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UNIT

1

# Exploring diet-health connections



## Learning objectives

**After learning this unit, you will be able to:**

- grasp the features and benefits of the Mediterranean diet;
- explore the development and role of the Chinese medicinal diet;
- cite authoritative sources in medical writing;
- investigate the link between diet and disease prevention.

# Lead-in

- 1** What nutrients are found in common daily foods? What are the key benefits of these nutrients? Match each food group with its primary nutrient and corresponding benefits.

Food groups	Nutrients	Key benefits
 <b>A</b>	carbohydrates	strengthening bones and teeth
 <b>B</b>	vitamin C	promoting muscle growth and tissue repair
 <b>C</b>	proteins	protecting cells from damage (antioxidant)
 <b>D</b>	calcium	providing quick energy for the brain and body
 <b>E</b>	healthy fats	aiding nutrient absorption and brain function

- 2** Decide whether each of the following statements is true (T) or false (F).

- \_\_\_\_\_ 1. Drinking fruit juice is just as healthy as eating whole fruits.
- \_\_\_\_\_ 2. Organic foods are always more nutritious than conventionally grown foods.
- \_\_\_\_\_ 3. Yogurt supports gut health by promoting the growth of beneficial bacteria.
- \_\_\_\_\_ 4. Egg yolks are unhealthy because they raise blood cholesterol levels significantly.
- \_\_\_\_\_ 5. Skipping breakfast can slow down your metabolism and lead to weight gain.



# Intensive reading

## Pre-reading

A healthy diet is essential for overall well-being, as it provides energy, enhances immunity, and reduces the risk of chronic diseases. For those who engage in regular physical activity, proper nutrition can be crucial to support athletic excellence. What specific dietary choices can make the biggest difference in achieving both health and fitness goals?

## The Mediterranean diet: Nourishing body and performance

- 1 Nutrition plays a pivotal role in enhancing training effectiveness and running performance. To sustain consistent progress, it is essential to consume foods that not only nourish and fuel the body but also facilitate recovery after each run. Among dietary strategies for optimal athletic performance, the widely acclaimed Mediterranean diet may be the secret to unlocking the full potential of individuals on the track.
- 2 For the eighth year in a row, the Mediterranean diet scored the number-one spot for best overall diet by *U.S. News & World Report*. While this way of eating brings many health benefits, can it also help people perform at their best?
- 3 The Mediterranean diet is not actually a short-term plan aimed at temporary health goals. Instead, it is intended to be a lifestyle shift in eating habits. “Contrary to popular belief, there is no single Mediterranean diet. Rather, this way of eating incorporates the foods from the Mediterranean region, including countries such as Spain, Greece, and Tunisia, for example,” says Marisa Moore, a registered dietitian nutritionist and food and culinary

expert. Aside from the food, the lifestyle also includes a moderate intake of wine and plenty of physical activity, Moore adds.

- 4 In a review of clinical trials published in the journal *Nutrients*, researchers found that the Mediterranean way of eating may be particularly beneficial for fighting cardiovascular diseases, metabolic diseases, and cancer. These effects are likely due to the anti-inflammatory and antioxidant properties of the diet. Furthermore, many studies also show it may have a positive effect on heart health, cognitive function, and aging. Eating this way has even been linked to improving hearing loss and depression. It may also help lower the risk or progression of diseases such as Alzheimer's disease, Parkinson's disease, and type 2 diabetes, says Lori Russell, a dietitian at the Mayo Clinic.
- 5 Moore highlights several factors that could explain the benefits of this dietary approach, including the high fiber and antioxidants derived from abundant fruits and vegetables, the omega-3 fatty acids obtained from seafood, and the healthy fats sourced from nuts, seeds, and olive oil. These healthy fats are primarily mono- and polyunsaturated fats. The core principle of the diet is to limit heavily processed foods, red meat, and refined grains while incorporating a variety of wholesome foods into daily meals.
- 6 For those looking to get started on the Mediterranean diet or eat healthier overall, Moore suggests starting small. Begin by adding more fruits and vegetables to meals – fresh or frozen, depending on what is available. Then, experiment with different types of seafood. Sardines, for example, are inexpensive and packed with omega-3 fats, but if their flavor is not appealing, salmon serves as an excellent alternative. For an energizing, sweet, and crunchy snack, Moore recommends almond-stuffed dates. The crunchy almonds deliver a dose of mono- and polyunsaturated fats, along with plant protein and fiber for lasting energy – two keys to a satisfying snack.
- 7 Beyond its overall health benefits, the Mediterranean diet can also enhance athletic performance. This way of eating provides plenty of carbohydrates, which are essential for runners and other athletes as they serve as quick-burning fuel. It's also accessible, flavorful, and without strict calorie restrictions, making it an appealing choice for active individuals. According to Russell, the boost to heart health and the cardiovascular system as a whole is one of the most significant benefits for athletes. As for performance, a small study found that short-term adherence to the Mediterranean diet, compared to following a standard Western diet, resulted in faster times in a 5,000-meter race. The high amount of omega-3 fatty acids and antioxidants obtained from this eating way can also potentially boost endurance, energy, and mental resilience in performance. The high antioxidant content may also help accelerate recovery after workouts.

