



1

Nutrients on Food Labels

- **Themes**

Micronutrients,
Macronutrients, Nutrients
of public health concern,
Dietary guidelines for
Americans, Carbohydrates,
Fats, Protein, Vitamins,
Minerals, Water, Food
labels, Immune response

- **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

Discussion

Task 1 Discuss with your partners and find out:

1. What is the impact of nutrients on our health?
2. How do people receive nutrients?
3. What do you know about the new food label?
4. What does being an active reader mean?
5. Are you an active reader?

Academic reading skills

Selecting, Skimming, Scanning

Whether you are attending a university/postgraduate course or preparing to write an assignment or an essay, a considerable amount of reading is required. If you are not an active reader, it can be difficult to keep track of anything that needs to be read in a short period of time. Active reading involves reading something with the intention of understanding and evaluating its importance to your needs. Consequently, you should practice reading quickly and effectively to select what would be useful to you.

Here are some methods for increasing your academic reading efficiency:

Selecting If you have been given a list of texts to read, start with the ones you are required to read. If you have time later on, go ahead and read the ones suggested. Similarly, start with the most relevant texts from the ones you have collected.

Skimming Go through the text, attempting to get the gist, the general idea of what it is about. Take a look at the title, the author, the year it was written. Read the abstract or the summary (if it is an article, a thesis or a piece of research), the preface (if it is a book), the headings and sub headings, chapter titles or chapter overviews. Read the introduction and the conclusion as well as the topic sentence of each paragraph. All of the above information will enable you to decide whether you need to read the text.

Scanning As soon as you have finished skimming, look through the text again and try to locate more specific information and answers to your questions. Typographical cues such as bullets, indenting, italics or boldface, key words, figures, percentages, charts or graphs etc can be useful.

Task 2 Skim the text to find out whether this text will be useful to you if you are writing an assignment about: (more than one answer might be correct)

- a. How nutrients affect people's health
- b. Nutrients in nature
- c. The Dietary guidelines for Americans

Task 3 Scan the text to answer the questions:

- a. Name three (animal & plant) foods one can get protein from:

.....

- b. What types of total fats are there on the nutrition facts label?

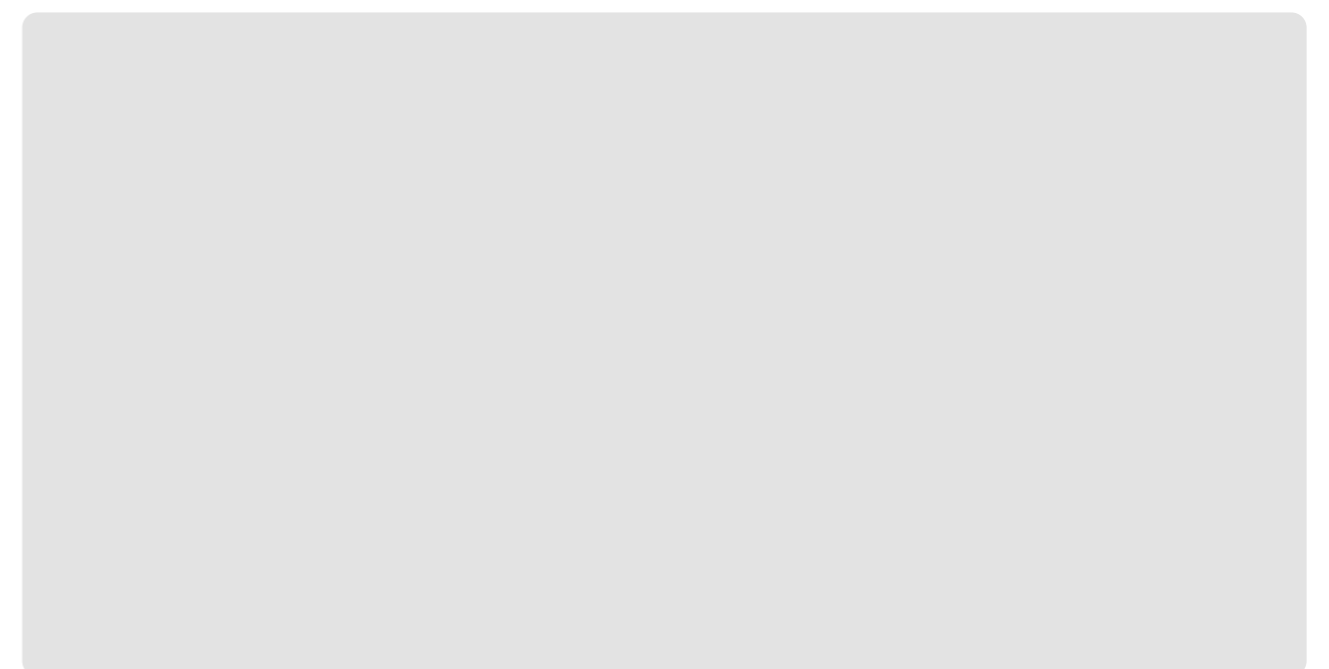
.....

