



## Listening activity 3: Healthy aging with nutrition

### Get started:

1. Can you recognize these words? Unscramble the words. The pictures will help you.

E.G:



p-p-e-l-a: **APPLE**



- t-i-n-r-s-t-u-e-n:



- o-r-t-i-p-e-s-n:



- m-c-c-a-i-l-u:



- e-d-t-i:

What do you think the video will be about? What other words do you think may appear?

### Listening:

## Watch the video

2. Now, watch the video and answer the questions:
  1. According to the video what are the functions of proteins?



2. Why is water an essential nutrient?
  
3. According to the video what colour are the fruits and vegetables that contain carotenoids?
  
4. What may phytoestrogens help reduce?
  
5. If a supplement says it is natural, is it always safe and healthy?

## Listening activity 3: Healthy aging with nutrition Key

### Get started:

1. Can you recognize these words? Unscramble the words. The pictures will help you.

E.G:



p-p-e-l-a: **APPLE**



- t-i-n-r-s-t-u-e-n: **nutrients**



- o-r-t-i-p-e-s-n: **proteins**



- m-c-c-a-i-l-u: **calcium**



- e-d-t-i: **diet**

What do you think the video will be about? What other words do you think may appear?

### Student's answers

### Listening:

2. Now, watch the video and answer the questions:
  1. According to the video what are the functions of proteins?



**Amino acids are major components of our bodies' cells, they are responsible for building and repair of tissues and maintenance of muscle and lean body mass.**

2. Why is water an essential nutrient?

**It delivers other nutrients to cells, regulates the body temperature acts as a shock absorber and lubricant and helps in the removal of waste from the body.**

3. According to the video what colour are the fruits and vegetables that contain carotenoids?

**They are bright red, yellow and orange.**

4. What may phytoestrogens help reduce?

**They may help reduce the risk of breast cancer.**

5. If a supplement says it is natural, is it always safe and healthy?

**No, it isn't.**