- 8 A recent study published in *Nutrition Research and Practice* further supports these findings. The study observed 15 professional male athletes, aged 13 to 18, who followed the Mediterranean diet for 15 days. The athletes showed improvements in various physical skills, including vertical jump, hand grip strength, and a 20-meter shuttle run. They also reported lower levels of perceived fatigue during the run. The researchers concluded that the Mediterranean diet is a reliable and safe way for athletes to support aerobic performance and strength gains.
- 9 According to Russell, individuals with rare metabolic diseases or epilepsy might benefit more from a different therapeutic diet. For almost everyone else, eating in a Mediterranean way is appropriate, as it is flexible and can be adapted to accommodate various dietary preferences, including plant-based, gluten-free, or dairy-free eating habits.
- 10 While the Mediterranean diet is a very flexible option, each person should evaluate whether it's the best fit for their lifestyle, energy, and nutrition needs, concludes Moore.
- 11 In summary, the Mediterranean diet offers a holistic approach to nutrition that aligns with both performance goals and overall well-being. While it may not be a one-size-fits-all solution, its flexibility and adaptability make it an excellent choice for a wide range of dietary preferences and lifestyles. For those seeking to improve their health and physical strength, the Mediterranean diet is more than just a diet – it's a pathway to a healthier, more vibrant way of life.



## Reading and understanding

- 1 What are the features and benefits of the Mediterranean diet? Find the answer by completing the outline.

# The Mediterranean diet



### Key features

- a(n) 1) \_\_\_\_\_ shift in eating habits rather than a short-term diet
- limiting 2) \_\_\_\_\_, red meat, and refined grains
- incorporating various 3) \_\_\_\_\_ foods into daily diet

4) \_\_\_\_\_

- fighting diseases such as 5) \_\_\_\_\_, metabolic diseases, and cancer
- having a positive effect on heart health, cognitive function, and 6) \_\_\_\_\_
- reducing the risk of Alzheimer's, Parkinson's, and 7) \_\_\_\_\_

### Benefits for athletes

- providing 8) \_\_\_\_\_ for quick energy
- boosting 9) \_\_\_\_\_, energy, mental resilience, and recovery with high omega-3s and antioxidants
- improving performance metrics such as 10) \_\_\_\_\_ and hand grip strength



## 2 Complete the sentences with the information from the passage.

1. The Mediterranean diet has been ranked as the best overall diet by *U.S. News & World Report* for \_\_\_\_\_ years consecutively.
2. Beyond its nutritional components, the Mediterranean lifestyle also characteristically includes \_\_\_\_\_ and regular physical activity.
3. The health benefits of the Mediterranean diet are largely derived from its high content of fiber, \_\_\_\_\_, omega-3s, and healthy fats.
4. Sardines are rich in \_\_\_\_\_, but if disliked, salmon can be a good alternative.
5. A small study found that short-term adherence to the Mediterranean diet improved runners' performance in a(n) \_\_\_\_\_ compared to following a Western diet.
6. A recent study on young athletes demonstrated that the Mediterranean diet improved not only physical performance metrics but also reduced \_\_\_\_\_ during aerobic exercise.
7. Russell cautions that individuals with \_\_\_\_\_ or epilepsy might require alternative therapeutic diets instead.
8. Unlike restrictive diets, the Mediterranean diet's flexibility allows adaptation for \_\_\_\_\_, gluten-free, or dairy-free preferences.