- c. What is the difference between sodium and salt?

.....

.....

Figure 1: XXXXXX



Reading

Nutrients for Good Health

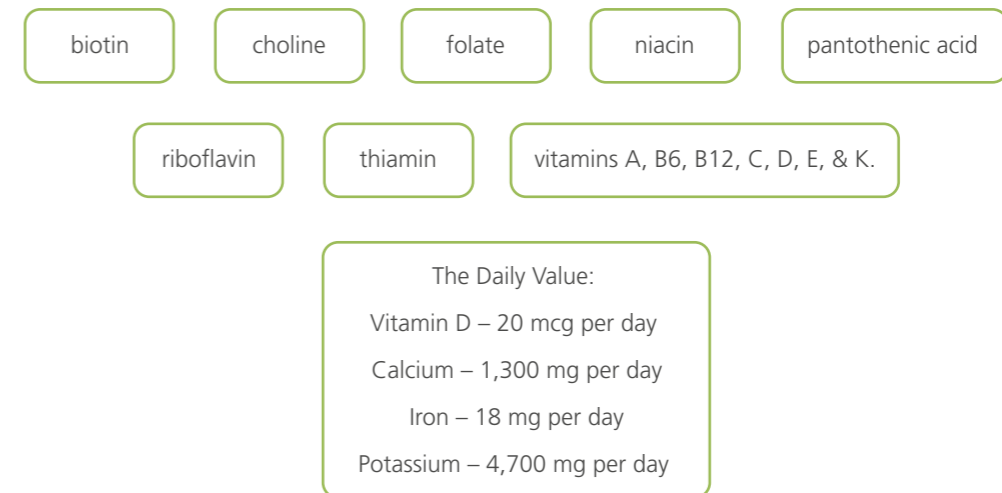
The human body needs the right “mix” of nutrients (**micronutrients and macronutrients**) for good health, growth, reproduction and perfect function. Although micronutrients such as vitamins and **minerals** are only needed in small doses, their lack may affect the body’s health. Macronutrients on the other hand such as **protein, carbohydrates and fats as well as water**, are needed in larger amounts. Maintaining a balanced diet and consuming the recommended daily amounts of nutrients, can promote the body’s good function. Another essential food group is phytonutrients – the beneficial nutrients found in colourful plants that protect the body from diseases.

The majority of people in developed or developing countries get the recommended amounts of most vitamins and minerals to meet their needs. However, quite a lot of people barely receive the appropriate amounts of vitamin D, B12, calcium, iron, and potassium. These nutrients are considered **“nutrients of public health concern”** as low intakes are associated with potential health risks. For example, diets that are high in vitamin D and calcium, iron, and potassium can minimise the risk of developing certain health issues such as osteoporosis, anaemia, and high blood pressure.

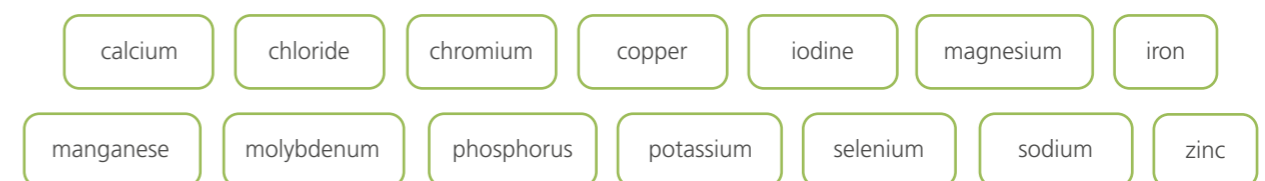
The Dietary Guidelines for Americans recommend choosing a variety of foods that are good sources of vitamins and minerals, especially vitamin D, calcium, iron, and potassium.

