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UNIT 1 “Nutrients on Food Labels” 1

Themes: Micronutrients, macronutrients, nutrients of public health concern, dietary guidelines for Americans, carbohydrates, fats, vitamins, minerals, water, food labels

Academic Reading Skills: Selecting, Skimming, Scanning

Academic Presentation Skills: Making effective presentations

Academic Speaking Skills: Making a presentation using your notes

Academic Note-taking Skills: Taking notes from a text to use in a presentation (abbreviations & symbols).

Interaction Skills: Exchanging ideas with peers to reach a common decision

UNIT 2 “Food Groups” 25

Themes: Food group properties, dietary pattern, nutrient-dense foods, “My Plate”, food safety recommendations

Academic Speaking Skills: Describing a process

Grammar: Passive Voice

Note-taking Practice: Taking notes from a talk on “Choose my Plate”

Academic Vocabulary Skills: Weights & Measurements

Academic Writing Skills: Paragraph Writing, Linking Words

UNIT 3 “Human Anatomy” 49

Themes: Integumentary, skeletal, muscular, cardiovascular, nervous, endocrine, lymphatic, respiratory, digestive, urinary, reproductive systems; their organs and function

Academic Writing Skills: Parallelism, Coherence & Cohesion, Subject-Verb Agreement

Academic Vocabulary Skills: Latin/Greek Plural, Formation of Medical terms

Note-taking Practice: Note-taking from a video about the immune system of the human body

Communication Skills: Exchanging ideas with peers about how the immune system works

UNIT 4 “The Digestive and Endocrine Systems”

71

Themes: Ingestion, digestion, alimentary canal, problems during digestion, endocrine glands, exocrine glands, homeostasis, organs of the two systems

Academic Speaking & Writing Skills: Describing Charts, Graphs & Diagrams

Note-taking Practice: Note-taking from a video about the systems of the human body

Academic Interaction Skills: Exchanging information by asking and answering Wh-questions

Academic Writing Skills: Using defining and non defining clauses

UNIT 5 Nutrition through the Life Cycle: Nutrition during Pregnancy & Lactation

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Themes: Maternal body size, maternal weight gain, primigravida, multigravida, morbidity, birth weight, Apgar score, aversions, cravings, Pica, hindmilk, foremilk, neural tube defects, weaning

Academic Listening Skills: Listening to a 3' talk

Note-taking Practice: Taking notes from a text, to use in a 3' talk

Academic Speaking Skills: Making a 3' talk using your notes

Academic Writing Skills: Avoiding repetition, Expressing cause & effect

UNIT 6 Nutrition through the Life Cycle: Child and Adolescent Nutrition - Childhood Obesity

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Themes: Formula milk, solid food, food intolerance, commercial baby foods, eating patterns, toddlers, fine motor skills, childhood obesity, puberty, sexual maturation rate, peer acceptance, fad diets, anabolic steroids

Academic Vocabulary Skills: Collocations

Academic Listening Skills: Listening to fill in a table

Academic Speaking Skills: Interaction (role-play), Changing roles

Academic Writing & Speaking Skills: Expressing Ability and Possibility

UNIT 7 Nutrition through the Life Cycle: Adult Nutrition & Nutrition for the Elderly

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Themes: Maturation, cardiac functioning, primary and secondary ageing, reproductive capacity, menopause, mood swings, weight management, muscle agility, fractures, diverticular disease, sarcopenia

Academic Writing Skills: Writing a lab report, Using verbs of Reference

Academic Listening & Note-taking Skills: Watching a video and taking notes

Critical Thinking: Tracing the differences: Compare “Choose my plate for adults” with “My plate for Older Adults”

Interaction Skills: Discussing with peers to reach a common decision

UNIT 8 Eating Disorders

145

Themes: Anorexia nervosa, bulimia nervosa, binge eating disorder, PICA, rumination disorder, avoidant/restrictive food intake disorder, night eating syndrome, drunkorexia, orthorexia, Other Specified feeding or Eating Disorders (OSFED)

Academic Writing Skills: Avoiding wordiness, Writing a conclusion

Interaction Skills: Expressing agreement – disagreement

Academic Speaking Skills: Giving advice

UNIT 9 Nutrition and Health Claims — Food Additives

167

Themes: Regulation, nutrition claims, health claims, fair competition, authorisation, transparency, legislation, regulations, food additives, toxicity, carcinogenicity, genotoxicity, emulsifiers, irradiation, pasteurisation, inhibition, inactivation, recontamination, sustainability, hygienic processing, interactive indicators, intelligent/active packaging

Academic Writing Skills: Abstract Writing

Interaction Skills: Discussing with peers

Critical thinking: Considering implications and analysing pros and cons

Academic Speaking Skills: Making a Speech

UNIT 10 Body Composition – Sports Nutrition – Clinical Nutrition

187

Themes: Essential fat, metabolic disorders, dual energy X-ray absorptiometry (DEXA), underwater weighing (UWW), skin-fold thickness (SFT), body mass index (BMI), bioelectrical impedance analysis (BIA), isotope dilution (ID), non-invasive, lean body tissue, adipose tissue, electrical impedance, intermittent/ high-intensity, chronic endurance, endogenous fat

Academic writing: Paraphrasing, Summarising

Supplementary Material

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A. Academic Skills:

1. Writing a paper
2. Writing a research proposal
3. Writing dissertations and journal articles
4. Taking a stance in Academic Writing
5. Avoiding plagiarism
6. Considering your source's credibility
7. Writing a list of References

B. Working as a Nutritionist – Dietitian

1. Nutritionist or Dietitian?
2. The first appointment with a Nutritionist – Dietitian
3. Conducting a Diet History Interview
4. Applying for a job -Job Interview Tips

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