

**CAREER
PATHS**

Nutrition & Dietetics

Angela Christaki - Jenny Dooley

Book
1



Express Publishing

Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Fruits and Vegetables	Webpage	antioxidants, apple, boost, capability, carbohydrates, fruits, grape, immunity, leaves, minerals, olive, onion, plenty, potato, provide, seed, starch, strawberry, tomato, vegetable	Giving advice
2	Cereal Grains	Pamphlet	amino acid, barley, cereal, component, contain, corn, cultivate, fiber, moisture, oats, quantity, rice, wheat	Expressing disapproval
3	Meat	Textbook excerpt	beef, high fat, iron, lean, muscular, poultry, protein, rare, stored, vital organs, well-done	Asking for an opinion
4	Poultry	Newsletter article	benefits, colorless, composed of, egg, fry, grill, roast, shell, skewer, stew, yolk	Stating order
5	Dairy Products	Magazine article	butter, dairy, digestible, fermented, growth, help fight against, margarine, mild, milk, pasteurize, slightly, sterilize, yogurt	Expressing quantity
6	Fish	Textbook excerpt	alternative, breaded, canned, fatty acids, fry, halibut, nutrient-dense, saturated fat, scaly, seafood, shellfish, smooth, throughout, trout, valuable	Asking about progress
7	Baked Goods	Advertising pamphlet	baked goods, cake, dough, inhabited, slice, soft, whole grain, yeast	Expressing preference
8	Beverages	Magazine article	anxiety, blood pressure, carbon dioxide, cardiovascular, cocoa, concentrate, extract, flavonol, heart attack, heart rate, ingredient, respiration, secretion, soft drink, sweating, tannin, tenseness	Giving instructions
9	Dried Fruit and Nuts	Blog post	apricot, as long as, cashew, date, decrease, dried, easily, extremely, fig, hazelnut, increase, portion, prevent, raisins, satisfy, serving, total	Giving advice
10	Organic Food	Guidelines	animal-byproducts, conventional, fertilizers, GMOs, growth hormones, herb, in order for, indoors, label, livestock, modification, organic, outdoors, pesticides, richer, separate soil, specific	Asking for clarification
11	Human Anatomy	Medical book excerpt	absorb, anatomy, connect, convert, cover, digestive system, dispose of, distributed, efficient, enrich, respiratory system, skeletal-muscular system, tendon	Expressing interest
12	Digestive System Part I	Medical book excerpt	alimentary canal, break down, chew, digestion, gland, ingestion, peristaltic, saliva, stomach lining	Clarifying information
13	Digestive System Part II	Medical book excerpt	abdomen, bile, bloating, burn up, constipation, feces, heartburn, indigestion, large intestine, liquid, maintain, pancreatic fluid, semiliquid, small intestine, tube, urine, vomiting	Talking about symptoms
14	The Nervous System	Medical dictionary excerpt	adjust to, affect, bodily, brain, CNS (central nervous system), emotion, enable, motor impulses, PNS (peripheral nervous system), sensory impulses, thought	Asking for more information
15	The Endocrine System	Encyclopedia entry	additionally, bloodstream, calories, crucial, directly into, efficiency, endocrine system, energy, hormone imbalance, mental, metabolic rate, regulate, reproduction, secreted by, thyroid gland	Expressing contrast

