

# AN INCREDIBLE VEGETABLE



# DISCUSS

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Would you say that you have a healthy diet?

Do you think that fruit and vegetables are good for your health?

What are some health benefits of vegetables?



# Name these vegetables and nuts



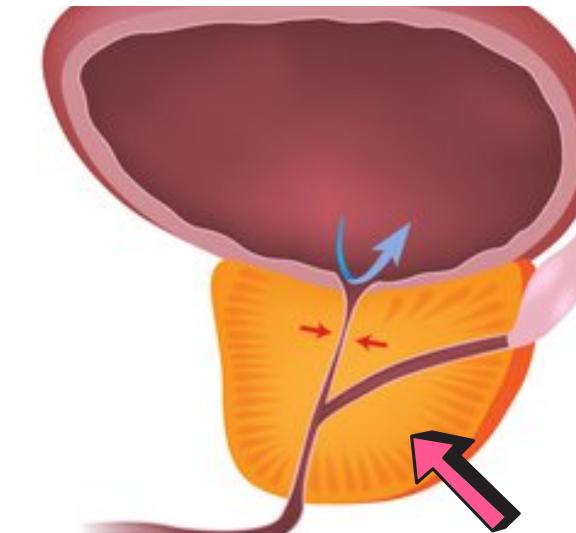
[http://cdn.shopify.com/s/files/1/2275/0783/products/RawBrazilNut\\_1024x.jpg?v=1584711868](http://cdn.shopify.com/s/files/1/2275/0783/products/RawBrazilNut_1024x.jpg?v=1584711868)

# What body parts / organs do they resemble?



[http://cdn.shopify.com/s/files/1/2275/0783/products/RawBrazilNut\\_1024x.jpg?v=1584711868](http://cdn.shopify.com/s/files/1/2275/0783/products/RawBrazilNut_1024x.jpg?v=1584711868)

# Match food items with the body parts / organs



<https://assets.nhs.uk/nhsuk-cms/images/CYFPRG.max-600x600.jpg>



<https://completewomenicare.com/wp-content/uploads/2018/01/Ovaries.jpg>



[https://www.brainline.org/sites/all/modules/custom/bl\\_brain/images/brain-lateral.png](https://www.brainline.org/sites/all/modules/custom/bl_brain/images/brain-lateral.png)



<https://www.ediblemuseum.com/wp-content/uploads/2016/05/SH-6-scaled.jpg>

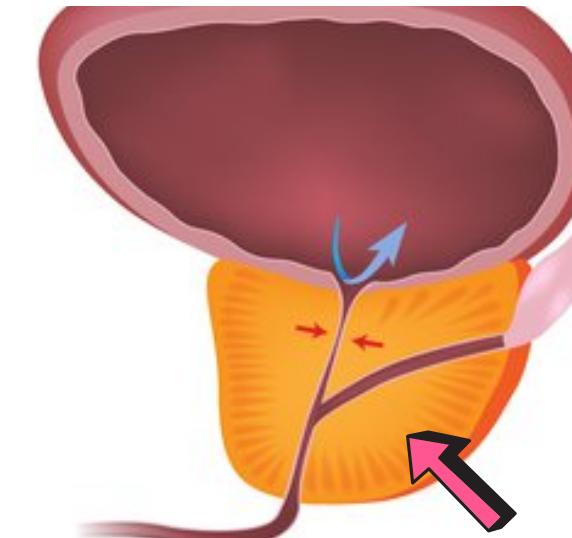
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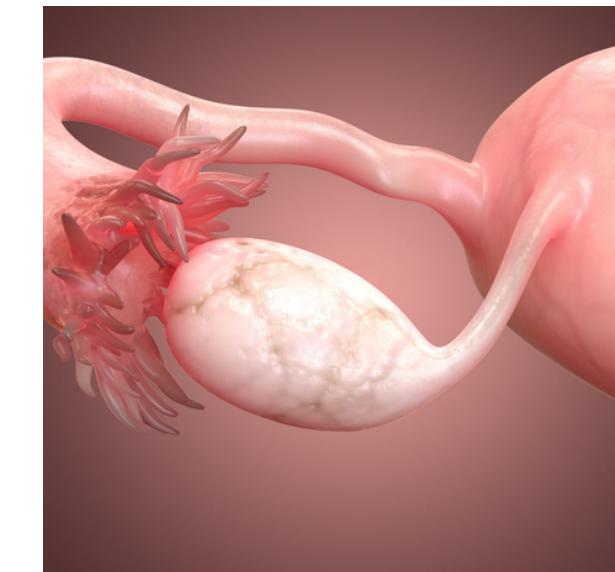
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**Watch the video and check your answers**

