



Which dessert is more nutritious?

Description

Is Ice Cream Healthy?

Ice cream is a favorite summer treat for many people, but is it healthy? According to experts, ice cream can be part of a healthy diet as long as it is consumed in moderation. Dr. Chris Mohr, a fitness and nutrition adviser, emphasizes the importance of balance when enjoying ice cream. Nutritionist Keri Glassman agrees, suggesting that ice cream should be a conscious indulgence.

When it comes to the flavor of ice cream, experts say that chocolate and vanilla ice cream are nutritionally similar. The key to making ice cream as healthy as possible is to focus on the quality of ingredients. Look for products made from real ingredients like cream, milk, cocoa, and vanilla beans.

To enhance the nutritional value of ice cream, add nutrient-dense toppings like dark chocolate, nuts, or fresh fruit. Alternatively, opt for soft-serve ice cream, which is less calorie-dense than traditional hard-serve varieties. Remember, moderation is key when enjoying this delicious treat.

Vocabulary List:

1. **Moderation** /ˌmɒdə'reɪʃən/ (noun): The avoidance of excess or extremes.
2. **Indulgence** /ɪn'dʌldʒəns/ (noun): The action of allowing oneself to enjoy something.
3. **Nutritionally** /nju:'trɪʃənəli/ (adverb): In a way that relates to the nutrients in food.
4. **Calorie-dense** /'kæl.ər.i.dəns/ (adjective): High in calories relative to the portion size.
5. **Quality** /'kwɒl.ɪ.ti/ (noun): The standard of something as measured against other things of a similar kind.
6. **Ingredients** /ɪn'ɡriː.di.ənt/ (noun): Individual components that make up a mixture or recipe.

Comprehension Questions

Multiple Choice

1. Which of the following is emphasized by experts when it comes to consuming ice cream?

Option: Consuming in large quantities daily

Option: Consuming in moderation

Option: Avoiding it completely



Option: Only eating specific flavors

2. What do Dr. Chris Mohr and nutritionist Keri Glassman recommend regarding ice cream consumption?

Option: Eating it daily in large amounts

Option: Enjoying it occasionally in moderation

Option: Avoiding it altogether

Option: Eating only certain flavors

3. Which ingredients should one focus on to make ice cream as healthy as possible?

Option: Artificial flavors and colors

Option: Processed sugars and additives

Option: Real ingredients like cream milk cocoa and vanilla beans

Option: Preservatives and chemicals

4. Which type of ice cream is less calorie-dense than traditional hard-serve varieties?

Option: Gelato

Option: Sherbet

Option: Sorbet

Option: Soft-serve

5. What is the key advice given when enjoying ice cream?

Option: Consume as much as possible

Option: Add unhealthy toppings for flavor

Option: Balance and moderation

Option: Skip it altogether

6. Which of the following is suggested to enhance the nutritional value of ice cream?

Option: Adding extra sugar

Option: Using artificial flavoring

Option: Adding nutrient-dense toppings like dark chocolate nuts or fresh fruit

Option: Choosing low-quality ingredients

Answer

Multiple Choice: 1. Consuming in moderation 2. Enjoying it occasionally in moderation 3. Real ingredients like cream milk cocoa and vanilla beans 4. Soft-serve 5. Balance and moderation 6. Adding nutrient-dense toppings like dark chocolate nuts or fresh fruit

Vocabulary quizzes



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

1. What documents are provided by physicians for medication?
Option: Identification
Option: Prescriptions
Option: Certificates
Option: Receipts
2. What type of methods are used to prevent pregnancy?
Option: Contraceptive
Option: Antibiotics
Option: Painkillers
Option: Vitamins
3. What condition is characterized by a decline in cognitive function?
Option: Diabetes
Option: Hypertension
Option: Dementia
Option: Arthritis
4. Which term refers to the standard or degree of excellence?
Option: Weight
Option: Quantity
Option: Quality
Option: Speed
5. How is a disease passed from one person to another referred to as?
Option: Transition
Option: Transgression
Option: Transmission
Option: Transcription
6. What are the expenses associated with goods or services called?
Option: Profits
Option: Costs
Option: Savings
Option: Income
7. What is the ability to make decisions independently called?
Option: Leadership
Option: Dependency
Option: Autonomy



Option: Guidance

8. What is the act of satisfying desires or impulses?

- Option: Control
- Option: Restraint
- Option: Temperance
- Option: Indulgence

9. What term is used to describe a sudden large increase or rise?

- Option: Decline
- Option: Stagnation
- Option: Plummet
- Option: Surge

10. What is the action or state of keeping careful watch for possible danger called?

- Option: Negligence
- Option: Vigilance
- Option: Carelessness
- Option: Indifference

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

- 11. Overcoming _____ is a part of personal growth.
- 12. Consuming too much _____ food can be detrimental to health.
- 13. Foods that are _____ tend to have high energy content.
- 14. To apply for the scholarship students must meet certain _____ criteria.
- 15. Recognizing your _____ is essential for personal development.
- 16. It is important to ensure that meals are balanced and _____ adequate.
- 17. Justice should be _____ and fair for all individuals.
- 18. The doctor _____ that the patient follow a specific diet plan.
- 19. Enjoying treats in _____ is key to a balanced diet.
- 20. The list of _____ used in the recipe should be checked for allergens.



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

21. The new regulations impacted the industry .
22. The website is designed to be easily on various devices.
23. The latest fashion is minimalist clothing.
24. Individuals may seek to manage stress and anxiety.
25. Preventing mosquito bites can help reduce the risk of contracting .
26. Highly foods often contain added sugars and preservatives.
27. Engaging in puzzles can help maintain abilities.
28. With age there may be a in muscle mass if not actively maintained.
29. is considered a significant global environmental concern.
30. Regular handwashing can help prevent the spread of germs and .

Answer

Multiple Choice: 1. Prescriptions 2. Contraceptive 3. Dementia 4. Quality 5. Transmission 6. Costs 7. Autonomy 8. Indulgence 9. Surge 10. Vigilance

Gap-Fill: 11. Difficulties 12. Processed 13. Calorie-dense 14. Eligibility 15. Limitations 16. Nutritionally 17. Equitable 18. Recommended 19. Moderation 20. Ingredients

Matching sentence: 1. Significantly 2. Accessible 3. Trend 4. Counseling 5. Dengue 6. Processed 7. Cognitive 8. Decline 9. Climate Change 10. Infection

CATEGORY

1. Health - LEVEL2

Date Created

2024/07/22

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