

## Preface

This content-based textbook has two important aims: to increase the health awareness of Japanese students, and, at the same time, to give them practice in English conversation.

The text, which also functions as a workbook, is communicative and student-centered. It develops the four skills of listening, speaking, reading, and writing, with the emphasis on listening and speaking. It is supplemented by audio files, which are available on the publisher's web site.

*HEALTHTALK* is for young adults at the intermediate level. The material is presented in a serious, authoritative style, yet humorous illustrations and dialogues give it a lighthearted touch. Important health points are stressed and reiterated throughout the lessons. Because a number of uncommon health-related words and expressions appear, an English-Japanese glossary is included in the back of the book.

Since the initial publication of this text, new data and information have continually surfaced on the topics presented. The original data and information have been revised and updated accordingly.

Two identical health-awareness check sheets were added in the last edition. Each is a simple set of twelve key questions, one from each unit in the text. The before-the-course check sheet is intended to show students how little they know about good health habits. The same check sheet taken at the end of the course will, hopefully, show students how much their health awareness has improved as a result of having studied the textbook.

If even a few students, after reading this book, think more about their health—whether it be quitting smoking or getting a dental checkup—*HEALTHTALK* will have met one of the aims for which it was written.

Bert McBean

## Contents

My Health Awareness Checksheet	vi
My Health Awareness Checksheet: Results	vii
<b>Lesson 1</b> You Can Live to Be a Hundred	2
<b>Lesson 2</b> Ten Ways to Prevent Cancer	14
<b>Lesson 3</b> Smoking Tobacco Is Dangerous	26
<b>Lesson 4</b> The Environment and Your Health	38
<b>Lesson 5</b> Exercise for Good Health	50
<b>Lesson 6</b> Healthy Food for a Healthy Body	62
<b>Lesson 7</b> Alcohol Can Be Dangerous	74
<b>Lesson 8</b> Stress Can Ruin Your Health	86
<b>Lesson 9</b> Obesity Is a Bad Thing	98
<b>Lesson 10</b> Dental Care for Healthy Teeth	110
<b>Lesson 11</b> The AIDS Crisis Concerns Everyone	122
<b>Lesson 12</b> Depression: Don't Let It Get You Down	134
English-Japanese Glossary	146



17

## Healthy Food for a Healthy Body

“You are what you eat” is often said by nutrition experts. It means that your diet (what you eat) is the foundation for your physical and emotional well-being. Would you want to cross bridges or be in buildings without good foundations? Of course not! But, many of us have bodies with poor foundations because of unhealthy eating habits.

Once again, think of your body as an engine, and think of food as fuel—for humans. When your engine is getting good fuel and running smoothly, you’re healthy, energetic, and physically attractive. When it’s getting poor-quality fuel, you’re likely to be unhealthy, not energetic, and overweight. To prevent that from happening, think about nutrition and eat wisely. Develop a positive eating plan by knowing which foods are good for you and which aren’t. Then form good eating habits and don’t change. This is not easy to do because there is so much delicious food around us all the time, and eating is one of life’s great pleasures. Unfor-

tunately, although they sound alike, “delicious” doesn’t always equal “nutritious.” Actually, much of the food people love—like potato chips, candy, ice cream, and cola—is not healthy. That means these foods are not good fuel for your body.

These so-called “junk foods,” dished out in fast-food restaurants, supermarkets, and convenience stores, have increased considerably in recent years. This reflects the change in Japanese lifestyles with more women working and more people eating “on-the-run.” The convenience and standardized tastes of such foods may be an advantage because they save time. However, there is a “price to pay” in nutrition because they contain more sugar, salt, and artificial seasonings than home-cooked food. In addition, they are treated with food additives for color, flavor, and preservation. No one really knows the long-term effects all these chemicals have on the human body.

An average person needs about 2,500 calories a day from complex carbohydrates, protein, and fats. A balanced variety of natural foods from the four basic food groups below should give you all the vitamins and minerals you need: (1) milk products; (2) meat, fish, chicken, and eggs; (3) vegetables and fruits; and (4) bread and rice.

Some points to remember are these: Eat a lot of fresh fruits, vegetables, and high-fiber foods. Cut down on the meat and high-cholesterol foods. Drink pure, nutritious drinks like milk and juice, not coffee and sodas. Reduce or eliminate the use of salt and sugar; they are in most food already.

If you had lived in Japan many years ago, choosing good food would have been simple. People had little choice then; they had to eat what they could get, which was the traditional, fresh-grown, vegetable-based diet. Today, we have more than enough food, but much of it is unnecessary or unhealthy. This food is one cause of health problems like heart disease, diabetes, stomach cancer, and obesity.

