2 Food Groups

- **Themes**

  Food group properties, Dietary pattern, Nutrient-dense foods, "My Plate", Food Safety Recommendations

- **Academic Speaking Skills**

  Describing a process

- **Note-taking Practice**

  Taking notes from a talk on "Choose my Plate"

- **Academic Vocabulary Skills**

  Weights & Measurements

- **Academic Writing Skills**

  Paragraph Writing

Discussion

Task 1 Discuss with your partners and answer the questions:

1. Name some food groups:
2. What do you know about the "Choose My Plate" plan?
3. What are the four "Food Safety Recommendations"?
4. Can you describe the process of making a chicken soup?
5. What does the topic sentence of each paragraph contain?

Academic Speaking Skills

Describing a Process

Describing a process can include describing how something works, is created or produced. Processes may be either natural or man-made.

Before beginning to describe a process, it is a good idea to clarify **what** you're going to describe and (possibly) **why**. You may also list the **number of steps**. In this way, you assist the reader/listener in understanding the order and in "embarking" on what they are about to read or listen to.

To explain the various phases of a procedure, appropriate **sequencers** must be used.

First, First of all / The first step is, to begin
Secondly, Thirdly
Next, Then
After that
Afterwards
Meanwhile
Subsequently
Later
Finally, in the final step/stage, Last, Lastly

e.g "How to make filtered coffee"

Coffee is something to look forward to after a long day's work. I'm going to explain **how to make the best filtered coffee**. It is a simple task with **four stages**.

To begin, place a coffee-filter in the filter basket. Then, fill the coffee machine with 2 cups of water. After that, place three tea spoons of coffee inside. Next, plug in and switch on the coffee machine. Finally, wait until the coffee is ready. Enjoy!

Speaking

Task 2 Applying what you have just learned, describe the process of soup making. Make sure you write a small introduction and use appropriate sequencers.

You could start:

Grandma's recipe for soup making might be useful when you've caught a cold. I'm going to explain

Figure 1: XXXXXX

Grammar

Another way to describe a process is by using passive voice

Subject + Verb to be + Past participle of the verb

SUBJECT	VERB TO BE	PAST PARTICIPLE OF THE VERB
Cocoa beans	**(is/are)** present simple **(is/are being)** present continuous **(was/were)** past simple **(was/were being)** past continuous **(has/have been)** present perfect simple **(had been)** past perfect simple **(will be)** future simple **(will have been)** future perfect simple **(be)** infinitive **(May/might/ could / should /must/ can't be/ have been)** modals	Past participle of regular verbs (verb + -ed) Past participle of (irregular verbs) **cleaned / sold**

How is cocoa powder produced?

First, cocoa beans **are harvested** and carried to the factory

Then, they **are fermented** and dried.

Next, they **are cleaned** and stripped of their husks.

After cocoa beans **have been separated** from their husks, they **are heat treated** to eliminate bacteria and then **ground** to produce cocoa powder.

Finally, they **are sold** for the production of cocoa butter and other products.

They **should be stored** in dry places.

Task 3 Read the following recipe. Then use passive voice to rewrite it

Omelette

First crack the eggs and whisk them in a bowl

Then add salt and chopped red and green pepper

Next heat the pan and add some olive oil

After that pour the mixture into the pan and wait until a semi solid mass begins to form

Finally, fold the omelette in half and sprinkle some grated cheese on top.

Rewrite the recipe using passive forms

First the eggs 1..... (crack) and 2 ..... (whisk) in a bowl

Then salt and chopped red and green pepper 3 ..... (add)

Next the pan 4 ..... heat) and some olive oil 5 ..... (add).

After that the mixture 6 ..... pour) into the pan

Finally, as soon as a semi solid mass 7 ..... form), the omelette 8 ..... fold) in half and some grated cheese 9 ..... (sprinkle) on top

It is ready to 9 ..... (serve)

Enjoy!

Figure 2: XXXXXX

Reading

Food Groups

Foods are classified according to the main nutrients they contain. Consuming a wide range of healthy items from each food group in the recommended quantities and on a regular basis, is the key to healthy eating. However, it is not necessary to eat from each food group at every meal. In fact, some types of food should only be consumed a couple of times a week.