The Nutrition Facts label on packaged foods has been updated to reflect updated scientific information, including information about the link between diet and chronic diseases, such as obesity and heart disease. A description of the most important nutrients as they appear on food labels follows:

Vitamins are organic substances that are naturally present in many plant and animal products; therefore, people get them from plant and animal foods. Supplementary, human bodies also produce vitamins D and K, which are vital for supporting all bodily functions (good vision, strong bones, shiny skin etc), fighting against diseases and staying healthy. Additionally, vitamins can reduce the risk of prostate cancer, boost the **immune system** and speed up recovery from illness. The following 14 vitamins are listed on the Nutrition Facts label:



Minerals are inorganic substances that are found naturally in soil and water, where they are absorbed by plants **from**. They promote many bodily functions such as metabolism regulation, hydration and building of strong bones and teeth. Following the food chain, plants are eaten by people and other animals consecutively. Humans obtain minerals from both the plant and animal products they consume. The 14 minerals listed on the Nutrition Facts label are:



Diets rich in vitamins and minerals promote growth, development, and normal body function. They can be found in a variety of foods such as:

Figure 2: XXXXXX (FOOD LABELS)

Beans and peas, Dairy products, Eggs, **Fortified** foods (such as ready-to-eat cereals, orange juice, and plant-based beverages), **Fruits**, Grains (especially whole grains and foods made with whole grain ingredients), **Meats** and poultry, Nuts and seeds, Seafood, Soy products, Vegetables

Vitamins and minerals are nutrients to get more of

Total Carbohydrate

Carbohydrates are found primarily in plant foods; as well as dairy products, which contain milk sugar (lactose). **Simple carbohydrates** are sugars composed of one or two molecules whereas, complex **carbohydrates** consist of long chains of sugar molecules. They provide calories or “energy” for the body and are broken down into glucose, with each gram of carbohydrate providing 4 calories. Glucose in the blood (blood sugar) is the primary energy source for the body’s cells, tissues, and organs (such as the brain and muscles). Glucose can be used immediately or stored in the liver and muscles for later use. Total Carbohydrates on the Nutrition Facts label include dietary fibre and total sugars.

- I. **Dietary fibre**, also known as roughage, is a form of carbohydrate made up of several sugar molecules that are **bound to** one another and therefore, difficult to digest in the small intestine. It can improve **bowel** movement frequency, lower blood glucose and cholesterol levels, and decrease **calorie intake**. It includes naturally existing fibres in plants as well as some isolated or synthetic non-digestible carbohydrates added to food that the U.S. FDA (Food & Drugs Association) has determined to have positive physiological impact on human health.

The Dietary Guidelines for Americans suggest eating a range of foods rich in dietary **fiber**, eating at least half of the day’s grains whole, and restricting the consumption of processed grains and foods produced from refined grains.

Dietary **fiber** is a nutrient to get more of

Dietary **fiber** is classified into two types:

- **Soluble dietary fiber** that dissolves in water to form a gel-like material in the large intestine.

- **Insoluble dietary fiber** that may not dissolve in water and may move through the gastrointestinal tract reasonably unchanged and **intact**; thus, not supplying calories.
- II **Total sugars** include naturally occurring sugars in food as well **as added** during food processing ones (such as sucrose or dextrose), foods sold as sweeteners (such as table sugar), sugars from syrups and honey and sugars from concentrated fruit or vegetable juices. They are the smallest type of carbohydrate that the body can quickly digest and consume. Sugars found naturally in foods such as dairy products, grains, and vegetables are contained in total sugars, as are processed sugars typically included in baked goods, cakes, sugar-sweetened drinks, and sweets.
- **Sugar alcohols** are carbohydrates that have chemical properties of both sugars and alcohols but are not entirely consumed by the body. They are naturally present in small quantities in a number of fruits and vegetables, but are also commercially manufactured and added to foods (such as chewing gum, baked goods, desserts, frostings, and sweets) as low-calorie sweeteners
- There is evidence that diets with reduced intake of sugar-sweetened foods and drinks are linked to a lower risk of developing cardiovascular disease, compared to less balanced eating habits. **On the other hand**, sugary diets may increase the risk of developing tooth decay and cavities.