## Reading and discussing

### Work in pairs and discuss the following questions.

1. In modern society, many people prioritize convenience over nutrition, leading to dependence on fast food and ultra-processed food. What challenges does this pose?
2. In an era influenced by social media-driven food culture, how does the promotion of trendy diets by influencers impact the public's understanding of balanced nutrition, and what role should regulatory bodies play in ensuring accurate health information?



## Writing skill



### Citing authoritative sources in medical writing

In medical writing, authoritative citation refers to the strategic use of credible, well-established sources to support claims and enhance the persuasiveness of medical texts. Effective authoritative citation typically involves selecting high-quality sources such as peer-reviewed journals, clinical guidelines from respected organizations or recognized institutions, and expert consensus statements, while providing specific details to facilitate verification. These sources are considered trustworthy because they undergo rigorous scrutiny before publication, ensuring accuracy and reliability.

There are some examples. “For the eighth year in a row, the Mediterranean diet scored the number-one spot for best overall diet by *U.S. News & World Report*” leverages a trusted ranking system to establish legitimacy. “In a review of clinical trials published in the journal *Nutrients* ...” highlights the diet’s anti-inflammatory properties against chronic diseases. This example cites a peer-reviewed study to emphasize scientific rigor. “It may also help ... says Lori Russell, a dietitian at the Mayo Clinic” explains the diet’s positive effects on health by citing an expert from a top-tier medical institution, adding weight to the claims.

A well-structured medical article typically integrates multiple types of authoritative citations to strengthen its arguments, provided the sources are relevant, of high authority, and appropriately matched to the type of claim being made. Hierarchical sourcing and expert testimony collectively contribute to constructing interlocking evidence and compelling arguments.

**Decide whether each statement demonstrates proper authoritative citing. Write T (true) if the citation is authoritative or F (false) if it is not.**

- \_\_\_\_\_ 1. My mentor, Dr. Lee, a cardiologist at Massachusetts General Hospital, observed better outcomes when using this off-label protocol in 12 patients last year.
- \_\_\_\_\_ 2. The *Global Tuberculosis Report 2023* documents that global efforts to combat tuberculosis have saved an estimated 75 million lives since the year 2000.
- \_\_\_\_\_ 3. Research from several studies suggests zinc may shorten the duration of a cold by approximately one day.
- \_\_\_\_\_ 4. A doctor with two million followers on social media claims that turmeric can cure arthritis based on his clinical experience.



## Language focus

### Word formation

Medical terms are generally composed of three key components: the prefix, root, and suffix. The prefix, located at the beginning of the word, modifies or specifies its meaning. The root serves as the core, typically referring to a body part or system. The suffix, found at the end, conveys information about a condition, disease, procedure, or action. Combined, these elements form precise medical terminology.

#### 1 Study the word formation of the medical terms listed in the table.

Prefix	Meaning	Example
<i>anti-</i>	acting to prevent sth.	anti-inflammatory
<i>meta-</i>	connected with changes	metabolic
<i>mono-</i>	one; single	monounsaturated
<i>poly-</i>	many	polyunsaturated

Root	Meaning	Example
<i>cardi/o</i>	heart	cardiovascular
<i>hydr/o</i>	water	carbohydrate
<i>ox/i</i>	oxygen	antioxidant

Suffix	Meaning	Example
<i>-ary</i>	related to	dietary
<i>-ate</i>	compound	carbohydrate
<i>-ent/-ant</i>	substance; agent	nutrient
<i>-ian</i>	one who specializes in	dietitian

#### 2 Complete the sentences with suitable terms listed above. Change the form if necessary.

- Olive oil is a great source of \_\_\_\_\_ fats, which are considered heart-healthy and can help lower bad cholesterol levels.
- Spinach is a leafy green vegetable packed with essential \_\_\_\_\_, such as iron, vitamin C, and calcium, which are vital for maintaining good health.

3. Foods like rice, bread, and pasta are high in \_\_\_\_\_, which provide the body with energy for daily activities.
4. The \_\_\_\_\_ was helpful, offering suggestions on how I could improve my diet.
5. Green tea is known for its \_\_\_\_\_ properties, which can help reduce swelling and protect the body from certain diseases.
6. Regular exercise, such as running or swimming, can improve your \_\_\_\_\_ health by strengthening your heart and improving blood circulation.
7. National \_\_\_\_\_ guidelines now emphasize plant-based proteins and aquatic products for sustainable nutrition practices.
8. A healthy diet and regular exercise can improve your \_\_\_\_\_ rate, which is the speed at which your body converts food into energy.
9. Walnuts are a unique source of \_\_\_\_\_ fatty acids.
10. Blueberries are rich in \_\_\_\_\_, which help protect your cells from damage caused by free radicals and may reduce the risk of chronic diseases.