<https://www.youtube.com/watch?v=9WxSExNZUcA&t=3s>



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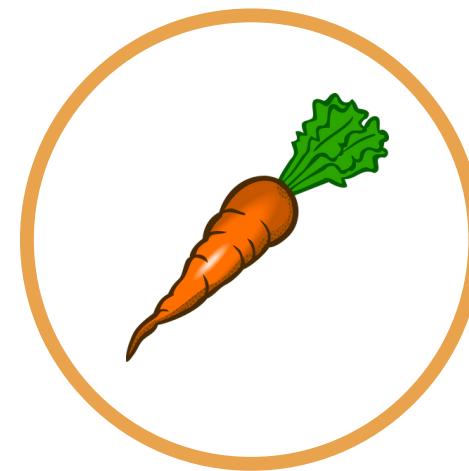
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# WATCH THE VIDEO AGAIN AND WRITE THE HEALTH BENEFITS OF EACH FOOD ITEM

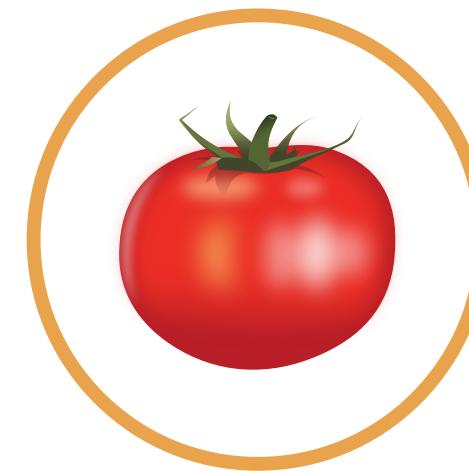
<https://www.youtube.com/watch?v=9WxSExNZUcA&t=3s>



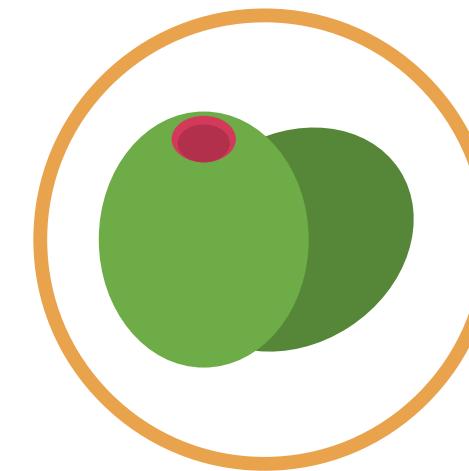
WALNUTS



CARROTS



TOMATOES



OLIVES



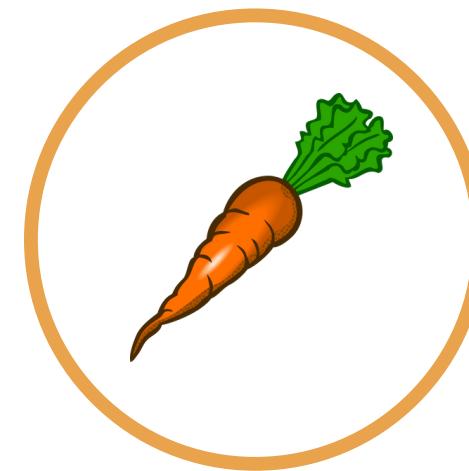
BRAZILIAN  
NUTS

# WATCH THE VIDEO AGAIN AND WRITE THE HEALTH BENEFITS OF EACH FOOD ITEM (ANSWERS)



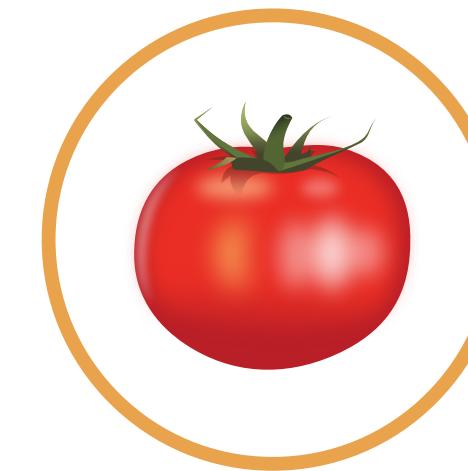
## WALNUTS

- Help brain functions (memory, learning, behaviour)
- Protect against Alzheimer's disease and dementia