The Dietary Guidelines for Americans suggest restricting calories from added sugars to less than 10% of total calories a day. (e.g. 200 calories or 50 grams per day of added sugars based on a 2,000 calorie daily diet).

Protein is found in both plant and animal foods. It provides calories (each gram of protein provides 4 calories) or “energy” for the body. It is also a component of every cell in the human body and is necessary for proper growth and development, especially during childhood, adolescence, and pregnancy. Protein helps the body to **build up** and repair cells and body tissue and it is a major part of skin, hair, nails, muscle, bone, and internal organs. It is found in almost all body fluids and is essential for many body processes, such as blood **clotting**, fluid balance, **immune response**, vision, and production of hormones, antibodies, and enzymes. Protein is **made up of** hundreds or thousands of smaller units, which are called amino acids and are linked to one another in long chains. The sequence of amino acids determines each protein’s unique structure and its specific function. There are 20 different amino acids that can be combined to make every type of protein in the body.

These amino acids fall into two categories:

- **Essential amino acids** (out of the 20 amino acids, 9 are considered essential), which are required for normal body functioning, but cannot be made by the body and must be obtained from food.
- **Nonessential amino acids** (out of the 20 amino acids, 11 are considered nonessential), which can be **composed** by the body from essential amino acids received from food or in the normal breakdown of body proteins. According to how many of the essential amino acids they provide, **they** are divided into:

Complete proteins, which contain all the essential amino acids in proper amounts and are found in foods such as dairy products, eggs, meats, poultry, seafood and soy.

Incomplete proteins are those that are absent or do not have enough of one or more of the important amino acids, resulting in an imbalanced protein.

Complementary proteins are two or more missing protein sources that, when ingested together (at the same meal or on the same day), compensate for each other's amino acid deficiencies. Grains, for example, are low in the amino acid lysine, while beans and nuts (legumes) are low in methionine. So, grains and legumes such as rice and beans or peanut butter on toast should be consumed together. Protein can be found in a variety of foods, including:

Beans and peas, Dairy products (such as milk, cheese, and yogurt), Eggs, Meats and poultry, Nuts and seeds, Seafood (fish and shellfish), Soy products, Whole grains and Vegetables

Total Fat is found in animal and plant foods providing calories or "energy" (one gram of fat provides 9 calories) for the body. It also stores energy **in excess of** what the body needs immediately after intake and serves as a **subsidiary** energy source when calories from carbohydrates are **used up**. It is a basic part of **cell membranes** and is necessary for proper growth and development; thus, helping the body to absorb important **fat-soluble** vitamins (A, D, E, and K). Additionally, fat supports key body processes, such as **blood clotting**, nervous system function, reproduction, and immune response and is essential for healthy skin and hair. Fat in food provides taste and **consistency**; therefore, it helps the body to feel full. Total Fat on the Nutrition Facts label includes:

- **Saturated fat**, which is found in higher **proportions** in animal products and is usually solid at room temperature:

*Animal fats (meats and poultry, processed meats and poultry products), Baked goods, Condiments, **Gravies**, Dairy products (whole and 2% reduced-fat), Desserts, Pizza, Salad dressings, Snack foods, Sandwiches, Spreads, Sweets and Tropical plant oils.*

- **Trans fat** may be formed naturally in small amounts in dairy products, beef, and lamb or artificially during food processing in partially hydrogenated oils that are used in foods such as baked goods, coffee creamer, ready-to use frostings, snack foods, and stick margarine. Since 2018, most uses of partially hydrogenated oils, the major source of artificial trans fat in the U.S. food supply, have been phased out. Trans fat is also present at very low levels in refined vegetable oils.

The Dietary Guidelines for Americans recommend keeping the intake of trans fat as low as possible by limiting foods that are sources of artificial trans fat.

- **Monounsaturated and polyunsaturated fats** are mostly found in plants and are usually liquid at room temperature. They are found in avocados, fish, mayonnaise and oil-based salad dressings, nuts, olives, seeds, soft margarines, and vegetable oils.
- **Dietary fat** has more than twice the calories per gram as either carbohydrate or protein, so calories from fat can add up quickly.