## Banked cloze

Complete the passage with proper words from the word bank. Each word can be used only once.

pivotal	consistent	gluten	incorporating	nutritionist
culinary	moderate	vibrant	crunchy	calorie
resilience	workout	fatigue	therapeutic	align

The concept of 1) \_\_\_\_\_ eating has become increasingly important in preventive medicine. This approach emphasizes balanced meals that include 2) \_\_\_\_\_ elements like whole grains and colorful produce, while allowing for occasional treats. Many nutritionists recommend incorporating 3) \_\_\_\_\_ foods such as apples or celery, which provide both texture and important dietary fiber. While being mindful of 4) \_\_\_\_\_ intake remains essential, modern dietetics focuses more on the quality of food than on strict counting.

An often overlooked aspect is the need to 5) \_\_\_\_\_ eating patterns with individual energy requirements and health conditions. The process of meal preparation

itself can be 6) \_\_\_\_\_, offering psychological benefits beyond mere sustenance. Developing dietary 7) \_\_\_\_\_ helps people maintain healthy habits even during stressful periods or when traveling. For those with active lifestyles, proper recovery nutrition after 8) \_\_\_\_\_ sessions significantly impacts performance and muscle repair. Recent studies highlight the 9) \_\_\_\_\_ role of gut-healthy foods in overall well-being. Simple strategies like 10) \_\_\_\_\_ fermented foods into daily meals can improve digestion and immunity. The most effective nutritional approaches combine scientific evidence with personal preferences, creating sustainable patterns rather than short-term fixes.

## Translation

**Translate the sentences into English.**

1. 因其科学配方和显著效果，这款营养补充剂连续三年位居销量榜首。（in a row, score the number-one spot for）
2. 研究表明，富含抗氧化剂的饮食可能降低阿尔茨海默病的风险。（antioxidant, Alzheimer's disease）
3. 蛋白质摄入有助于加速康复，特别是在术后或运动损伤后。（accelerate recovery）
4. 这种癫痫治疗药物因其副作用少且疗效稳定而广受好评。（epilepsy, widely acclaimed）
5. 全谷物比精制谷物含有更多纤维和营养素，应作为健康饮食的基础。（refined grains）

# Extended reading

## Pre-reading

In many cultures, food serves not only as a source of nutrition but also as a means to promote health and treat illnesses. What are some foods or dishes in Chinese cuisine believed to have health benefits? What are their health effects?

## Chinese medicinal diet

- 1 The concept of functional food – food offering therapeutic benefits apart from nutrition – has been practiced in China for thousands of years. Functional foods are rich in biologically active components that enhance physical and physiological well-being, playing a vital role in maintaining health.
- 2 One of the earliest advocates of functional foods was Yiyin, a legendary prime minister of the Shang Dynasty (1600-1046 B.C.E.). Yiyin emphasized the importance of decoctions, particularly as medicaments. By the Zhou Dynasty (1046-256 B.C.E.), functional foods had gained further recognition. The court appointed a *shiyi* – a royal nutritionist – to the palace to examine the relationship between food quality, nutritional intake, and health.
- 3 Over the centuries, Chinese cuisine has developed into a remarkably diverse culinary tradition, incorporating various vegetables and meats. A key factor behind this development is the link between diet and Traditional Chinese Medicine (TCM). In TCM, food is more than just sustenance – it is believed to possess therapeutic properties and is often prescribed by TCM doctors as part of treatment. While acupuncture, massage, and

herbal decoctions may be used to address ailments, the first line of treatment is usually the diet itself.