Think about your diet. Remember, “You are what you eat.” This simply means that eating good food makes you healthy, happy, and—really—even handsome.

## Five Questions Plus One

Answer the five questions. Then, make a question to be written on the blackboard for the class to answer.

- ① What does "You are what you eat" mean?
- ② Why is it difficult to follow a good diet?
- ③ What are the four basic food groups?
- ④ What was the traditional Japanese diet like?
- ⑤ What health problems are caused by unhealthy eating?



### Plus One

Your Question: \_\_\_\_\_

The Answer: \_\_\_\_\_

## True or False Questions

Circle T (True) or F (False) for each statement. If the statement is False, correct it to make it True.

- T F 1. Food can be thought of as a kind of fuel.
- T F 2. All delicious food is good for your health.
- T F 3. To "cut down" on a food means to eat less of it.
- T F 4. People who lived 100 years ago probably were not fat.
- T F 5. Most food doesn't have enough sugar or salt in it.

## Using Key Words Correctly

Write the missing word in each sentence by choosing a word from the WORD LIST below. Use your glossary for words you don't understand.

1. The science of food and how it affects your health is called \_\_\_\_\_.
2. \_\_\_\_\_ food is good for your health because it contains many nutrients.
3. Being \_\_\_\_\_ may be one result of poor eating habits.
4. Something you do regularly is called a \_\_\_\_\_.
5. Food can taste \_\_\_\_\_ but not be nutritious.
6. To \_\_\_\_\_ a food from your diet means to stop eating it.
7. A \_\_\_\_\_ diet means a variety of food from each food group.
8. Eating too many foods high in \_\_\_\_\_ could cause heart disease.
9. The \_\_\_\_\_ Japanese diet has always been a healthy diet.
10. The scientific name for being fat is \_\_\_\_\_.
11. Good food is a kind of \_\_\_\_\_ for the body.
12. A person who is \_\_\_\_\_ has a lot of energy.

### WORD LIST

- |               |              |               |
|---------------|--------------|---------------|
| • overweight  | • balanced   | • cholesterol |
| • nutritious  | • foundation | • nutrition   |
| • traditional | • habit      | • obesity     |
| • eliminate   | • energetic  | • delicious   |



## Getting Information A

Answer these questions about your eating habits. Then, use the sample sentences to ask your partner questions about his/her eating habits. A plus (+) or a minus (-) indicates good or bad from a nutritional point of view. Cover your partner's page.

		You				Partner			
How often do you ...		always	often	some-times	never	always	often	some-times	never
Do you ever ...									
miss lunch?	-								
eat brown bread?	+								
drink green tea?	+								
eat brown rice?	+								
drink cola?	-								
eat fresh fruit?	+								
eat <i>natto</i> ?	+								
go to Lotteria?	-								
*									

\*Your original question



always



often



sometimes



never

Question

How often do you miss breakfast?  
Do you ever eat fast food?

Answer

I always eat fast food.  
often do.  
sometimes miss breakfast.  
never

## Getting Information B

Answer these questions about your eating habits. Then, use the sample sentences to ask your partner questions about his/her eating habits. A plus (+) or a minus (-) indicates good or bad from a nutritional point of view. Cover your partner's page.

		You				Partner			
How often do you ...		always	often	some-times	never	always	often	some-times	never
Do you ever ...									
miss lunch?	-								
eat brown bread?	+								
drink green tea?	+								
eat brown rice?	+								
drink cola?	-								
eat fresh fruit?	+								
eat <i>natto</i> ?	+								
go to Lotteria?	-								
*									

\*Your original question



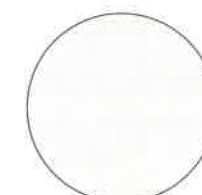
always



often



sometimes



never

Question

How often do you miss breakfast?  
Do you ever eat fast food?

Answer

I always eat fast food.  
often do.  
sometimes miss breakfast.  
never

## Dialogue Dictation



18

Jim is shopping in a health food store for the first time. His friend, Liz, is giving him advice.

Jim: My \_\_\_\_\_ food is \_\_\_\_\_ cream. Is it \_\_\_\_\_?

Liz: No, it's \_\_\_\_\_ very \_\_\_\_\_.

Jim: Why? It's \_\_\_\_\_ from \_\_\_\_\_, isn't it?

Liz: A \_\_\_\_\_ milk, but mostly \_\_\_\_\_ chemicals and \_\_\_\_\_ of \_\_\_\_\_.