Vegetables

Healthy dietary patterns include a variety of vegetables from all five vegetable subgroups that are divided depending on their nutrient content into: dark green, red and orange, beans and peas, starch, and other. They can all include fresh, frozen, tinned, and dried options in cooked or raw forms, and 100% vegetable juices. Vegetables in their **nutrient-dense** forms have limited additions such as salt, butter, or creamy sauces. They are generally consumed in forms with additional sodium either from salt added in cooking or added sauces such as soy sauce or bottled stir-fry sauces. Many vegetables are consumed as part of mixed dishes like sandwiches, pasta with a tomato-based sauce, or casseroles that may have other ingredients containing saturated fat and/or sodium. About 45 percent of all vegetables are eaten as a separate food item; about 40 percent as part of a mixed dish and the remainder are mostly consumed as snack foods and **condiments**. For most individuals, following a healthy eating pattern requires an increase in total vegetable intake and in the variety of different vegetables; thus, shifting to nutrient-dense forms. Strategies to boost vegetable intake include increasing the vegetable content of mixed dishes or eating less of a main dish to allow for more vegetables as side dishes—keeping them nutrient dense.

Dark-Green-Leafy Vegetables: amaranth leaves, bok choy, broccoli, chamnamul, chard, collards, kale, mustard greens, poke greens, romaine lettuce, spinach, taro leaves, turnip greens, and watercress

Red and Orange Vegetables: pumkin, carrots, red or orange bell peppers, sweet potatoes, tomatoes, 100% tomato juice, and winter squash.

Beans, Peas, Lentils: All cooked from dry or tinned beans, peas, chickpeas, and lentils: for example, black beans, black-eyed peas, bayo beans, chickpeas (garbanzo beans), edamame, kidney beans, lentils, lima beans, mung beans, pigeon peas, pinto beans, and split peas. Does not include green beans or green peas

Starchy Vegetables: All fresh, frozen, and tinned starchy vegetables: for example, breadfruit, burdock root, cassava, corn, jicama, lotus root, lima beans, plantains, white potatoes, salsify, taro root (dasheen or yautia), water chestnuts, yam, and yucca.

Other Vegetables: asparagus, avocado, bamboo shoots, beets, bitter melon, Brussels sprouts, cabbage (green, red, napa, savoy), cactus pads (nopales), cauliflower, celery, chayote (mirliton), cucumber, eggplant, green beans, kohlrabi, luffa, mushrooms, okra, onions, radish, rutabaga, seaweed, summer squash, tomatillos, and turnips

Nutrient dense *foods & beverages provide vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium.*

Fruit

Whole fruits, dried fruits and 100% fruit juice are rich in fibre and an excellent supply of essential vitamins and minerals. They also contain **an array of** antioxidants, called flavonoids, which are **beneficial to** one's health. Most fruit is naturally low in fat, sodium, and calories, as well **as a source of** several vital nutrients including potassium, vitamins A and C, folate, and dietary fibre. Consequently, it may lower a person's risk of developing heart disease, cancer, **inflammation**, and diabetes. Whole fruits can be eaten in a variety of ways, including chopped, sliced, diced, or cubed. It is recommended that at least half of the suggested portion should be whole fruit rather than 100% juice. When consuming juice, it should be 100 percent juice and mostly **pasteurized**, or 100% juice mixed with water (no extra sugar added). When buying tinned fruit, it is advisable to look for choices that are tinned with 100% juice or have the least amount of added sugars. Fruit is usually eaten either in nutrient-dense ways such as simple apples, citrus fruit or grapes, or as part of foods that may be low in nutrients, such as fruit pie or related desserts. It is recommended by the United States Department of Agriculture (USDA) that adults consume a minimum of 2–4 servings of fruit per day, mostly whole fruit.

A wide variety of fruits are available in marketplace, some of them **year-round** and others **seasonally**.

Apples, pears, bananas, berries (e.g., blackberries, blueberries, currants, huckleberries, kiwifruit, mulberries, raspberries, and strawberries); citrus fruit (e.g, grapefruit, lemons, limes, oranges, and tangerines); cherries, dates, figs, grapes, guava, mangoes, melons and watermelon); nectarines, papaya, peaches, pears, persimmons, pineapple, plums, pomegranates, and raisins.