- 4 TCM believes that foods boost your entire system with concentrated energy provided by a carefully selected combination of herbs. This is referred to as a “medicinal diet” because many of the herbs are given as tasty dishes. It is not uncommon for the Chinese to treat minor ailments with a specially prepared meal or by including a particular ingredient in a dish. Such functional foods are especially popular in Chinese households, where the knowledge of certain foods as medicine has been passed down through the generations. The understanding of foods to treat certain health conditions is as useful as keeping a fully-stocked medicine cabinet. Even though modern medicine has been available for many decades, people still prefer to use functional foods, either as supplements to drugs or as an alternative course of treatment. If a person suffers from a chronic disease or metabolic disorder, and drugs or herbal formulae are not the best choices, functional foods become an important option for treatment. The foods not only provide the nutrients that the body needs, but also help cure or relieve the problem via their therapeutic actions.
- 5 Chinese medicinal diets are not a simple combination of food and herbs, but rather specially prepared dishes made from Chinese herbs, food, and condiments according to the theoretical guidelines of dietary preparation. Such diets are tailored to address different symptoms of a disease based on TCM diagnosis, and used to prevent and treat diseases, improve fitness, or slow down the aging process.
- 6 One unique concept of TCM is that food and medicine share the same origin. They are based on the same theories and have similar uses. TCM further states that good and free-flowing *qi* (vital energy) needs to flow within our body, and if that *qi* is corrupted, we become ill. Maintaining good health requires a vigorous flow of *qi*, which can be improved and maintained by changing what we eat.
- 7 Although TCM doctors study for years before prescribing herbal remedies, anyone can apply the basic principles of Chinese medicine to daily life. In fact, there is a long tradition of using herbs at home by adding them to salads. More often, they are cooked into fresh soups that are rich in vitamins and minerals. Some of these herbs stand out for their specific therapeutic benefits. For example, *sanqi* (*Panax notoginseng*) and *tianma* (*Gastrodia elata*) are two herbs that have been widely used in both ancient and modern Chinese medicine and are often incorporated into meals to enhance their medicinal effects.





- 8 *Sanqi* has long been used in TCM as a primary herb to support blood health and circulation. Recent clinical research by Chinese scientists has demonstrated that, besides the various phytochemical constituents that are similar to those in Asian ginseng (*Panax ginseng*), *sanqi* contains saponins that support heart health and flavonoids that aid in blood circulation. Braised chicken with *sanqi* is a popular home-cooked dish with both delicious taste and health benefits.
- 9 *Tianma* has a powerful antispasmodic effect on the nervous system and helps treat high blood pressure, seizures, spasms, convulsions, dizziness, and vertigo. It is used in a famous dish of Yunnan Province – steam pot chicken. This dish gets its name as it is steamed in a steam pot. To make the dish, simply clean the chicken, cut it into small pieces, and place it in a steam pot with ginger, salt, spring onion, and *tianma*. As the cooking liquor condenses from the steam, very little of the chicken’s delicate flavor is lost in the steaming process. This allows the chicken to maintain its natural flavor, become tender, and produce a clear and delicious soup.
- 10 The rich tradition of functional foods in China reflects the deep integration of nutrition, medicine, and culinary art, rooted in thousands of years of wisdom. From balancing *qi* with medicinal diets to using therapeutic herbs like *sanqi* and *tianma*, Chinese cuisine embodies the harmony of health and flavor. This holistic approach continues to inspire modern practices, recognizing food as a cornerstone of well-being that helps people build stamina and prevent health issues.



## Reading and understanding

Choose the best answer to each of the questions.

1. What is the primary role of diet in TCM?
  - A. To replace acupuncture and herbal treatments entirely.
  - B. To provide a variety of flavors and culinary experiences.
  - C. To serve as the first line of treatment for ailments.
  - D. To focus solely on meeting basic nutritional needs.
2. Why are functional foods considered an important option for treating chronic diseases and metabolic disorders in TCM?
  - A. Because they provide essential nutrients and therapeutic benefits to address health issues.
  - B. Because they are easier to prepare than herbal formulae and can replace drugs entirely.
  - C. Because they are more affordable and accessible than modern medical treatments.
  - D. Because they are prescribed exclusively by TCM doctors and have no side effects.
3. How does the use of *tianma* in steam pot chicken exemplify the principles of TCM?
  - A. It demonstrates the use of modern cooking techniques to enhance the flavor of herbs.
  - B. It highlights the importance of balancing flavors in Chinese cuisine.
  - C. It stresses the replacement of modern medicine with traditional herbal remedies.
  - D. It shows how TCM integrates herbs into everyday meals to promote health.
4. Which of the following best summarizes the passage?
  - A. The history of Chinese cuisine and its influence on global culinary practices.
  - B. The scientific study of herbs in functional foods and their modern applications.
  - C. The integration of food and medicine in TCM and its holistic approach to health.
  - D. The role of herbs in treating chronic diseases and metabolic disorders.