Jim: Is there any \_\_\_\_\_ ice \_\_\_\_\_?

Liz: Here is some \_\_\_\_\_ ice cream.

Jim: Natto \_\_\_\_\_ cream? That sounds \_\_\_\_\_!

Liz: But, it's \_\_\_\_\_ in \_\_\_\_\_.

Jim: Never \_\_\_\_\_, I \_\_\_\_\_ my \_\_\_\_\_ ice cream at \_\_\_\_\_, anyway.

Liz: What \_\_\_\_\_ do you \_\_\_\_\_?

Jim: \_\_\_\_\_ ice cream.

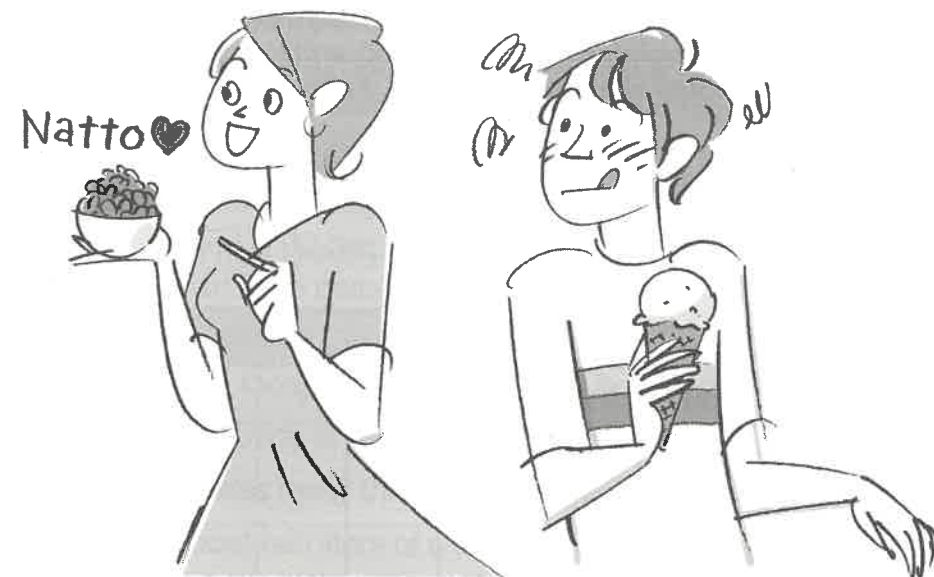
Liz: What! Now I \_\_\_\_\_ why you \_\_\_\_\_ a red \_\_\_\_\_ after \_\_\_\_\_ ice cream.



➤ Check your answers by using the Dialogue Practice page.

## Dialogue Practice

1. Read; 2. Remember; 3. Look Up; and 4. Speak. After you finish, change roles and do it again.



A

Jim: My **favorite** food is **ice** cream. Is it **healthy**?

Liz: .....

Jim: Why? It's **made** from **milk**, isn't it?

Liz: .....

Jim: Is there any **healthy** ice **cream**?

Liz: .....

Jim: Natto **ice** cream? That sounds **bad**!

Liz: .....

Jim: Never **mind**, I **make** my **own** ice cream at **home**, anyway.

Liz: .....

Jim: **Alcohol** ice cream.

Liz: .....

B

Jim: .....

Liz: No, it's **not** very **healthy**.

Jim: .....

Liz: A **little** milk, but mostly **artificial** chemicals and **lots** of **sugar**.

Jim: .....

Liz: Here is some **special** natto ice cream.

Jim: .....

Liz: But, it's **high** in **protein**.

Jim: .....

Liz: What **kind** do you **make**?

Jim: .....

Liz: What! Now I **know** why you **get** a red **face** after **eating** ice cream.

## You and Your Partner

### Opinion Questionnaire

Below are some statements about food and drinks. Do you agree or disagree with them? Write your opinions, then get and write your partner's. The student answering should close his/her book. Follow this example:

All "junk food" should have warning labels on it.

I agree.

I disagree.

I don't know.

Y=You / P=Your Partner

	AGREE		DISAGREE		DON'T KNOW	
	Y	P	Y	P	Y	P
① Food from a can is just as healthy as fresh food.						
② Most imported food is too dangerous to eat.						
③ Eating seaweed can make hair grow on your head.						
④ Eating carrots makes your eyesight better.						
⑤ Eggs are dangerous because of their high cholesterol.						
⑥ The legal drinking age should be raised to 22.						
⑦ Rice wine with raw eggs is a good medicine for colds.						
⑧ Write your original statement here.						

