

UNIT 2

Unit 2, Nutritional Science, The Q Classroom

Page 25

- Teacher:** The question for Unit 2 is “What’s more important: taste or nutrition?” So how did you choose your breakfast this morning? Did you eat something you really like or something that’s good for you? Sophy?
- Sophy:** I ate fruit for breakfast. It’s good for me and I like it!
- Teacher:** Would you eat something for breakfast that tasted good, but wasn’t nutritious?
- Sophy:** No, I wouldn’t. Eating healthy food is important to me.
- Teacher:** How about you, Marcus? What’s more important to you, taste or nutrition?
- Marcus:** Um, I’m not sure. Food that tastes good makes me happy. Happiness is important for good health!
- Teacher:** Good point! Yuna, what do you think? Marcus says food that tastes good makes people happy, so is taste or nutrition more important?
- Yuna:** Nutrition is more important. You need good nutrition to be healthy.
- Teacher:** OK, we need good nutrition, but good taste can make us happy, which is also important. What do you think, Felix? Taste or nutrition?
- Felix:** Well, nutrition is important, but I would say that for most of us, taste is important, too. If something doesn’t taste good, most people won’t eat it no matter how nutritious it is. So really we need food like Sophy’s fruit—delicious and nutritious.
- Teacher:** Yes. Unfortunately, a lot of food isn’t that perfect!

Unit 2, Listening 1, Activity A, B

Page 27

- Hamad Al Shareef:** Greetings, and welcome to today’s edition of “Your World” with me, Hamad Al Shareef. And with me in the studio I have nutrition expert Dr. Al Dosari. Welcome, Doctor.
- Dr Al Dosari:** Thanks, Hamad. It’s great to be here.
- H AS:** So, it’s time to listen up, people, for some top health tips. Remember, you may like the taste, but did you ever wonder about the effect on your body of what you eat and drink?... Doctor?
- D AD:** Well, let me start by saying this isn’t a lecture on healthy eating. We all know that we should drink lots of water, and eat plenty of fruits and vegetables, and so on, but in the real world, most of us prefer soft drinks to water, and we all eat food we know is bad for us. My point is, it’s OK—
- H AS:** What! It’s OK? Great! I’ll have a double cheeseburger!
- D AD:** It’s OK to eat any food you want as long as your **diet** is **balanced**. And what I want to say today is that we can all enjoy good health, but we have to know the effects that the food and drink we **consume** have on our bodies.

Q2e Listening & Speaking 3: Audio Script

- H AS:** That makes sense. So, let's look at some of the things we enjoy most...Now, I love a **spicy** beef burger or a juicy steak. Of course, I know red meat's supposed to be bad...
- D AD:** Well, that's exactly my point. Red meat isn't bad for you, unless you eat too much. It actually gives us healthy bones and skin. But obviously you shouldn't eat a huge steak every night!
- H AS:** White meat is healthier, though, right?
- D AD:** Yes, white meat, such as chicken or turkey, is definitely good for you. In fact, because it contains a natural substance which makes us feel calm, eating turkey can actually change your **mood**. Have a turkey sandwich for lunch, and you'll feel more relaxed.
- H AS:** OK, but what about a cheese sandwich? I love cheese, but people say it's bad for you.
- D AD:** Well, cheese has calcium, so it's good for your teeth, but since it's high in fat and salt you shouldn't eat it every day. We need salt to survive, but too much salt can cause high blood pressure.
- H AS:** OK, but I'm a coffee man, too, and I know that's bad for you.
- D AD:** Well, coffee gives you energy due to the caffeine, and that's all right. But if you drink too much coffee, it can make you feel stressed and give you problems sleeping. Coffee before lunch is OK, but I suggest drinking tea in the afternoon.
- H AS:** Ah, but tea has caffeine, too, Doc. I read about it.
- D AD:** Yes, but only a small amount, and green tea, for example, also helps fight cancer and improves your ability to **concentrate**. Tea is fine, and lots of green tea is even better!
- H AS:** Hmm. But when I'm tired, I usually **rely on** a soda.
- D AD:** Well, a soda might give you energy for a short period, but one can contain up to 15 teaspoons of sugar! All of that sugar has a big effect on your body, Hamad! And the **calories** in soda are what we call "empty" calories, since they have no nutrition at all. As a result, a couple of hours after you consume the soda, you'll probably feel more tired, and depressed as well.
- H AS:** Hmm...and what about chocolate lovers? Bad again, right?
- D AD:** Well, a little chocolate from time to time isn't so bad, but not milk chocolate—that's bad—it has to be dark chocolate. Dark chocolate can lower your blood pressure and is good for your heart...I guess all I'm really saying is that by making **wise** food choices, you can basically eat what you like...you just need to **mix** the good and the bad. What's so hard about that?
- H AS:** Sounds great! Now, let me ask you one more thing...