Grains are excellent sources of nutrients, such as complex carbohydrates, fibre, vitamins (B, thiamin, riboflavin, niacin, folate), and minerals (iron, magnesium, and selenium). Whole grains should be included in balanced dietary habits, while **refined grains** should be reduced. Whole grains should **account for** at least half of overall grain intake and people who consume processed grains should **opt for** enriched ones. Also, individuals who eat all of their grains in whole form should add certain folic acid- enriched ones to their diet. Whole grain-based diets in nutrient-dense ways keep added sugars, saturated fat, and sodium to a minimum. Furthermore, studies have linked diets rich in whole **grains** to a lower risk of colon cancer. Changing from processed to whole-grain versions of widely eaten foods, such as shifting from white to 100% whole-wheat breads and white to brown rice is a way to increase whole-grain intake; thus, reaching the recommended amounts. Additionally, changing to more nutrient-dense grains, such as sugar-free, ready-to-eat breakfast cereals, could also promote healthier **dietary patterns**.

Grains are generally consumed in forms with higher amounts of sodium (e.g. breads, tortillas, crackers) and added sugars (e.g. grain based desserts, many ready-to-eat breakfast cereals) rather than the nutrient-dense forms. Furthermore, they are often consumed as part of mixed dishes, such as pasta dishes, casseroles, and sandwiches that may have other ingredients that are not in nutrient-dense forms. Therefore, consumers should choose items that have at least half of their overall weight in whole grains rather than in their refined form.

> ***Dietary pattern*** *is the combination of foods and beverages that constitutes an individual's complete dietary intake over time.*

Whole grains: amaranth, barley (not pearled), brown rice, buckwheat, bulgur, millet, oats, popcorn, quinoa, dark rye, whole-grain cornmeal, whole-wheat bread, whole-wheat chapati, whole-grain cereals and crackers, and wild rice

Refined grains: white breads, refined-grain cereals and crackers, corn grits, cream of rice, cream of wheat, barley (pearled), masa, pasta, and white rice.

Dairy and Fortified Soy Alternatives Dairy products, such as fat-free and low-fat (1%) milk, tofu, and cheese, are part of a healthy diet, while lactose intolerant individuals may prefer low-lactose or lactose-free ones. Dairy substitutes, fortified soy drinks (commonly referred to as "soy milk") and soy yogurt (fortified with calcium, vitamins A & D) are included in the dairy category because they are similar to milk and yogurt in terms of nutritional composition and use in meals.

Other products marketed as "milks" but produced from plants (e.g. almond, rice, coconut, oat, and hemp "milks") can be consumed as a source of calcium. However, they are not classified as dairy products since their total nutritional content differs from dairy milk and fortified soy beverages. Dairy is commonly served in ways that contain more salt (e.g. cheeses as part of mixed dishes such as salads, pizza, and pasta dishes) and saturated fat (e.g. higher fat milk and yogurt) and can be a source of added sugars (e.g. full fat milk, whipped cream, ice cream, and sweetened yogurt).

Most individuals would benefit from the increased intake of dairy in fat-free or low-fat forms. Intake could be from milk (including lactose-free milk), yogurt (which is made from fermented milk and is nutritionally similar to milk) and cheese, or from fortified soy beverages or soy yogurt. Strategies to increase dairy intake include drinking fat-free or low-fat milk or a fortified soy beverage with meals or incorporating unsweetened fat-free or low-fat yogurt into breakfast or snacks.

All fluid, dry, or evaporated milk, including lactose-free and lactose-reduced products and fortified soy beverages (soy milk), buttermilk, yogurt, kefir, frozen yogurt, dairy desserts, and cheeses. Most choices should be fat-free or low-fat. Cream, sour cream, and cream cheese are not included due to their low calcium content

Protein Foods Healthy **dietary patterns** include a variety of protein foods in nutrient-dense forms. The protein food group **comprises** a broad group of foods from both animal and plant sources, and includes several subgroups: meats, poultry, and eggs, seafood and nuts, seeds, and soy products. Protein is also contained in dairy products. Beans, peas, and lentils

belong both to the protein food and to the vegetable food group. The fat content of meat and poultry varies and includes both fresh and processed types. Intake of meat and poultry should be fresh, frozen, or tinned, and in lean types (e.g. chicken breast or ground turkey) rather than processed meats (e.g. hot dogs, sausages, ham, luncheon meats). In vegetarian diets protein can be obtained from plant foods or soy products (particularly tofu and other refined soy products), beans, peas, and lentils; nuts and seeds; and whole grains. By adding dairy products and eggs the diet is made lacto-ovo vegetarian. According to research, mercury in the form of methylmercury, is found in seafood in various levels. Nutritional guidelines suggest that pregnant or lactating women and young children should limit seafood consumption in order to minimize methylmercury exposure. On the contrary, seafood choices higher in EPA and DHA and lower in methylmercury are encouraged. Such seafood includes: salmon, anchovies, sardines, pacific oysters, and trout.