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1	Pregnancy	Webpage	birth defects, calcium-rich food, folic acid, food poisoning, lean protein, mercury, pregnancy, prenatal vitamin supplements, second trimester, third trimester, whole grains	Asking for advice
2	Lactation	Textbook excerpt	allergic reaction, bonding, breastfeeding, caffeine, consulted, flavor, fluids, formula milk, herbal teas, lactation, nursing, obesity, osteoporosis, rash, sugary drinks	Checking information
3	Infant Nutrition	Webpage	chewing, choke, commercial, infant, mashed up, maze, pediatrician, rice cereal, solids, stages, step-by-step, wean, wisdom	Making suggestions
4	Toddler and Preschooler Nutrition	Blog post	appetite, cognitively, physically, picky, playtime, preschoolers, reward, schedule, serving size, tantrum, toddlers	Clarifying information
5	Child and Preadolescent Nutrition	Press release	age group, child obesity, coordinated, environment, evaluation, guidelines, heavy, implement, inventive, overweight, participatory, physical activity, policy, preadolescent, school cafeteria	Showing agreement
6	Adolescent Nutrition	Textbook excerpt	adolescence, adolescent, anabolic steroids, developmental, fad diet, fit in, homemade food, invincible, irreversible, junk food, nutrient-dense, radical, reach a peak, role models, supplements, teenagers	Stressing a point
7	Adult Nutrition	Magazine article	adult, adulthood, bear in mind, bone density, include, maintenance, midlife, reduction, rich in, skip, steadily, trans fats, weight management	Expressing quantity
8	Nutrition for Older Adults	Magazine article	arthritis, atherosclerosis, blood cholesterol, calcium, degenerative disease, fat, fiber, high quality, low-calorie, magnesium, mineral, potassium, protein, retard	Showing understanding
9	Vegetarian Diet	Webpage	abstain from, adequate, deterioration, eliminating, exclude, fortified, micrograms, morals, nuts, overcrowded, religion, soy, vegetarian	Listing pros and cons
10	Eating Disorders I	Pamphlet	anorexia nervosa, bingeing, bulimia nervosa, compulsively, disorder, diuretics, fainting spells, fasting, laxatives, masks, psychological problems, purging, self-destructive, uncontrollably, weight loss	Expressing interest
11	Eating Disorders II	Press release	antidepressants, binge eating, coping with, fluctuations, hospitalized, malnutrition, psychotherapy, recovery, restoring, traumatic	Asking for help
12	Athletic Nutrition	Blog page	body tissues, carb-depleted, carbohydrates, casein, dehydration, endurance, fatigue, glucose, reload	Asking for advice
13	Alcohol and Nutrition	Encyclopedia entry	alcohol, displace, frontal lobe, inevitable, interfere with, molecules, pass out, peristalsis, privileges, reasoning, staggers, starch, subdued, sugar	Offering advice
14	Nutrition and Diabetes	Textbook excerpt	autoimmune disease, bloodstream, hereditary, infection, insulin, insulin-dependent, insulin shots, moderate, non-insulin-dependent, secrete, sodium, viral infection	Explaining options
15	Nutrition and Cancer	Medical article	antiangiogenesis therapy, cancer, cause-and-effect, checkup, chemotherapy, complex, constituents, Food Guide Pyramid, immune system, inhibiting, photodynamic therapy, physical activity, radiation therapy, smoking, watch out for, weaken	Giving advice

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1	Nutritionist or Dietitian?	Magazine article	Academy of Nutrition & Dietetics, alternative therapies, Bachelor's degree, certification, Certified Clinical Nutritionist (CCN), credentials, dietitians, doctorate, employment settings, herbology, homeopathy, licensing, make up one's mind, Master's degree, mislead, nutritionists, plethora, postgraduate studies, Registered Dietitian (RD), registration, requirements, shed light on, specialize, Sports Nutritionist	Discussing requirements
2	Clinical Nutrition	Career manual	assessing, Clinical Nutrition, clinical researchers, dietary restrictions, discarded, health care facilities, in collaboration with, individual needs, laboratory tests, medical history, nursing homes, nutritional status, pharmaceutical sales reps, recommendations, therapeutic dietary measures, well-being	Making a recommendation
3	Sports Nutrition	Career manual	amateur, athletic performance, boost, collaborate with, consult, demanding training, implement, monitor, nutrients, optimum level, personal consultants, professional, promising career, qualification, specialized, suffer from, suitable, supplement	Considering options
4	What to Expect at Your First appointment	Webpage	achieve one's goals, appointment, chronic disease, determination, enable to, exercise pattern, food allergies, hereditary disease, meal plan, meet one's expectations, relaxation habits, sleep pattern	Asking for information
5	Diet History	Professional guidelines	blood tests, BMI, calculate, diet history, dietary plan, food record, get rid of, medical records, overweight, sedentary, sociable, socializing, take the elevator, take the stairs, transcript, waist circumference	Describing order
6	Food Labels	Article	advertising claim, complies with, daily value (DV), deceive, descending order, distributor, food labels, footnote, information panel, intelligently, mandatory, manufacturer, net contents, packer, prominently	Asking for clarification
7	Junk Food	Webpage	bring up, busy bees, compensate for, consequently, couch potato, exercise, homemade, junk food, soda, vital nutrients	Expressing concern
8	The Mediterranean Diet	Magazine article	blood glucose, depression, eliminate, Mediterranean diet, moderately, monosaturated fats, olive oil, portable, refined, replace, sparingly, stroke, whole grains	Talking about difficulty
9	The DASH Diet and the Alkaline Diet	Encyclopedia entry	alkaline diet, balanced diet, cardiovascular disease, DASH diet, metabolic syndrome, osteoporosis, PCOS, pH levels, postmenopausal, sodium, weight gain	Expressing enthusiasm
10	The 5:2 (IF) Diet and the Atkins Diet	Textbook chapter	Atkins diet, balancing, consecutively, conserving, equal to, gradually, induction, intermittent fasting (IF), liver, maintenance, regaining, relatively, split into, starvation, weight management	Summarizing options
11	Measuring Body Composition – Introduction	Textbook excerpt	accurate, body composition, body fat, currently, exposure, inexpensive, specialized administrator, submersion, UWW	Talking about advantages and disadvantages
12	Measuring Body Composition – Part I	Textbook chapter	adipose tissue, BIA, bone mineral, conductivity, DEXA, electrical resistance, fat-free mass, impedance, non-invasive, nutritional status, variables	Giving instructions
13	Measuring Body Composition – Part II	Textbook chapter	assessment, body weight, density, drawbacks, equilibration, fat distribution, isotope dilution (ID), skinfold caliper, skinfold thickness (SFT), submerged, thickness, tissue mass, trace, underweight	Giving your opinion
14	Applying for a Job	Job listing	communication skills, computer skills, cover letter, driver's license, leadership skills, letter of recommendation, multidisciplinary, possess, team player, work experience	Asking for help
15	Job Interviews	Webpage	body language, controversial, eye contact, guidelines, inexcusable, job interview, job seekers, over-rehearse, politics, posture, shake hands	Advising

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Get ready!

