



Why This Doctor Eats One Food Daily for Optimal Health

Description

Renowned GP Dr. Amir Khan emphasizes the importance of incorporating berries into daily diet due to their significant health benefits. Not a day goes by without him indulging in berries, as he believes they contribute greatly to overall well-being. Despite their potential cost, Dr. Khan insists that the benefits outweigh the price tag, suggesting that frozen berries are a more budget-friendly option.

Berries, such as blueberries and raspberries, are packed with antioxidants, which act as the body's repair mechanisms against free radicals that can cause cellular damage and inflammation. Additionally, these fruits aid in reducing insulin sensitivity and are high in fiber, promoting gut health and keeping hunger at bay. Dr. Khan highlights their ability to lower cholesterol levels and support heart health by enhancing the function of endothelial cells within blood vessels.

Holistic high performance dietician, Jessica Spendlove, echoes the sentiments by stressing the anti-inflammatory properties of berries and their positive impact on brain health. While some individuals struggle with the cost of fresh berries, there are creative ways to enjoy their benefits, such as making homemade berry roll-ups. In conclusion, Dr. Khan advises making berries a regular part of your diet, whether fresh or frozen, to reap their myriad health advantages.

Vocabulary List:

1. **Antioxidants** /,ænti'ɑɪɒksɪdənts/ (noun): Molecules that inhibit the oxidation of other molecules helping to protect cells from damage.
2. **Inflammation** /,ɪnflə'meɪʃən/ (noun): The body's response to injury or damage often causing redness heat swelling and pain.
3. **Sensitivity** /,sensɪ'tɪvɪti/ (noun): The quality of being sensitive to external factors often relating to health conditions.
4. **Endothelial** /,ɛndəʊ'thi:liəl/ (adjective): Relating to the thin layer of cells lining blood vessels.
5. **Cholesterol** /kə'lestərɒl/ (noun): A type of fat found in the body that is important for cell membrane structure but can contribute to heart disease at high levels.
6. **Gut** /gʌt/ (noun): The digestive tract especially the intestines; often associated with overall health and digestion.

Comprehension Questions



Multiple Choice

1. What does Dr. Amir Khan emphasize the importance of incorporating into the daily diet?
 - Option: Vegetables
 - Option: Berries
 - Option: Meat
 - Option: Grains
2. According to Dr. Khan what do berries contribute greatly to?
 - Option: Overall well-being
 - Option: Weight gain
 - Option: Illness
 - Option: Fatigue
3. Why does Dr. Khan suggest frozen berries as a budget-friendly option?
 - Option: They taste better than fresh berries
 - Option: They have more antioxidants
 - Option: They are more widely available
 - Option: They are cheaper
4. What do antioxidants in berries help the body combat?
 - Option: Hunger
 - Option: Inflammation
 - Option: Fatigue
 - Option: Weight gain
5. How do berries help promote gut health?
 - Option: By increasing insulin sensitivity
 - Option: By being low in fiber
 - Option: By being high in fiber
 - Option: By reducing cholesterol levels
6. According to Dr. Khan what do berries support in terms of heart health?
 - Option: Blood pressure
 - Option: Cholesterol levels
 - Option: Nerve function
 - Option: Bone health



Answer

Multiple Choice: 1. Berries 2. Overall well-being 3. They are cheaper 4. Inflammation 5. By being high in fiber 6. Cholesterol levels

Vocabulary quizzes

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

1. Which infectious disease is caused by Rickettsia bacteria?

Option: Dengue fever

Option: Typhus

Option: Malaria

Option: Cholera

2. High levels of which substance can contribute to heart disease?

Option: Protein

Option: Cholesterol

Option: Fiber

Option: Vitamin C

3. Which term describes individuals who have received a vaccine against a specific disease?

Option: Contagious

Option: Exposure

Option: Sensitivity

Option: Vaccinated

4. Which substances help prevent cell damage caused by free radicals?

Option: Carbohydrates

Option: Antioxidants

Option: Calcium

Option: Iron

5. What term refers to the unequal distribution of resources and opportunities among different groups?

Option: Resilience

Option: Inequality

Option: Moderation

Option: Deficiencies



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6. Which organ is known as the "second brain" due to its complex neural network?
- Option: Heart
 - Option: Brain
 - Option: Stomach
 - Option: Gut
7. What term describes false or inaccurate information spread unintentionally?
- Option: Supplementation
 - Option: Endorse
 - Option: Misinformation
 - Option: Precautions
8. In the context of disease what term describes an organism that transmits pathogens to humans?
- Option: Precautions
 - Option: Vector
 - Option: Endorse
 - Option: Uptick
9. Which term refers to how reactive an individual is to certain stimuli or substances?
- Option: Vigilant
 - Option: Sensitivity
 - Option: Misinformation
 - Option: Endothelial
10. Which term refers to waste matter discharged from the body?
- Option: Supplementation
 - Option: Excrement
 - Option: Inflammation
 - Option: Antioxidants

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

11. _____ is the ability of a person to cope with and recover from difficult situations.
12. _____ cells line the interior surface of blood vessels.
13. The success of the project was _____ upon securing additional funding.
14. There has been a noticeable _____ in the number of COVID-19 cases in recent weeks.



15. Vitamin and mineral _____ can lead to various health problems.
16. She felt _____ by the amount of work she had to complete before the deadline.
17. Lack of exercise and poor diet are _____ factors to the rise in obesity.
18. Taking necessary _____ can help prevent the spread of infectious diseases.
19. Some individuals may require dietary _____ to meet their nutritional needs.
20. Chronic _____ in the body is linked to various diseases including arthritis.

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

21. The abandoned cat had reverted to a wild and state.
22. Security guards must remain to detect any potential threats.
23. Historically lice have been a common for transmitting the disease .
24. The celebrity decided to the new skincare product.
25. Enjoying sweets in is key to maintaining a healthy diet.
26. The hospital implemented strict protocols to prevent the spread of diseases.
27. Her and perseverance helped her overcome many challenges.
28. It is important to tasks based on their urgency and importance.
29. Measles is a highly disease that spreads easily among unvaccinated individuals.
30. Long-term to environmental toxins can have detrimental effects on health.

Answer

Multiple Choice: 1. Typhus 2. Cholesterol 3. Vaccinated 4. Antioxidants 5. Inequality 6. Gut 7. Misinformation 8. Vector 9. Sensitivity 10. Excrement

Gap-Fill: 11. Resilience 12. Endothelial 13. Contingent 14. Uptick 15. Deficiencies 16. Overwhelmed 17. Contributing 18. Precautions 19. Supplementation 20. Inflammation

Matching sentence: 1. Feral 2. Vigilant 3. Typhus 4. Endorse 5. Moderation 6. Infectious 7. Resilience 8. Prioritize



9. Contagious 10. Exposure

CATEGORY

1. Health - LEVEL4

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