Choosing more often foods from the seafood subgroup or the beans, peas, and lentils subgroup more often could contribute to meeting the recommended amounts while also maintaining sufficient protein intake. Also, replacing refined or high-fat meats (e.g. hot dogs, sausages, bacon) with seafood can minimise saturated fat and sodium intake.

Caution! While preparing meat, poultry or fish, it is important to separate them from other foods and clean all kitchen utensils thoroughly in order to avoid cross-contamination.

Seafood (lower in methylmercury): anchovy, black sea bass, catfish, clams, cod, crab, crawfish, flounder, haddock, hake, herring, lobster, mullet, oyster, perch, pollock, salmon, sardine, scallop, shrimp, sole, squid, tilapia, freshwater trout, light tuna, and whiting

Meats: beef, goat, lamb, pork, and game meat (e.g., bison, moose, elk, deer). Poultry: chicken, hen, duck, game birds (ostrich, pheasant, and quail), goose, and turkey. Organ meats: chitterlings, giblets, gizzard, liver, sweetbreads, tongue, and tripe. Eggs: chicken eggs and other birds' eggs

"Beans, peas, and lentils" or "legumes (beans and peas)" or Pulses are the dried **edible** seeds of legumes. Beans come in a variety of shapes and sizes, including kidney beans, pinto beans, white beans, black beans, lima beans, and fava beans. Dried peas (such as chickpeas, black-eyed peas, pigeon peas, and split peas) and lentils are also included. Edamame, the soybean in the pod, belongs to the beans, peas, and lentils subgroup although it is consumed fresh rather than dry. Since beans, peas, and lentils have a similar nutrient profile to foods in both the vegetable and protein groups, they can be classified either as vegetable or as protein food when following suggested intakes. Green peas and green (string) beans are not included in the beans, peas, and lentils subgroup because their nutritional value is closer to that of vegetables. Green peas, which are not dried before eating, are categorised as starchy vegetables, while green beans are classified as other vegetables, along with onions, iceberg lettuce, celery, and cabbage. Foods derived from refined soybeans are generally classified as protein foods from the nuts, grains, and soy products subgroup.

Oils should be included in a balanced diet because they contain essential fatty acids. Oils that are widely used include canola, maize, almond, peanut, safflower, soybean, and sunflower oils. There are also nut, bean, fish, olive, and avocado oils.

Tropical plants, such as coconut oil, palm kernel oil, and palm oil, are not classified in the oils list because they have a higher proportion of saturated fat than other oils. Cooking with vegetable oil instead of saturated fats like butter, shortening, lard, or coconut oil is one way to make one's diet healthier. However, certain foods, such as cakes and sweet snacks, that are made with oils rather than saturated fat-rich fats are also high in added sugars and hence not a nutrient-dense food option.

Olive oil, which is largely produced and consumed in the Mediterranean Basin, is a **liquid fat** extracted from olives after mechanical or physical pressure. It is commonly used in cooking, cosmetics, pharmaceuticals etc. and it protects against oxidation of blood lipids and maintains LDL cholesterol levels healthy. Scientific analyses have concluded that increased consumption of olive oil is associated with reduced risk of cardiovascular disease and stroke. According to the International Agreement on Olive Oil (IOC) standards, the classification of olive oils is:

Extra Virgin Olive Oil: that has a free acidity of no more than 0.8 grams per 100grams

