

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** / mpdə'reɪʃən/ (noun): The avoidance of excess or extremes.
- 2. Indulgence /ɪnˈdʌldʒəns/ (noun): The action of allowing oneself to enjoy something.
- 3. Nutritionally /nju:'trɪ[ənəli/ (adverb): In a way that relates to the nutrients in food.

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- 4. Calorie-dense /ˈkæl.ər.i.dɛns/ (adjective): High in calories relative to the portion size.
- 5. Quality /'kwpl.i.ti/ (noun): The standard of something as measured against other things of a similar kind.
- 6. Ingredients /In'gri:.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

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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.)

II. Overcoming	is a part of personal growth.	
12. Consuming too much	food can be detrimental to he	alth.
13. Foods that are	tend to have high energy content.	
14. To apply for the scholarship studen	ts must meet certain	criteria.
15. Recognizing your	is essential for personal developm	ient.
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 pla	n.
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

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