## Reading and discussing

Work in pairs and discuss the following questions.

1. How can Chinese medicinal diets be made more appealing to younger generations while maintaining their core values?
2. How does the TCM concept of “food and medicine sharing the same origin” differ from Western medicine’s approach to nutrition and pharmaceuticals?



# Unit project

## Presentation: Diet and disease prevention

You are a public health expert invited to give a presentation at a community wellness fair. The diverse audience includes people of all ages. Prepare a 10-minute presentation titled “Diet and disease prevention.” Explain how a diet rich in fruits, vegetables, whole grains, and lean proteins can help prevent chronic diseases such as heart disease, hypertension, and type 2 diabetes. Include practical advice on making simple dietary changes in daily life. Conclude with an interactive Q&A session to address any questions or concerns from the audience.

### STEP 1

#### Do research

Investigate the connection between diet and the prevention of chronic diseases. Look for reliable sources such as scientific journals, government health reports, and renowned medical institutions. Compile information on the impact of specific nutrients (e.g., fiber and antioxidants) on heart health, blood pressure regulation, etc. Also, gather data on the typical dietary habits in your community that may contribute to disease risks.

### STEP 2

#### Outline the structure

Organize your findings into a clear outline. Start with an attention-grabbing introduction, such as a startling statistic about chronic diseases. Next, include sections on the role of different food groups in disease prevention and practical dietary advice. Finally, conclude with a summary and a call to action.

### STEP 3

#### Rehearse and refine

Practice your presentation several times. Pay attention to your pacing, tone, and body language. Time yourself to stay within the 10-minute limit. Rehearse with others and get feedback on clarity and engagement.

### STEP 4

#### Deliver the presentation

Begin by greeting the audience warmly and making eye contact to build rapport. End with a strong conclusion, providing the audience with key takeaways to encourage healthier eating. During the Q&A session, listen attentively and answer questions clearly.

## China's dietary guidelines

China's national nutrition and health steering committee has released a set of dietary guidelines aimed at promoting healthier eating habits among the population and addressing the country's growing obesity problem.

The new guidance advocates for increased consumption of three key food categories – vegetables and fruits, whole grains, and aquatic products.

The guidelines emphasize the importance of including vegetables in every meal and consuming fruits daily. Specifically, adults are encouraged to eat at least 300 grams of fresh vegetables each day, with dark-colored vegetables accounting for more than half of the total. Fresh fruit intake should range from 200 to 350 grams per day.

Whole grains, including brown rice, oats, quinoa, and whole wheat, are highlighted as key sources of dietary fiber, B vitamins, and essential minerals. According to the guidelines, adults should consume 50 to 100 grams of whole grains daily. Ideally, at least one of the three daily meals should include whole grains to ensure adequate nutrient intake and digestive health.

Aquatic products are also highly recommended. Among them, fatty fish such as salmon, eel, and mackerel are rich in Omega-3s, as well as vitamins D and A; seaweed varieties, including kelp, wakame, and laver, offer iodine, vitamin K, and folate; shellfish provide iron, zinc, iodine, and other essential minerals.

The suggested intake of fish, shrimp, and shellfish for adults is 300 to 500 grams per week, spread over one to two meals. Increased consumption of aquatic products is encouraged for children, pregnant women, nursing mothers, and the elderly.



# Vocabulary

## Intensive reading

**aerobic** /ə'reʊbɪk/ *a.* esp. designed to improve the function of the heart and lungs 有氧的; 增强心肺功能的

**align** /ə'laɪn/ *v.* to change sth. slightly so that it is in the correct relationship to sth. else 使一致

**almond** /'ɑ:mənd/ *n.* a flat pale nut with brown skin that tastes sweet 扁桃仁

**Alzheimer's disease** /'æltʃaɪməz dɪ'zi:z/ *n.* a serious illness affecting your brain that makes it difficult for you to remember things and becomes worse as time passes 阿尔茨海默病

**anti-inflammatory** /,æntɪn'flæmətri/ *a.* relating to a substance that reduces bodily swelling, soreness, redness, and heat caused by injury or illness 消炎的; 抗炎的

