved heart health 2. Social media promotion 3. Calcium 4. Allergy risk 5. Moderation is important 6. Enhanced memory

## Vocabulary quizzes



---

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

1. Which term refers to a change in the genetic material of a virus?  
Option: Mutation  
Option: Hospitalizations  
Option: Infections  
Option: Dementia
2. What term describes individuals who are more susceptible to infections or diseases?  
Option: Vulnerable  
Option: Contagious  
Option: Symptoms  
Option: Transmission
3. Which term describes the ability of a disease to spread from person to person?  
Option: Contagious  
Option: Inflammation  
Option: Serious  
Option: Attacked
4. What term refers to the act of placing patients in a hospital for treatment?  
Option: Symptoms  
Option: Hospitalizations  
Option: Understandings  
Option: Prevented
5. Which term refers to the invasion and multiplication of harmful microorganisms in the body?  
Option: Infections  
Option: Cholesterol  
Option: Obesity  
Option: Versatile
6. What term describes how a disease is passed from one person to another?  
Option: Traumatic  
Option: Transmission  
Option: Unhealthy  
Option: Researchers
7. Which term describes the body's response to injury or infection causing redness and swelling?  
Option: Inflammation  
Option: Vaccinated  
Option: Nutritional



---

Option: Moderation

8. Which term describes a condition that requires immediate attention or action?

Option: Serious

Option: Isolation

Option: Risk

Option: Overweight

9. What term describes individuals who have received a preventive injection against a disease?

Option: Dementia

Option: Vaccinated

Option: Versatile

Option: Essential

10. Which term refers to the signs that indicate the presence of a disease or condition?

Option: Contributed

Option: Symptoms

Option: Versatile

Option: Calorie-dense

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

11. The virus \_\_\_\_\_ the immune system causing various health issues.

12. Proper \_\_\_\_\_ of the risks can help individuals make informed decisions.

13. Older adults may be at risk of developing \_\_\_\_\_ due to certain health conditions.

14. High levels of \_\_\_\_\_ can increase the risk of heart disease.

15. Regular exercise can help manage \_\_\_\_\_ and improve overall health.

16. \_\_\_\_\_ is associated with an increased risk of various health problems.

17. Individuals with contagious diseases may need to be placed in \_\_\_\_\_ to prevent spread.

18. Unhealthy eating habits \_\_\_\_\_ to the rise of obesity rates in the population.

19. Being \_\_\_\_\_ increases the likelihood of developing certain weight-related health



conditions.

20. Exposure to certain environmental factors can elevate the \_\_\_\_\_ of certain diseases.

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

21. A diet high in processed foods and low in nutrients is often categorized as poor for health.
22. Scientists conducting studies to better understand the effects of a new drug are often referred to as this.
23. Regular exercise and a balanced diet can help reduce the likelihood of certain diseases.
24. Eating a variety of fruits vegetables and whole grains is essential for good health.
25. Yogurt is a versatile food that can be consumed as a snack or used in cooking.
26. Nuts and seeds are considered calorie-dense foods due to their high energy content.
27. Proteins fats and carbohydrates are considered essential nutrients for the body to function properly.
28. Consuming sugary treats in can be part of a healthy diet.
29. Witnessing a severe accident can have a impact on an individual's mental health.
30. Quinoa is a versatile grain that can be used in salads soups or as a side dish.

**Answer**

**Multiple Choice:** 1. Mutation 2. Vulnerable 3. Contagious 4. Hospitalizations 5. Infections 6. Transmission 7. Inflammation 8. Serious 9. Vaccinated 10. Symptoms

**Gap-Fill:** 11. Attacked 12. Understanding 13. Dementia 14. Cholesterol 15. Hypertension 16. Obesity 17. Isolation 18. Contributed 19. Overweight 20. Risk

**Matching sentence:** 1. Unhealthy 2. Researchers 3. Prevented 4. Nutritional 5. Versatile 6. Calorie-dense 7. Essential 8. Moderation 9. Traumatic 10. Versatile

**CATEGORY**

- 1. Health - LEVEL1

**Date Created**

2024/07/28

**Author**



---

aimeeyoung99

ESL-NEWS.COM