1 Before you read the passage, talk about these questions.

- 1 What are some different types of fruits and vegetables?
- 2 What makes fruits and vegetables so important in our diet?



EATING WELL

Why are fruits and vegetables so important?

Fruits are classified as those plant parts that have the **seed**. **Vegetables** are plants and parts of the plant that are grown for the purpose of being eaten. Edible parts include: bulbs, flowers, **leaves**, roots, and stems. Fruits include **tomatoes** and **olives** despite the fact that these are considered to be vegetables in the supermarkets. Popular fruits and vegetables include: **strawberries**, **grapes**, **apples**, **onions** and **potatoes**.

They **provide** us with vitamins, **minerals**, **carbohydrates**, proteins, fats and **starches**. We usually eat more of them when we are trying to lose weight as they don't have many calories. Both fruits and vegetables have **plenty of antioxidants** which help protect the human body from oxidant stress and develop the **capability** to fight against diseases by **boosting immunity**.

Vocabulary

3 Match the words or phrases (1-8) with the definitions (A-H).

- | | |
|-----------------|------------------|
| 1 ___ provide | 5 ___ capability |
| 2 ___ boost | 6 ___ tomato |
| 3 ___ immunity | 7 ___ olive |
| 4 ___ plenty of | 8 ___ leaves |

- A the ability of an organism to resist an infection or disease
- B supply
- C large amounts of
- D someone's ability to do something
- E encourage sth/sb to improve
- F the green, usually flat parts of the plant that grows outward from the stem
- G a round red fruit which is usually eaten in salads
- H a small black or green fruit often confused with a vegetable that contains a hard pit in the center

Reading

2 Read the webpage. Then, mark the following statements as true (T) or false (F).

- 1 ___ Fruits have seeds.
- 2 ___ Tomatoes are fruits.
- 3 ___ Fruits and vegetables have lots of calories.

4 Write a word that is similar in meaning to the underlined part.

- 1 A popular summer fruit with children is a red fruit frequently used to make jam. s _ _ _ _ b _ _ _ _
- 2 In order to give the dish flavor, you must begin by chopping and then frying the vegetables which often make our eyes sting when we peel them. _ n _ _ _ _
- 3 Chardonnay wine, which is made from round, small fruits with seeds in the middle, originates from a village in the Burgundy region of eastern France. g _ _ _ _ s
- 4 This red or green round hard fruit is said to keep the doctor away if we eat one a day. _ _ _ l e

5 Listen and read the webpage again. What do fruits and vegetables provide us with?

Listening

6 Listen to a conversation between a mother and her ten-year-old son. Mark the following statements as true (T) or false (F).

- 1 ___ The boy is not hungry at all.
- 2 ___ The boy's friends don't have nutritious snacks at school.
- 3 ___ The teacher supports healthy nutrition.

7 Listen again and complete the conversation.

Son: You know, Mom, I was a bit embarrassed eating an 1 _____ at break time.

Mom: Why is that, dear?

Son: Well, Alex had pizza, Mary had 2 _____ and Joan had chips.

Mom: And ...?

Son: And I was sure they would 3 _____ me if I pulled the apple out of my bag!

Mom: Why don't you ignore them and eat your fruit? I'm sure nobody would laugh if they knew how 4 _____ fruits are!

Son: You're right, Mom. Our teacher has talked to us about 5 _____ nutrition.

Mom: I think you'd better listen to your teacher.

Son: Yeah, you're right. I will.

Mom: And don't forget: "an apple a day 6 _____".

Son: Let's have an apple then ...

Speaking

8 With a partner, act out the roles below based on Task 7. Then, switch roles.

USE LANGUAGE SUCH AS:

You should/could ...
Why don't you ...?
You'd better ...

Student A: You are a parent. Talk to Student B about:

- the benefits of healthy nutrition
- what to eat
- describe healthy snacks

Student B: You are a child. Talk to Student A about your eating habits.

Writing

9 Use the conversation from Task 8 to fill out the school poster with healthy, nutritious tips.

Healthy eating tips!

Make your school snacks nutritious!

Instead of _____, which have a lot of salt and sugar, you can have _____, which are full of vitamins and minerals.

Eating well will help you stay healthy!