Research has shown that diets high in saturated fat and trans fat are associated with higher levels of total cholesterol and/or **low-density lipoprotein**, which, in turn, are associated with an increased risk of developing **cardiovascular** disease, the leading cause of death in the U.S.A.

The Dietary Guidelines for Americans recommend consuming less than 10% of calories per day from saturated fat and looking for ways to replace saturated fat with monounsaturated and polyunsaturated fats when possible.

*The Daily Value for total fat is 78 g per day. This is based on a 2,000 calorie daily diet— **Daily Value** may be higher or lower depending on the individual's calorie needs.*

Cholesterol is a **waxy**, fat-like material, present in all cells of the body, which is both created by the body (primarily by the liver) and absorbed **by** food (dietary cholesterol). It is a structural component of cell membranes and necessary for the production of **bile**, a fluid made by the liver that aids in the digestion of fat in the intestine. Cholesterol is also used for making vitamin D and certain hormones, like **estrogen** and testosterone. **Since human** body produces all of the **requisite** cholesterol, it is not necessary to acquire it through food

Blood Cholesterol circulates in the blood and is transported by **particles** called lipoproteins, which contain both lipid (fat) and protein. There are several types of **lipoproteins**, and the risk of cardiovascular disease is dependent on the amount of lipoproteins existing in the body:

- Low-density lipoprotein (LDL) cholesterol, often called “bad” cholesterol, is the form in which cholesterol is carried from the liver to arteries and body tissues. High levels of LDL cholesterol in the blood can lead to harmful **accumulation** of cholesterol inside the artery walls, which may increase the risk of cardiovascular disease.
- High-density lipoprotein (HDL) cholesterol, which is often referred to as “good” cholesterol, is the form in which cholesterol travels from body tissues back to the liver, where it is **broken down** and removed. Higher levels of HDL cholesterol in the blood can help prevent cholesterol accumulation

According to the Dietary Guidelines for Americans many foods that are higher in dietary cholesterol are also higher in saturated fat, and diets rich in saturated fat are associated with an elevated risk of developing cardiovascular disease. For this, the Dietary Recommendations for Americans suggest limiting dietary cholesterol consumption while maintaining a balanced diet.

Dietary cholesterol is found in animal products, such as:

*Beef fat (**tallow and suet**), chicken fat, and pork fat (**lard**), Dairy products (such as milk, cheese, and yogurt), Egg yolks, Meats and poultry, Processed meat and poultry products (such as bacon, hot dogs, **jerky, some luncheon** meats, and sausages), Shellfish (such as lobster and shrimp), Spreads (such as butter, cream cheese, and sour cream)*

Daily Value for cholesterol is less than 300 mg per day.

- 5% DV or less of cholesterol per serving is considered low
- 20% DV or more of cholesterol per serving is considered high

Water has no **color**, taste, or **odor**. It is often considered as the most essential nutrient due to its various and complex roles in the body, including preserving the health of all cells. It is necessary for keeping the flow of blood **liquid** strong enough to allow it to circulate into blood vessels. It is estimated that most people can only live for 7 days without water.

According to WHO, **diarrhea** is the leading cause of death of children under the age of five worldwide. It causes dietary malnutrition, lowers resistance to pathogens, and impairs growth and development. Severe **diarrhea** causes fluid loss which can be fatal, particularly in small children and people who are either malnourished or have weakened immune systems. For this reason the WHO recommends that hygiene promotion, along with access to safe drinking water and adequate sanitation should be accessible by all.

*According to the Dietary Guidelines for Americans, diets rich in sodium, are associated with an elevated risk of having high blood pressure, which may increase the risk of heart attacks, heart problems, stroke, **renal disease**, and blindness.*

Sodium is an essential mineral that the human body requires in comparatively limited quantities. It is essential for many body functions such as fluid equilibrium, muscle contraction, and nervous system work.

Sodium is a nutrient to get less of

The words “sodium” and “salt” are often used interchangeably, but are not synonyms. Sodium is a mineral that is present in salt as one of its chemical elements. Salt (sodium chloride) is a naturally occurring crystal-like compound that is **abundant** in nature. As a food ingredient, it has a variety of applications, including **curing** beef, frying, thickening, **retaining** moisture, preserving as well as taste enhancement.