Virgin Olive Oil: that has a free acidity of no more than 2 grams per 100grams

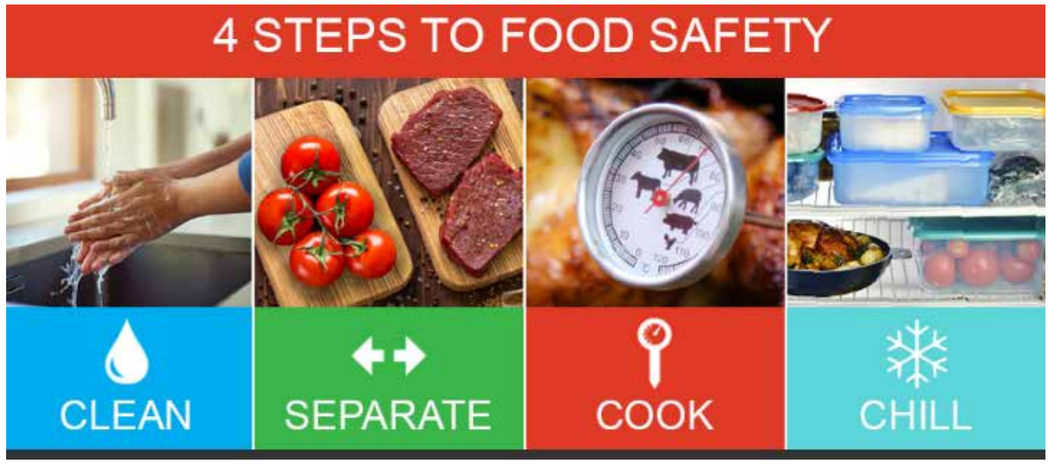
Ordinary Virgin Olive Oil: that has a free acidity of no more than 3.3 grams per 100 grams

Free acidity is an index of the quality of olive oil that is defined as a percentage of grams of free fatty acids in 100 grams of oil.

Beverages Calories and nutrients are key **determinants** when considering beverages in a balanced dietary plan. Calorie-free beverages, especially water, and beverages that provide beneficial nutrients, such as fat-free and low-fat milk and natural juice, should be the primary beverages included in a healthy dietary pattern. Coffee, tea, and flavoured waters are also are options, with little, if any, sweeteners or cream. Caffeine is a dietary component that functions as a stimulant in the body and it is a substance that is Generally Recognised as Safe (GRAS) in cola-type beverages by the Food and Drug Administration (FDA). For healthy adults, the FDA has cited 400 milligrams of caffeine per day as an amount not generally associated with dangerous, negative effects. Cocoa is rich in nutrients and contains protein, fat, carbohydrates and flavonols, which prevent high blood pressure.

Taking everything into account, inadequate intake of nutrient-dense foods and beverages may result in under-consumption of some nutrients, something that may cause certain diseases. If a healthy dietary pattern is followed, nutrients can be obtained. For this reason, individuals should be encouraged to make radical changes in their diet.

Follow Food Safety Recommendations



An important part of healthy eating is keeping food safe. Individuals can keep food safe by following safe food handling practices. Four basic food safety principles work together to reduce the risk of **food borne** illness:

Clean, Separate, Cook, & Chill.

1. Clean: Wash hands and surfaces often.
2. Separate: Separate raw meats from other foods.
3. Cook: Cook food to safe internal temperatures.
4. Chill: Refrigerate foods promptly.

Some eating behaviours, such as consuming raw, undercooked, or unpasteurised food products, increase the risk of a food borne illness. Populations at increased risk from food borne illness, or those preparing food for them, should use extra caution. These include pregnant women, young children, and older adults. Individuals with weakened immune systems are also at increased risk from food borne illness.

Abridged and Paraphrased from two sources:

