



## Module D Unit 8

### Training 1.1 (p.59)

Announcer : You are Raymond. You are listening to an interview with a dietician on a radio programme. As you listen, complete the fact sheet below.

Host : We're here today with Margarie Hanson who is a registered nurse and dietician. Miss Hanson, welcome and thank you for coming on our show.

Dietician : It's my pleasure, John. I'm always glad to talk about the importance of a good diet.

Host : So, what do you think is the most important thing for students to keep in mind in terms of their diets?

Dietician : Well, there are many things, but given the change in students' eating habits in recent years, I have to start with fibre.

Host : What is fibre exactly?

Dietician : <sup>⑧</sup> Basically, fibre is the part of a plant that your body can't digest. It's also called roughage and it helps clean out your body by getting rid of waste.

Host : So what food is good for fibre?

Dietician : <sup>⑥</sup> Fruits and vegetables are excellent sources of fibre — fruit salad, for example, has a lot. However, it's also found in rice, noodles, etc. The important thing is to eat food that hasn't been processed too much. So, in order to get fibre, eat brown bread rather than white bread and leave the skins on potatoes when you eat them. Things like that.

Host : Well, I like fruit, what about that?

Dietician : Great. Fruit has all kinds of benefits for the body. <sup>⑦</sup> It's a great source of vitamins, for example, and it tastes great.

Host : Are vitamins really important? I take a vitamin pill every day, isn't that enough?

Dietician : Oh, no. You only need small amounts of the essential vitamins, but they are necessary for life. A multi-vitamin pill is a good idea, but it's still best to get your vitamins from a good diet.

Host : I've read that some people live entirely on fruit, they're called fruitarians.

Dietician : It's possible to live entirely on fruit and nuts, but I don't recommend it. It's difficult to get enough protein in a fruitarian diet.

Host : What exactly is protein?

Dietician : <sup>⑨</sup> Well it's an essential nutrient, and its primary function is to build and repair body tissue, so it's necessary for your body's growth and strength.

Host : It's found mostly in meat and eggs, right?

Dietician : Well, meat and eggs have a lot of protein, but there are other sources. <sup>③</sup> Nuts are a good source, for example, although you have to eat quite a lot of nuts to get enough protein.

Host : Why not just eat meat and eggs then?

Dietician : <sup>④</sup> First of all, nuts have other benefits — they're rich in good oils for example. Also, meat has a lot of fat which is a huge problem in today's diet. I recommend a diet made up of low fat foods like fruits and vegetables, and just a little meat.

Host : How about bread and rice?

Dietician : Yes, but again, remember to eat them unprocessed as much as possible.  
 ① That means brown rice and brown bread, which are very low in fat. If you eat white bread, it probably has added sugar and oils and no fibre! ② Also, brown bread will fill you up so that you don't feel hungry, so it helps control your weight better.

Host : OK. Is there anything else you'd like to add?

Dietician : Well, in closing, I just want to point out that a well-balanced diet is the key. We started by talking about fibre, because nowadays people don't get enough of it. But too much fibre is also a problem. Little things can surprise you. ⑤ For example, nuts are good for your eyes. It's hard to plan a diet with all the nutrients you need, but if you avoid junk food and eat a little bit of everything, instead of focusing on one or two things, you'll be OK.

Host : Thanks Miss Hanson for sharing the useful information with us today. \*

Raymond : ① Oh, but Hong Kong people eat it all the time. ⑧ I eat it all the time because it is tasty and light.

Minako : Yes, I know sushi is popular in Hong Kong.

Raymond : How do Japanese eat sushi? Do they use chopsticks when eating sushi?

Minako : ⑨ Well in Japan, we usually eat sushi with our clean hands.

Raymond : Yes, that's more convenient! ⑨ I do that at home too. ② But Mum eats with chopsticks, like most Hong Kong people do. Do Japanese eat sushi with a lot of wasabi?

Minako : ⑥ Well, in Japan, we already put the wasabi in the sushi. ⑦ We eat it with little or even no soy sauce.

Raymond : That must be very spicy! ③ ④ In Hong Kong, people put wasabi on a small plate and mix it with soy sauce. ⑩ But for me, I don't like the taste of wasabi so I eat sushi without wasabi.

Minako : Oh that's interesting. \*

### Training 2.1 (p.61)

Announcer : You are talking to a Japanese tourist about sushi. Listen to the conversation and complete the note sheet below.

Raymond : Hello, my name is Raymond. I'm doing a project about food all over the world. Would you mind answering me some questions?

Minako : No, I don't mind. My name is Minako. Nice to meet you.

Raymond : Thank you, Minako. Do Japanese eat sushi very often?

Minako : ⑤ No, we eat sushi only on special occasions, for example, at New Year.

### Training 2.2 (pp.62-63)

Announcer : Situation.

You are Jeffrey Yip. You need to write a reply letter to your cousin who asked you about healthy eating habits.

You are asking your teacher some questions about snacks. As you listen, take notes on the note sheet below. Then read the Data File and complete the task on the next page.

You now have 2 minutes to read the note sheet and the Data File.

Jeffrey : Mrs Wong, may I know why sugar makes us eat more?

Mrs Wong : <sup>T①</sup> Well, it's because sugar is full of empty calories. <sup>T②</sup> After eating sweets, your body still needs to eat more because sugar has no nutrition. <sup>T③</sup> You may feel excited at first, it's called a sugar high, but you <sup>T④</sup> will soon get uncomfortable and hungry.

Jeffrey : OK. Then what's wrong with chips? They don't have any sugar in them, right?

Mrs Wong : Well chips are loaded with fats and salt. <sup>T⑤</sup> The fats are bad for your health in many ways, especially your heart.

Jeffrey : Oh, that's bad.

Mrs Wong : <sup>T⑥</sup> Yes, and the salt will raise your blood pressure, and worse yet, <sup>T⑦</sup> it will make you thirsty.

Jeffrey : What's wrong with being thirsty?

Mrs Wong : Because you're sure to drink sugary drinks! \*