Unit 2, Listening Skill, Examples Page 30

I rarely cook because I am tired when I get home.
We usually eat at home since it's so expensive to eat out these days.
I never buy fish as I don't know how to cook it.
The pasta tasted terrible, so we didn't eat it.

Due to her good diet, Leena is very healthy.
Because of the high calories, I never eat chocolate.

Unit 2, Listening Skill, Activity A

Page 31

1. Since Dr. Al Dosari is a nutrition expert, Hamad interviewed him on his radio show.
2. Eating a lot of cheese isn't good because of the large amount of salt.
3. Because Hamad stopped drinking soda, he feels much healthier now.
4. Hamad also wants to lose weight, so he's following Dr. Al Dosari suggestions.

Unit 2, Listening Skill, Activity B

Page 31

1. Because it contains a natural substance which makes us feel calm, eating turkey can actually change your mood.
2. Cheese has calcium, so it's good for your teeth.
1. Coffee gives you energy due to the caffeine.
2. The calories in soda are what we call "empty" calories since they have no nutrition at all.

Unit 2, Listening 2, Activity A

Page 34

Stuart: Hi, my name's Stuart Andrews, and I'm a chocolate taster. I've always loved chocolate, so this is the dream job for me. I work for a big department store. We develop our own chocolate. I also train staff, um, visit chocolate factories, and deal with suppliers. I organize volunteer "tasting sessions." Of course, since everyone loves chocolate, there's never a problem getting volunteers! It's not a job you can just walk into, though—I studied for a degree in nutrition and then worked for an ice cream manufacturer for a few years first. I started here six years ago, and I still love every day. The best thing is that when I go to work, my desk is covered in chocolate! The worst is probably **keeping an eye** on my weight because of all the calories. You know, it's easy to put on weight, so I try to eat healthily whenever I'm not working. I go to the gym, and I make sure I see my dentist every six months! I live and work in London, but I travel a lot because you have to keep up with the latest **trends**, you know—Belgium, France, Switzerland. I was in New York last week to see what's selling there. It's not just the taste that makes people buy one bar of chocolate rather than another, but the appearance and the advertising, too.

Marie: Hello, this is Marie Lavoisier. Tasting cheese, for me, uh, it's not a job at all, really. I'm a cheese buyer for a large supermarket. On what I call a "taste day" I taste maybe ten to twelve different cheeses. Because they all taste different you

can't taste everything at once—you need to take your time. I check for flavor, **texture**, and especially the smell of the cheese, since smell is the most important. Some people think strong smelling cheeses are **disgusting**, and **occasionally** they are, but in general they're my favorite! We keep cheeses for many months, some for over a year, and so I also need to check the cheese we have, and decide when each cheese is ready, you know, to go out on sale. I live just outside Paris, which is convenient because I need to meet farmers regularly, mainly to help them develop new products, since people always like to try new **flavors**. To get this job, I studied for a degree in food science and then waited for the chance to be a cheese taster. As soon as I saw the job, I was there! You have to love cheese, of course, because it's "cheese, cheese, cheese" all day, every day. Some people get tired of it from time to time, but I never do!

Enrique: Hi there, my name's Enrique Martinez. I started work as a manager in a coffee shop and gradually I began to, you know, uh, enjoy the taste. There are degrees you can get, and courses you can take, but I worked my way up through experience and now I'm the head coffee taster for a large importing company. I only taste in the mornings because that's when my sense of taste is at its best. I check the quality. Um, people can pay a lot for coffee, so they want to enjoy it. I check the smell, the taste. You know, is it sweet or bitter? Some taste of chocolate, others are spicy. Some are very **complex**. I make it, taste it, but I don't **swallow** it. I **estimate** I taste up to 100 coffees, so I don't actually drink them because of all the caffeine, right! In the afternoons I email suppliers or do paperwork. Um, I live here in downtown Los Angeles, so I walk to work, which is great. Yeah, I love this job. It can be hard work, trying to **distinguish** between so many different coffees, but I wouldn't want to do anything else!