According to the Nutritional Recommendations for Americans, diets high in sodium, are related to an increased risk of high blood pressure /hypertension, a disease in which blood pressure stays elevated over time.

High blood pressure causes the heart to pump faster, and eventually, the force of the blood flow may damage arteries and organs like heart, brain, kidneys, and eyes. High blood pressure that is not regulated may increase the risk of heart problems, heart failure, stroke, kidney disease, and blindness.

About 70% of dietary sodium is obtained from packaged and prepared foods, while only about 11% is obtained from salt added to food during cooking and feeding. It is found in the foods mentioned below, all of which are commercially produced or prepared:

Breads and rolls, Pizza, Sandwiches (hamburgers & hot dogs), Cold cuts and cured meats (such as deli and packaged ham and turkey), Soups, Burritos and tacos, Snack foods (such as chips, crackers, microwave popcorn, and pretzels), Chicken (includes processed chicken), Cheese (includes processed cheese), Egg dishes and omelets

The American Dietary Guidelines suggest restricting sodium intake to less than 2,300 mg a day—equivalent to around 1 teaspoon of salt! • The US Food and Drug Administration is collaborating with the food industry to reduce salt levels in a wide range of foods, making it possible for Americans to eat less sodium.

The updated food label, which appears on the majority of food packages, makes it easier for consumers to make better informed food choices for healthier living.

Retrieved, abridged and paraphrased from three sources:

- i) <https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/total-fat.cfm>
- ii) https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
- iii) https://www.who.int/elena/titles/wsh_diarrhoea/en/

Reading Comprehension

Task 4 Are the following sentences True or False according to the text?

1. Carbohydrates provide the same amount of calories as total fat
2. As soon as calories from carbohydrates are “burnt”, body starts using calories from fat
3. Dietary fat is as fattening as protein
4. Most deaths in both men and women in the U.S. originate from cardiovascular disease
5. Both vitamins and minerals are natural substances
6. Lack of vitamin D may cause elevation of blood pressure
7. The use of partially hydrogenated oils in the USA has been gradually decreasing
8. Human body produces all of the essential cholesterol on its own
9. Diarrhea in infants may cause severe dehydration and eventually death
10. Sodium should be limited in people’s diets

Figure 3: XXXXXX

Vocabulary

Task 5 Match the words with their definitions

- | | | | |
|----|---------------|----|---|
| 1 | Bile | a. | Highly –processed, pure |
| 2 | Particles | b. | The amount of something once compared to the whole |
| 3 | Immune system | c. | The physical nature of a substance |
| 4 | Fortified | d. | Secondary, Supplemental |
| 5 | Molecule | e. | When a half solid mass or lump is formed from a liquid (usually blood) |
| 6 | Clotting | f. | The smallest unit of a chemical substance |
| 7 | Subsidiary | g. | Enriched, Made stronger |
| 8 | Consistency | h. | The cells and tissues used by the body to protect itself from infection |
| 9 | Proportion | i. | The smallest unit of something |
| 10 | Refined | j. | A yellowish liquid produced by liver |

Task 6 Match the phrasal verbs with their definitions

- | | | | |
|---|------------|----|--|
| 1 | use up | a. | assemble something by putting parts or material together |
| 2 | phase out | b. | to finish something so that nothing is left |
| 3 | break down | c. | to compose a whole, to comprise |
| 4 | make up of | d. | gradually stop using or doing something |
| 5 | build up | e. | to decompose, to separate something into pieces |

Task 7 Write the chemical symbol of each of the following minerals:

- calcium,
- chloride
- chromium
- copper
- iodine
- iron
- Magnesium
- Manganese
- Molybdenum
- Phosphorus
- Potassium
- Selenium
- Sodium
- Zinc

Minerals
 Cu, I, Fe, Mg, Mn, P, K, Ca, Se,
 Mo, Na, Zn, Cl, Cr

Listening

Task 8 Watch the video and answer the following questions: <https://www.youtube.com/watch?v=BnoHbd-9IGY>

1. What are nutrients and where are they found?

.....

2. Write down the phrase that will help you memorize the order of nutrients

.....

..... ?

3. Why are carbohydrate, fat and protein called macronutrients?

.....

4. Why is water a vital nutrient?

.....

5. What do vitamins, minerals and water do?

.....

