

WARM UP

- 1 List the things you think are important for a healthy teenage diet.

## Teenage and sports diets

### Teenagers and diet

The national diet and nutrition survey of young people aged 4-18 years provides detailed information on the nutritional intake and physical activity levels of young people in the UK. The findings reveal high consumption of saturated fat, sugar and salt, but low consumption of starchy carbohydrates and fibre. During the seven-day recording period, more than half the young people surveyed had not eaten any citrus fruits, green leafy vegetables, eggs or raw tomatoes and one in ten teenagers have very low intakes of vitamin A, magnesium, zinc and potassium. Intake of iron and calcium was also below ideal levels among many of the teenagers. Meanwhile the rising levels of obesity suggest many young people are eating too many calories. So what foods should teenagers be eating? Adolescence is a time of rapid growth, and the primary dietary need is for energy. Ideally, foods in the diet should be rich in energy and nutrients. This means plenty of starchy carbohydrates, like bread, rice, pasta, cereals, couscous and potatoes; at least five portions of fruit and vegetables every day; two to three portions of dairy products, such as milk, yoghurt, fromage frais and pasteurised cheeses; two servings of protein, such as meat, fish, eggs, beans and pulses; not too many fatty foods and limited sugar-rich food and drinks. It is also important to drink six to eight glasses of fluid a day; eat regular meals, including breakfast, as it can provide essential nutrients and improve concentration in the mornings; choose fortified breakfast cereals with semi-skimmed milk and a glass of fruit juice; take regular exercise, which is important for overall fitness and cardiovascular health, as well as bone development.

ACTIVITIES

READING COMPREHENSION

- 2 Read the text about teenagers and answer these questions.

- 1 How much saturated fat, sugar, salt, starchy carbohydrates and fibre are young people consuming in the UK?
- 2 In a seven-day period what were over 50% of the young people surveyed not consuming enough of?
- 3 What else did the survey show teenager diets were low in?
- 4 What do teenagers primarily need and why?
- 5 What kind of starchy carbohydrates should they be eating?
- 6 How many portions of dairy products should teenagers eat every day and from what sources?
- 7 How much fluid should they drink?
- 8 Why is it important to do regular exercise?

SPEAKING

- 3 Work in pairs. Ask and answer questions about each other's diet.

- A How much protein do you eat every day and what kind?
- B I usually eat meat or fish once a day and either pulses or cheese. What about you?
- A I'm a vegetarian so I never eat meat, but I eat...

LISTENING

- 4 You will hear somebody talking about food for sport. Decide if these sentences are true (T) or false (F).

- 1 If you do more exercise, you don't need to eat more food.
- 2 Your body needs protein more than it needs carbohydrates when you exercise.
- 3 An insufficient store of carbohydrates increases your risk of injury.
- 4 You shouldn't exercise straight after you've eaten.
- 5 You shouldn't eat for more than an hour after you've exercised.
- 6 Rehydrate while you exercise if the session is longer than 30 minutes.
- 7 A diet of proteins and carbohydrates and resistance training helps build muscle.
- 8 You must take dietary supplements if you are doing regular exercise.

T	F
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