**antioxidant** /,æntɪ'ɒksɪdənt/ *a.* relating to a substance that removes dangerous molecules, etc. such as free radicals from the body 抗氧化的  
*n.* a substance such as vitamin C or E that removes dangerous molecules, etc. such as free radicals from the body 抗氧化物质

**calorie** /'kæləri/ *n.* a unit for measuring the amount of energy that food will produce 卡 (路里)

**carbohydrate** /,kɑ:bəʊ'hɑ:dreɪt/ *n.* a substance such as sugar or starch that consists of carbon, hydrogen, and oxygen 碳水化合物; 糖类

**cardiovascular** /,kɑ:diəʊ'væskjələ/ *a.* connected with the heart and the blood vessels 心血管的

**crunchy** /'krʌntʃi/ *a.* firm and crisp and making a sharp sound when you bite or crush it 硬脆的; 爽脆的

**culinary** /'kʌlɪnəri/ *a.* connected with cooking or food 烹饪的; 食物的

**diabetes** /,daɪə'bi:tɪ:z/ *n.* a medical condition caused by a lack of insulin, which makes the patient produce a lot of urine and feel very thirsty 糖尿病; 多尿症

**dietitian** /,daɪə'tɪʃn/ *n.* a person whose job is to advise people on what kind of food they should eat to keep healthy 营养学家

**epilepsy** /'epɪlepsi/ *n.* a disorder of the nervous system that causes a person to become unconscious suddenly, often with violent movements of the body 癫痫; 羊痫风; 羊角风

**fatigue** /fə'ti:g/ *n.* a feeling of being extremely tired, usu. because of hard work or exercise 疲劳; 劳累

**gluten** /'glu:tɪn/ *n.* a sticky substance that is a mixture of two proteins and is left when starch is removed from flour, esp. wheat flour 谷蛋白; 面筋

**holistic** /həʊ'lɪstɪk/ *a.* considering a whole thing or being to be more than a collection of parts 整体的; 全面的

**incorporate** /ɪn'kɔ:pəreɪt/ *v.* to include sth. so that it forms a part of sth. 将...包括在内; 包含; 吸收

**Mediterranean** /,medɪtə'reɪniən/ *a.* connected with the Mediterranean Sea or the countries and regions that surround it; typical of this area 地中海的

**metabolic** /,metə'bɒlɪk/ *a.* relating to the chemical processes in living things that change food, etc. into energy and materials for growth 新陈代谢的

**moderate** /'mɒdəreɪt/ *a.* that is neither very good, large, hot, etc. nor very bad, small, cold, etc. 适度的；中等的

**monounsaturated** /ˌmɒnəʊʌn'sætʃə'reɪtɪd/ *a.* of or relating to a class of vegetable oils, such as olive oil, the molecules of which have long chains of carbon atoms containing only one double bond 单不饱和的

**nutrient** /'nju:triənt/ *n.* a substance that is needed to keep a living thing alive and to help it to grow 营养素；营养物

**optimal** /'ɒptɪməl/ *a.* the best possible; producing the best possible results 最佳的；最适宜的

**Parkinson's disease** /'pɑ:kɪnsənz dɪ'zi:z/ *n.* a serious illness affecting your nerves and making you shake and move slowly 帕金森病

**pivotal** /'pɪvətl/ *a.* of great importance because other things depend on it 关键性的；核心的

**polyunsaturated** /ˌpɒliʌn'sætʃə'reɪtɪd/ *a.* made from vegetable fats and associated with a low cholesterol content of the blood 多不饱和的

**resilience** /rɪ'zɪliəns/ *n.* the ability of people or things to feel better quickly after sth. unpleasant, such as shock, injury, etc. 快速恢复的能力；适应力

**salmon** /'sæmən/ *n.* a large fish with silver skin and pink flesh that is used for food 鲑鱼；三文鱼

**sardine** /sɑ:'di:n/ *n.* a silver fish used for food, either cooked and eaten fresh or preserved in flat metal boxes 沙丁鱼