https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

https://en.wikipedia.org/wiki/Olive_oil#International_Olive_Council

Figure 3: XXXXXX

Reading Comprehension

Task 4 Choose the correct answer

1. Vegetables:

   a. are always consumed raw

   b. contain less salt in their nutrient-dense forms

   c. are mainly consumed as snacks

   d. are divided into seven subgroups

2. According to the text, fruit reduces the risk of …

   a. indigestion

   b. constipation

   c. headaches

   d. heart disease

3. Grains are excellent sources of …

   a. vitamin A

   b. vitamin B

   c. vitamin C

   d. vitamin D

4. Which type of milk is not nutritionally considered as a dairy product?

   a. low fat milk

   b. oat milk

   c. lactose free milk

   d. soy milk

5. Which of the following belong both to the protein and to the vegetable food group?

   a. chicken, poultry and eggs

   b. seeds and soy products

   c. milk and yoghurt

   d. beans and peas

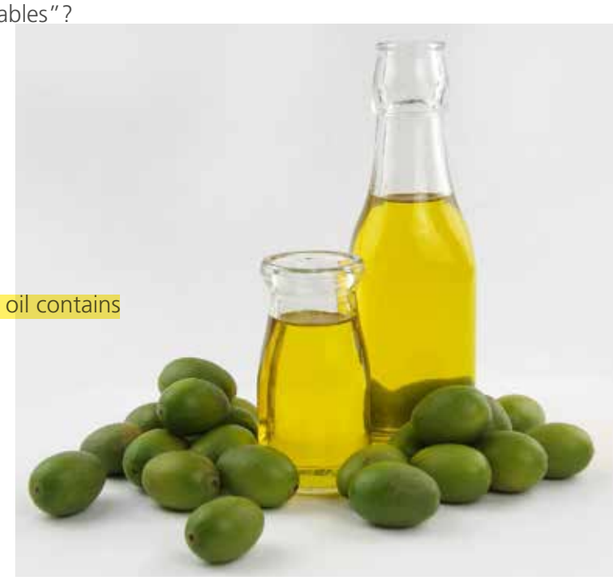
6. Which ones are classified as "other vegetables"?

   a. green peas

   b. soy products

   c. onions

   d. green string beans



7. According to the label, this bottle of olive oil contains

   a. ExtraVirgin Olive Oil

   b. Free acidity

   c. Ordinary Virgin Olive Oil

   d. Virgin Olive Oil

8. Which one prevents hypertension?

   a. Cocoa

   b. Coffee

   c. Low-fat milk

   d. Natural juice

9. According to the text, poor nutrient intake is due to:

   a. limited consumption of nutrient dense foods

   b. limited consumption of low fat foods

   c. limited consumption of beverages

   d. certain diseases

10. Who should wash their hands thoroughly?

a. pregnant women, before eating or handling food

b. young children, before eating or handling food

c. older adults before eating or handling food

d. anyone before eating or handling food

Vocabulary

Task 5 Match the words with their definitions

1	Edible		a.	Spice, seasoning or sauce
2	Nutrient –dense		b.	Precooked or cured meat that is sliced and served cold or hot
3	Condiment		c.	Cannot digest something
4	Inflammation		d.	Treat something to kill germs
5	Pasteurized		e.	Contributing factor
6	Game meat		f.	Flesh of any wild animal or bird
7	Refined		g.	Infection and swelling
8	Intolerant to		h.	very nourishing
9	Luncheon meat		i.	Processed
10	Determinant		j.	something that can be eaten

Listening

Listen to the Nutritionist Dietitian explaining how the "Choose my Plate" works. Then answer the questions

https://www.youtube.com/watch?v=-J1hmmy1OB4

Task 6 While listening

1. According to the "Choose my Plate" guidelines, fruit and vegetables should count for over half of the plate. Which one should be slightly more?

.....

2. Why is over steaming vegetables not recommended?

.....

3. How are antioxidants from fruit helpful?

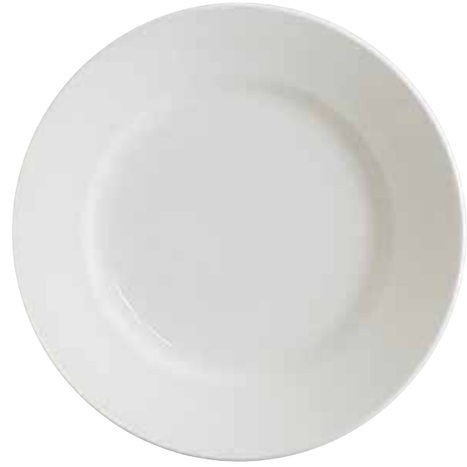
.....

Task 7 Post listening

1. Write two general tips to follow while preparing a healthy plate

....

2. Create your own Healthy Plate.



Speaking

Task 8 Group work: Discuss with 4-5 of your partners and exchange ideas. Try to decide on one healthy plate.

Writing

Task 9 Describe the process of how you created your own "Healthy Plate". Do not forget to write a small **introduction** and use appropriate **sequencers**.

.....

.....

.....

.....

.....

.....

.....

Figure 4: XXXXXX

Academic Vocabulary Skills

Weights & Measurements

To describe portions, and amounts of foods and drinks, several symbols, abbreviations and acronyms are used. A table with the most common ones follows:

UNIT	SYMBOL	FLUID VOLUME
Teaspoon	tsp	5mL
Tablespoon	Tabl, tb (tbsp in UK)	15 ml, 0,5 ounce, 3 tsp
Ounce	oz	30ml, 6 tsp, 2 tb
Cup	c	240 ml, 8 oz, 48 tsp, 16 tb
Litre	L (l in UK)	1000 ml, about 2 lb
Pint	pt	480 ml, 2 cups, 16 oz, 1p
Quart	qt	950 ml
Gallon	gal	3.800 ml, 4 qt