Unit 2, Listening 2, Activity B

Page 35

Stuart: Hi, my name's Stuart Andrews, and I'm a chocolate taster. I've always loved chocolate, so this is the dream job for me. I work for a big department store. We develop our own chocolate. I also train staff, um, visit chocolate factories, and deal with suppliers. I organize volunteer "tasting sessions." Of course, since everyone loves chocolate, there's never a problem getting volunteers! It's not a job you can just walk into, though—I studied for a degree in nutrition and then worked for an ice cream manufacturer for a few years first. I started here six years ago, and I still love every day. The best thing is that when I go to work, my desk is covered in chocolate! The worst is probably **keeping an eye** on my weight because of all the calories. You know, it's easy to put on weight, so I try to eat healthily whenever I'm not working. I go to the gym, and I make sure I see my dentist every six months! I live and work in London, but I travel a lot because you have to keep up with the latest **trends**, you know—Belgium, France, Switzerland. I was in New York last week to see what's selling there. It's not just the taste that makes people buy one bar of chocolate rather than another, but the appearance and the advertising, too.

Marie: Hello, this is Marie Lavoisier. Tasting cheese, for me, uh, it's not a job at all, really. I'm a cheese buyer for a large supermarket. On what I call a "taste day" I taste maybe ten to twelve different cheeses. Because they all taste different you can't taste everything at once—you need to take your time. I check for flavor, **texture**, and especially the smell of the cheese, since smell is the most important. Some people think strong smelling cheeses are **disgusting**, and **occasionally** they are, but in general they're my favorite! We keep cheeses for many months, some for over a year, and so I also need to check the cheese we have, and decide when each cheese is ready, you know, to go out on sale. I live just outside Paris, which is convenient because I need to meet farmers regularly, mainly to help them develop new products, since people always like to try new **flavors**. To get this job, I studied for a degree in food science and then waited for the chance to be a cheese taster. As soon as I saw the job, I was there! You have to love cheese, of course, because it's "cheese, cheese, cheese" all day, every day. Some people get tired of it from time to time, but I never do!

Unit 2, Listening 2, Activity C

Page 35

Enrique: Hi there, my name's Enrique Martinez. I started work as a manager in a coffee shop and gradually I began to, you know, uh, enjoy the taste. There are degrees you can get, and courses you can take, but I worked my way up through experience and now I'm the head coffee taster for a large importing company. I only taste in the mornings because that's when my sense of taste is at its best. I check the quality. Um, people can pay a lot for coffee, so they want to enjoy it. I check the smell, the taste. You know, is it sweet or bitter? Some taste of chocolate, others are spicy. Some are very **complex**. I make it, taste it, but I don't **swallow** it. I **estimate** I taste up to 100 coffees, so I don't actually drink them because of all the caffeine, right! In the afternoons I email suppliers or do paperwork. Um, I live here in downtown Los Angeles, so I walk to work, which is great. Yeah, I love this job. It can be hard work, trying to **distinguish** between so many different coffees, but I wouldn't want to do anything else!

Unit 2, Pronunciation, Examples

Page 42

I think Marco must be Italian.
I can't see you tonight, but Tuesday is fine.
I ate salmon for dinner last night.
Do you eat a balanced diet?
Do you want to go out for lunch?
How is your steak?

Unit 2, Pronunciation, Activity A, B

Page 43

1. We all eat things we know we shouldn't.
2. "Empty" calories have no nutritional value at all.
3. I can't drink coffee, but tea is fine.
4. Cheese has calcium, so it's good for your teeth.
5. Sometimes in the evening I'm too tired to cook.
6. Marie makes sure the cheese is ready to go out on sale.
7. Stuart thinks the appearance of chocolate can be as important as the taste.
8. Enrique thinks people pay a lot for coffee, so they want to enjoy it.

Unit 2, Speaking Skill, Examples

Page 43

According to Dr. Al Dosari, Hamad should drink less coffee.

He shouldn't drink a lot of soda.

He ought to eat more fish.

Perhaps you should eat more fruit and vegetables.

You really ought to eat more fruit and vegetables.