**therapeutic** /ˌθerə'pjʊ:tɪk/ *a.* designed to help treat an illness 治疗的；医疗的；治病的

**Tunisia** /'tʃu:nɪziə/ *n.* a country in the northern part of Africa bordering on the Mediterranean 突尼斯（北非国家）

**vibrant** /'vaɪbrənt/ *a.* full of life and energy 充满生机的；生气勃勃的；精力充沛的

**wholesome** /'həʊlsəm/ *a.* good for your health 有益健康的

**workout** /'wɜ:kəʊt/ *n.* a period of physical exercise that you do to keep fit 锻炼

## Extended reading

**acupuncture** /'ækjʊpʌŋktʃə/ *n.* a traditional Chinese method of treating pain and illness using special thin needles which are pushed into the skin in particular parts of the body 针灸；针刺疗法

**ailment** /'eɪlmənt/ *n.* an illness that is not very serious 轻病；小恙

**antispasmodic** /ˌæntɪspæz'mɒdɪk/ *a.* preventing or arresting spasms, esp. in smooth muscle 止痉挛的

**braise** /breɪz/ *v.* to cook meat or vegetables very slowly with a little liquid in a closed container 煨；炖；焖

**chronic** /'krɒnɪk/ *a.* lasting for a long time; difficult to cure or get rid of 长期的；慢性的；难以治愈（或根除）的

**condiment** /'kɒndɪmənt/ *n.* a substance such as salt, pepper, or ketchup that is added to food to improve its flavor 调味品；佐料

**constituent** /kən'stɪtjʊənt/ *n.* one of the parts of sth. that combine to form the whole 成分；构成要素

**convulsion** /kən'vʌlʃən/ *n.* a sudden shaking movement of the body that cannot be controlled 痉挛；抽搐

**cuisine** /kwɪ'ziːn/ *n.* a style of cooking 烹饪；风味

**decoction** /dɪ'kɒkʃən/ *n.* a concentrated extract obtained by boiling a drug or medicinal plant in water 煎剂；汤剂

**flavonoid** /'fleɪvənɔɪd/ *n.* a type of substance that is found in some plants such as tomatoes, which is thought to protect against some types of cancer and heart disease 类黄酮

**formula** /'fɔːmjələ/ *n.* a list of the things that sth. is made from, giving the amount of each substance to use 配方；处方

**ginseng** /'dʒɪnsɛŋ/ *n.* a medicine obtained from a plant root that some people believe helps you stay young and healthy 人参；西洋参

**intake** /'ɪnteɪk/ *n.* the amount of food, drink, etc. that you take into your body 摄取量；吸入量

**massage** /'mæsɑːʒ/ *n.* the action of rubbing and pressing a person's body with the hands to reduce pain in the muscles and joints 按摩

**medicament** /mɪ'dɪkəmənt/ *n.* a medicine or remedy in a specified formulation 药剂

**medicinal** /mə'dɪsɪnl/ *a.* helpful in the process of healing illness or infection 有疗效的；药用的；药的

**physiological** /fɪziə'lɒdʒɪkl/ *a.* relating to the way that the body of a living thing operates 生理的；生理机能的

**phytochemical** /fɪ'təʊ'kemɪkl/ *a.* of or relating to the branch of chemistry concerned with plants, their chemical composition and processes, or chemicals that occur naturally in a plant 植物化学的

**preparation** /,prepə'reɪʃən/ *n.* a substance that has been specially prepared for use as a medicine, cosmetic, etc. 配制品；制剂

**saponin** /'sæpənɪn/ *n.* any of a group of plant glycosides with a steroid structure that foam when shaken and are used in detergents 皂苷；皂角苷

**seizure** /'siːʒə/ *n.* a sudden attack of illness, esp. one in which a person becomes unconscious and shakes violently (疾病，尤指癫痫的) 发作

**spasm** /'spæzəm/ *n.* a sudden and often painful contracting of a muscle, which you cannot control 痉挛；抽搐

**stamina** /'stæmɪnə/ *n.* the physical or mental strength that enables you to do sth. difficult for long periods of time 耐力；耐性；持久力

**supplement** /'sʌplɪmənt/ *n.* a thing that is added to sth. else to improve or complete it 增补(物)；补充(物)；添加物

**sustenance** /'sʌstənəns/ *n.* the food and drink that people, animals, and plants need to live and stay healthy 食物；营养；养料

**vertigo** /'vɜːtɪɡəʊ/ *n.* the feeling of dizziness and fear, and of losing your balance, that is caused in some people when they look down from a very high place 眩晕；头晕目眩