LISTENING PRACTICE, SEPT 9TH 2020

LISTEN TO AND WATCH THE VIDEO. ANSWER THE QUESTIONS

1. What do nutrition labels show? The nutrients, ingredients, all the things that are in that food!
2. On a nutrition label, “G” means\_\_\_\_\_\_\_\_\_\_\_ and “MG” means\_\_\_\_\_\_\_\_\_\_
3. What does DV mean? DAILY VALUE %
4. Why is it important to read the list of ingredients? Some people can have ALLERGIES
5. The serving size is important because it tells you exactly how much you can eat of that food to have the amount of nutrient on the label: TRUE or FALSE?
6. What do CALORIES give to your body? What happens if you eat too many calories?
7. What are the 3 types of FATS?

SATURATED, UNSATURATED, TRANS FAT

1. CHOLESTEROL is often related to what organ in the body? HEART
2. Another word for SODIUM is\_\_\_\_\_\_\_\_\_\_SALT\_\_\_\_\_\_\_\_\_\_\_. People need to know how much sodium there is in food especially if they have a health condition called\_HYPERTENSION\_. (BLOOD PRESSURE IS HIGH, SO YOU NEED TO EAT LESS SALTY FOOD)
3. CARBOHYDRATES are used to produce energy by the body. They are broken down into

\_\_\_\_\_FIBER\_\_\_\_\_\_\_ and \_\_\_\_SUGAR\_\_\_\_\_

People who have a certain disease must pay attention to how many carbs they eat. What is the name of their disease? DIABETES

1. What are proteins used for in the body?
2. VITAMINS are necessary to keep\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ healthy. (write organs and parts of the body you remember from the video)