Explain why you agree or disagree for each item.

I agree/disagree because \_\_\_\_\_

## Read This

### The Importance of Water

Water is the most important substance for all living things. You can live for weeks without food, but you can only live a few days without water. It's simply precious. Remember these important facts about water:

- Your body is about 65 percent water. For example, if you weigh 60 kilograms, about 40 kilograms is water.
  - Your blood is 90 percent water.
  - Your brain is 75 percent water.
  - There is water in every body cell.
- Water carries food (nutrients) to all cells in the body.
- It keeps your body at the right temperature.
- It carries wastes away through the urine.
- You lose about two liters of water every day.
- Water is easy to replace; it is in all food.



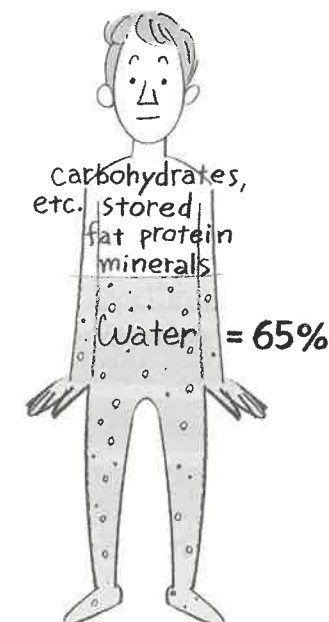
6 – 8 a day

You should drink six to eight glasses of liquids daily. Getting your liquids only in soft drinks, coffee, tea, or beer is not good. While they all contain water, the sugar, caffeine and alcohol in them can upset the fluid balance in your body—and they might make you fat.

**Just plain water is best, and it's free!**

How well can you remember? **Cover the top half of this page, listen to the teacher's questions, and write your answers below.**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





## Listening for Content

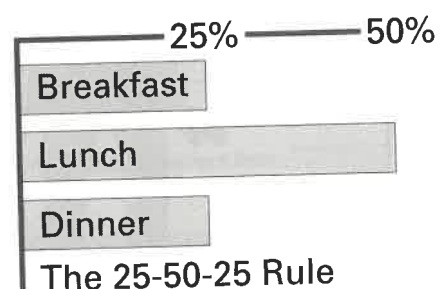


Read, listen, and then write to complete the sentences.

### A Guide to Proper Food Intake

For most people, the main meal of the day is eaten in the evening. However, this is not good for health. Here is a rule—called the 25-50-25 rule—that can remind you when to eat the proper amounts of food:

1. Your \_\_\_\_\_ needs \_\_\_\_\_ for \_\_\_\_\_ during the \_\_\_\_\_.
2. But, \_\_\_\_\_ body doesn't \_\_\_\_\_ many calories at \_\_\_\_\_.
3. Therefore, you should:
  - a. Get \_\_\_\_\_ percent of \_\_\_\_\_ calories at \_\_\_\_\_.
  - b. Then, another \_\_\_\_\_ percent at \_\_\_\_\_ time.
  - c. But, \_\_\_\_\_ only \_\_\_\_\_ percent of your \_\_\_\_\_ at \_\_\_\_\_ time.
4. It is not \_\_\_\_\_ to eat \_\_\_\_\_ at \_\_\_\_\_ before \_\_\_\_\_ to \_\_\_\_\_.



## Activities for Conversation Practice

### A Agree or Disagree

What is your opinion of the following statement? Make notes in the appropriate box and get ready to give your reasons when asked by your teacher or your partner.

People should eat the food they like to eat.

AGREE


DISAGREE


### B Create a Dialogue

One student be A and the other be B. Work together and write out five exchanges of at least five words each. Practice; then do the dialogue in front of the class.

1. A is trying to get his young son, B, to drink milk for breakfast, but B wants to drink only coke.
2. A eats all his meals at fast-food restaurants. B is explaining why he shouldn't eat there so much.
3. A gets up late every morning, so he doesn't eat breakfast. His mother, B, is telling him how important breakfast is.

### C Topics for Discussion and Writing

Individual and group. Write out your answers for the following questions, then discuss them with your classmates.

1. In the U.S. there is a jingle that goes like this: "I'm Popeye the sailor man, I'm strong to the finish 'cause I eat my spinach, I'm Popeye the sailor man." Explain what you think this jingle means.
2. Discuss your eating habits. What are the good points of your eating habits? The bad points? How do you think you can improve your diet?
3. Brown rice is more nutritious than white rice. Explain why. Do you like brown rice? Why or why not?