WEIGHT		
kilogram	Kg	about 2.2 p, 1000 g
Gram	g	about 1/30oz, 1000 mg
Pound	p/lb	450 g

HEIGHT		
1 foot	ft	30.50 cm
1 Inch	in	2.54 cm
1 foot		12 in

Task 10 Match the units to their equivalent

UNIT	ANSWER	EQUIVALENT
1. 6ft 8 in	1.	a. About 175 cm tall
2. 4ft 12in	2.	b. 750 ml
3. 5ft 6 in	3.	c. 1 oz
4. 5ft 10in	4.	d. about 150 cm tall
5. 3 cups	5.	e. 63 kg
6. 32 tb	6.	f. about 2m tall
7. 6tsp	7.	g. 480 ml
8. 6tb	8.	h. 960 ml
9. 140lb	9.	i. 3 oz
10. 2pt	10.	j. about 165 cm tall

Figure 5: XXXXXX

Academic Writing Skills

Paragraph Writing

A paragraph is a group of sentences expressing a complete thought. It is usually five to seven sentences long, but it can be longer or shorter. When starting a new paragraph indent or skip a line but do not do both.

Take a look at the acronym **M.E.A.L.** (Main idea, Evidence, Analysis, Link) for paragraph structure.

M. **Main Idea** is the paragraph's "topic sentence" (usually the first one) that explains what the writer is going to deal with in the paragraph. All other ideas must relate to it.

E. **Evidence** supports the main idea (examples, quotations, paraphrases, definitions –anything that can assist the writer in verifying the main idea of the paragraph). Everything taken from other sources must be cited to ensure credibility.

A. **Analysis** of the evidence provided earlier, under the perspective of the writer. Based on the evidence, the writer tries to "persuade" the readers about the validity of what was mentioned earlier and answer the "how" and "why" of the main idea.

L. **Link** provides a small summary of what was explained earlier and acts as a "bridge" with what follows. In this way and with the use of appropriate signalling words, flow is enhanced and readers are smoothly guided to the next paragraph (with a good idea of what to expect).

Linking words

INTRODUCTION OF TOPIC	SEQUENCE	ADDITION	CAUSE & EFFECT
Obviously, Clearly, Certainly, Generally, In general, Evidently, By and large, It is evident/clear/true/ apparent that	In the first place, to begin/start with, First(ly), First of all, To start with, In the first place, Second(ly), Second of all, Last(ly), Last but not least	Furthermore, In addition, also, Moreover What is more, Additionally, Likewise, Similarly	As a result/consequence, Thus, Therefore, Consequently, Accordingly

EXAMPLES	CONTRAST	CONCLUSION	WRITER'S POINT OF VIEW
For instance/ example, In other words, Such as, Particularly, In particular	However, Whereas/while, But, On the other hand, Although, Opponents of this point…., Nevertheless, Even though, Yet	In conclusion/short/the end, Taking everything into account, All in all, To sum up All things considered, Overall, On the whole, Finally (after a list) Lastly (after a list	Surprisingly, Interestingly, (Un) fortunately

Sample

By and large, teenagers prefer junk food to homemade food; Thus, causing problems in the family. According to Smith et al. (2020), teenagers seek peer acceptance and this is why they tend to reject homemade food. Jones (2017) provides evidence that this may lead to conflicts between parents and teenagers. For example, parents may insist on their children consuming homemade food in order to receive the nutrients required. Whereas, their teenage children might feel pressurised, wanting to reject their parents and take control of their own life. As a result, the situation in the family might be difficult as teenagers need to acquire a new role in the family and parental role must be deconstructed in order to be reconstructed later. On the whole, the evidence seems to suggest that parents should realise that their children are growing both physically and cognitively and therefore they have to be treated accordingly.

Figure 6: XXXXXX

Task 11 Put the sentences in the right order to form a paragraph

1. ..... 2. .....

3. ..... 4. .....

a. All these might be the main causes of weakness, fractures and poor health during this period of life

b. The older an individual gets, the fewer calories per day they need in order to maintain their weight as Abbot (2019) points out. However, the need for nutrients remains high and for this reason it is imperative for older people to get nutrient-dense, whole foods from low calorie sources.

c. Taking everything into account, having a balanced diet along with exercise could help the body to compensate for its deterioration.

d. It is evident that, with the passing of the years several changes continue to occur both in cells and in organs and they eventually result in more changes in appearance and body function