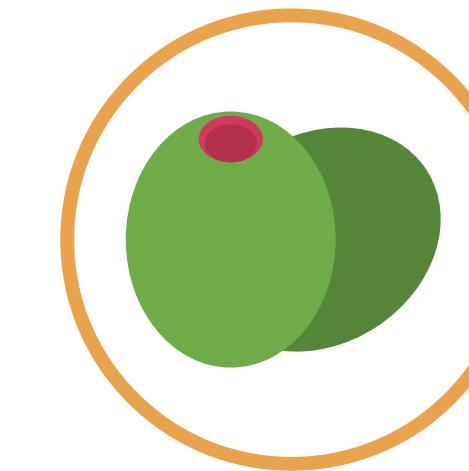
## CARROTS

- Protect eyes from ageing and the environment
- Prevent cataracts and worsening eyesight



## TOMATOES

- Lower inflammation and cholesterol levels
- Reduce the risk of heart disease



## OLIVES

- Improve fertility in men and women
- Reduce the risk of ovarian cancer



## BRAZILIAN NUTS

- Prevent prostate cancer
- Slow prostate cancer growth



# WHAT IS THIS VEGETABLE?

Do you like it?

How often do you eat it?

What are the health benefits of this vegetable?

## An incredible vegetable

Garlic, a member of the Liliaceae family which also includes onions, is (0) ..... used in cooking all around the world. China is currently the largest (17) ..... of garlic, which is particularly associated with the dishes of northern Africa and southern Europe. It is native to central Asia and has long had a history as a health-giving food, used both to prevent and cure (18) ..... . In Ancient Egypt, workers building the pyramids were given garlic to keep them strong, while Olympic athletes in Greece ate it to increase their resistance to infection.

The forefather of antibiotic medicine, Louis Pasteur, claimed garlic was as (19) ..... as penicillin in treating infections. Modern-day (20) ..... have proved that garlic can indeed kill bacteria and even some viruses, so it can be very useful for people who have coughs and colds. In (21) ..... , some doctors believe that garlic can reduce blood (22) .....

The only (23) ..... to this truly amazing food is that the strong and rather (24) ..... smell of garlic is not the most pleasant!

**READ THE TEXT AND CHECK  
YOUR ANSWERS**

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**PREDICT THE TYPE OF  
MISSING WORDS**

**DISCUSS THE POSSIBLE  
OPTIONS FOR EACH GAP**

# PUT THE WORDS BELOW UNDER THE CORRECT HEADING.

# HOW MANY WORDS CAN YOU FORM FROM EACH OF THESE BASE WORDS?

ADD  
ADVANTAGE  
COMMON  
EFFECT  
ILL  
PRESS  
PRODUCT  
SCIENCE  
SPICE

**PUT THE WORDS BELOW UNDER  
THE CORRECT HEADING.**

**HOW MANY WORDS CAN YOU  
FORM FROM EACH OF THESE  
BASE WORDS?**

**ADD  
ADVANTAGE  
COMMON  
EFFECT  
ILL  
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PRODUCT  
SCIENCE  
SPICE**

<b>NOUN</b>	<b>VERB</b>	<b>ADJECTIVE</b>	<b>ADVERB</b>
addition, additive	add	additional	additionally
advantage, disadvantage	-	advantageous, disadvantageous	advantageously, disadvantageously
-	-	common, uncommon	commonly, uncommonly
effect	effect	effective, ineffective	effectively, ineffectively
illness(es)	-	ill	ill
pressure	press	pressing, pressed	pressingly
product, production, producer	produce	productive, unproductive	productively, unproductively
science, scientist	-	scientific	scientifically
spice	spice	spicy	-

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COMMON

PRODUCT

ILL

EFFECT

SCIENCE

ADD

PRESS

ADVANTAGE

SPICE

# COMPLETE THE EXAM TASK

For questions 17-24, read the text below. Use the word given in CAPITALS at the end of some of the lines to form a word that fits in the gap **in the same line**. There is an example at the beginning (0).

**Example:** 0 C O M M O N L Y

# BRAIN TEASER: Complete the SUDOKU grit using correct parts of speech

			product
	addition		
	effective		pressingly
	effect	pressure	