Task 9 Watch the video again and fill in the blanks

Nutrients are used to regulate and

promote Structural|

..... repair

Academic Presentation Skills

Making effective Academic Presentations

During your studies and your professional career, you will be asked to make oral presentations. Having something important to share is one thing but how you say it is of crucial importance as well. Effective use of verbal and non-verbal communication can improve your presentations. Here are some tips to keep in mind:

Content

Making a presentation is like writing an essay. It should have an introduction, main body and a conclusion, linked with appropriate cohesive devices to enhance flow and promote comprehension.

Know your audience

Find out the level of knowledge, the age etc. of the people you are addressed to so that you will know what they need to learn from you and if they are familiar with subject specific terms or you need to provide explanations.

Introduce yourself and the topic

Let your audience know who you are, the name of your company/university department, your position in it, the title of your presentation and provide an overview of its structure.

Introduction

You could start with a question, an impressive picture, a strong or controversial fact, anything that may attract the audience.

K.I.S.S / Keep It Short and Simple

The more information you load your presentation with, the less the audience will remember. The main points should be conveyed through bullets, clear visuals, graphs, pictures etc, which you will "interpret", rather than read out, to relay information. Providing slides with dense texts is tiring and will make your presentation look unprofessional.

Signposting

Use appropriate words and phrases to “guide” your audience through your presentation. Rhetorical questions can act as sequencers to what is going to follow.

Introduction	Main Body
I'd like to start with...	Then/ after that/ next/ (I'll move on to...)
First of all I'll ...	Secondly/thirdly
Let's begin....	For example
Firstly, ...	To illustrate this point
To begin with	Let's look now at...

Provide citation during the presentation and a list of references at the end

Every time you use information from a published source, refer to its author saying:

In-text Citation
“as ...X. points out/mentions in his article/research etc, in 2018 ...
according to X...

At the end of the presentation provide a list of references with all the sources you have used.

Conclusion

Finish your presentation with a summary to help your audience leave with a clear understanding of its main points. You could also pose a question for further research. Last, provide some key references for further information and your **email**.

Conclusion
Last/ finally
To sum up. To finish up
I'd like to recap /summarize

If I can sum up the main points

In conclusion

Generate a discussion towards the end.

To avoid questions during the presentation you can say:

Dealing with questions

I'll come back to this question later

I'd like to deal with that question later

This question will be answered in a while/ in the next slide

I won't comment on this right now

Style

Be yourself

If you rarely tell jokes, this is not the right time to start but if you have a good sense of **humor**, you can take advantage of it. Try to keep your natural tone of voice, facial expressions, gesture and posture otherwise you may look unnatural. On the other hand, you could try to smile quite often, stand in a relaxed way and keep eye contact with your audience

Engage your audience

Keep eye contact to check participation. You may “divide” your audience into 4-5 groups and make sure you address each one of them in turn. You may ask simple questions but do not overdo it.

