

**Talk Time Topic: Nutrition and Diet**

**Let's get started...**

Before we begin today's discussion, take a minute to think. How is your nutrition? Do you think that your diet is healthy? The advice of doctors regarding healthy diets continues to change. Tell the group about your own diet. Do you think it is healthy and balanced? Do you find it easy or difficult to eat well?

**Background:**

The FDA has changed its recommendations for eating to achieve good or optimum health. The new pyramid was introduced in 2005. Study the parts together and talk about each piece of the pyramid.



**In pairs for 5 minutes, ask and answer these questions:**

1. Based on the new pyramid, what changes would you make to your diet?
2. What would you eat at each meal?
3. What is the most difficult guideline to follow?

**Share your partner's answers with the group.**

**Discussion Questions:**

Do you think it's important to "eat right"? If yes, is it important enough so that you are willing to make changes?

What is your favorite healthy food? How do you prepare it?

Do you think it was easier to prepare healthy foods in your home country? Why or why not?

Do people talk about being “healthy in your country? Explain your answer.

Is there something you want to change in your diet? What is it? Why do you want to change it?

What kinds of foods do you eat most often?

Do you take vitamins? Why or why not?

Do you know anyone who eats a vegetarian diet? How about an organic diet? What do you think the advantages or disadvantages would be of these diets?

What is special about foods made with “whole grains”? Do you eat whole grains?

Many Americans are overweight. They go on diets to lose weight. Do people do this in your country? What do doctors advise these people to change in their diets?

Have you eaten fast food? What are the problems with many fast foods?

What is your favorite unhealthy food? Do you limit this food in your diet?

How do you get enough protein? What is your favorite source of protein?

The new pyramid shows someone running up stairs. Do you exercise? What do you do?

**New words and Idioms:**

Diet, nutrition, health, healthy, vegetarian, organic, fast food, moderate, balanced, strict, guideline, protein, fats, carbohydrate, cholesterol, fiber, vitamins, minerals, food pyramid, FDA, antioxidant, protein drink, energy, energy bar, optimum, grains, vegetables, fruits, milk, meats, beans, oils, calories, exercise, “an apple a day keeps the doctor away”, “you are what you eat”, etc.