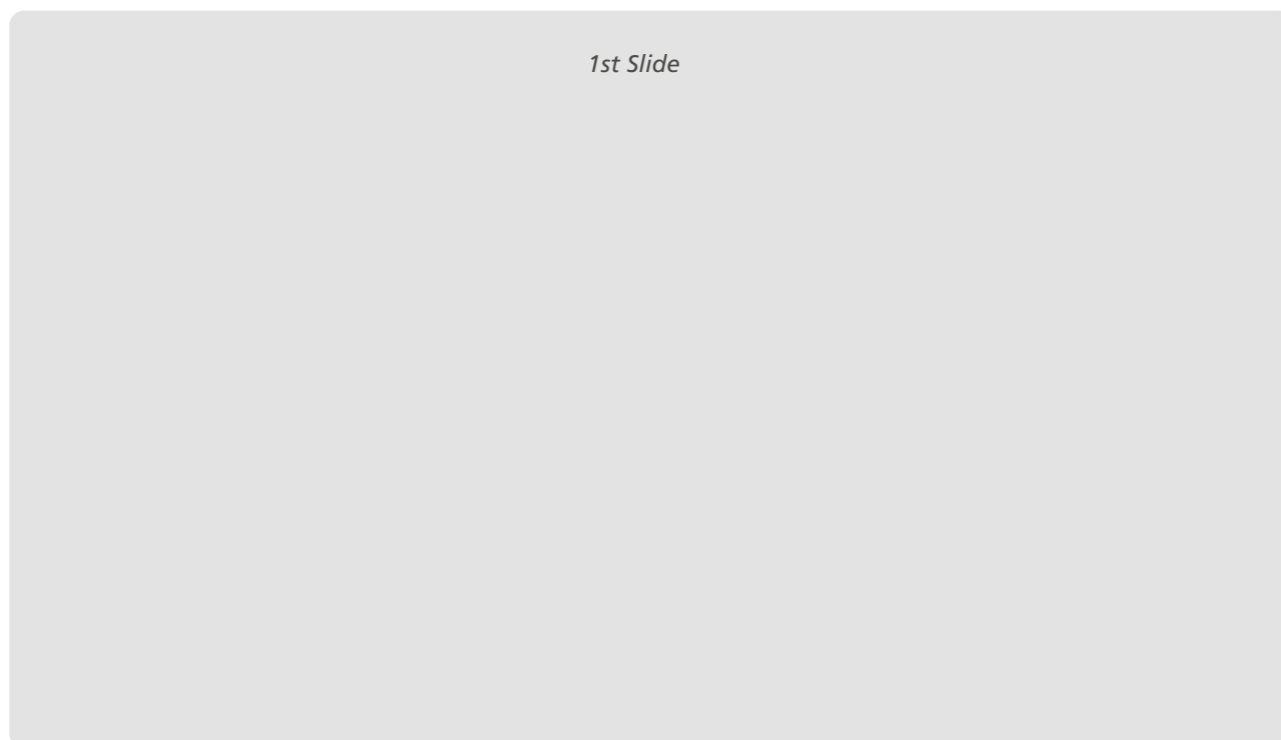
Less is more

Unless you are addressing fashion designers, try to keep your **dressing** simple. Avoid heavy makeup, flashy accessories etc. that may distract your audience.

Practice makes perfect

Rehearse your presentation. Stand in front of the mirror, ask a person you trust to watch it or record yourself to **trace** any weaknesses. Time yourself while rehearsing, to avoid exceeding the time limit.

Task 10 Go through the text we have just read, choose one nutrient and write a question or a fact to start your presentation with.



Note-taking Skills

Note-taking techniques with abbreviations & symbols

While attending lessons, preparing for exams, or writing an assignment you will eventually read a lot of articles or attend a lot of lectures. You receive plenty of information but when you need to recall something in particular, you may not be able to remember where to find it. Effective note-taking (either in written or in digital form) can help you out. Here are some tips:

- Do not try to write everything down. Concentrate while reading an article or attending a lecture and try to write down the most important parts.
- Make sure you organise and file your notes adequately so that they will be easy to find.

- Use diagrams, arrows, boxes, lines, symbols, capital letters, numbers, indents.
- In written form you can make dots and dashes in the margin or underline
- Eventually, you may create your own way of note taking. Here are some symbols and abbreviations that are commonly used:

Approximately	≈	AA	Amino acids
Equal to	=	ADEK	Vitamins A,D,E,K (Fat-soluble vitamins that are sometimes grouped together)
Not equal to	≠	AI	Adequate Intake
Equivalent to	≡	BMI	Body Mass Index
Greater than	>	DRI	Dietary Reference intake
Much greater than	>>	EAR	Estimated Average Requirement
Less than	<	EER	Estimated Energy Requirements
Much less than	<<	FTT	Failure to Thrive (delay in the growth of a child)
Increase	↗	g	Gram
Decrease	↘	oz	Ounce: about 28 grams
Results from	←	Kcal	A measure of energy often referred to as "calorie"
Leads in	→	RDA	Recommended Dietary Allowance
		REE	Resting Energy Expenditure

Task 11 Think what you should include in a presentation about the nutrient you have chosen

- i) Take notes from the text and the video you have watched

Nutrient:

.....

Where it is found:

.....

Benefits on people's health:

.....

Its place on the food label

- ii) **Group work:** Discuss with the students **that** have chosen to present the same nutrient as you and together **decide** which information to include in one common presentation. Use your notes and make sure you do not miss the main points.

2st Slide
Ss' own answers

3rd Slide
Ss' own answers

4th Slide
Ss' own answers

5th Slide
Ss' own answers

6th Slide
Ss' own answers