

YOU ARE WHAT YOU EAT

Diet and Fitness English for Nutrition Students

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To the Teacher

WE ARE WHAT WE EAT is a textbook specifically geared toward Nutrition major students. It is written for a class of students of different levels in English who are interested in topics about Nutrition. The units are building in grammar, from the present to the present perfect tense, with other forms along the way. The vocabulary is mostly based on that used in the Step Test (Eiken) Levels 3, Pre-2 and 2.

Each unit has a:

- I. **Vocabulary** section with 20 useful words used in the unit and a sentence for understanding each, translated into Japanese
- II. **Warm Up** section to practice using the vocabulary words and grammar of that unit
- III. **Dialogue** section useful for actively listening to a conversation by filling in the blanks, practicing the conversations in pairs, and answering comprehension questions about the dialogue
- IV. **Grammar & Practice** section which teaches the grammar introduced in the unit and gives students practice exercises for that grammar (An appendix, at the end of the book, teaches the grammar for each unit in Japanese.)
- V. **Your Turn** section where the students can use everything they learned in that unit to complete an activity, write a conversation, or do a project

The targets for each unit are on the following page:

	UNITS	TOPIC	GRAMMAR
Pre-Units	Getting to know your teacher and classmates	Teacher introduction, Students' introductions	Review of grammar from junior high school/high school
Unit 1	Counting Calories	Numbers of calories in food	Using numbers in English
Unit 2	How much butter? How many apples?	Shopping, Counting uncountable items: "a glass of", etc.	Countable and Uncountable nouns
Unit 3	Are you ready to order?	Foreign food and ordering in a restaurant	"Be" verbs vs. "Do" verbs
Unit 4	How do you make curry?	Instructing how to make food	Command forms of verbs
Unit 5	Which is better for you, fish or meat?	Comparing food/items	Comparatives and Superlatives
Unit 6	Review (Pre-Unit — Unit 5)		
Unit 7	We had a good time at the party!	At a birthday party, small talk	Past tense
Unit 8	Please describe what <i>okonomiyaki</i> is.	Describing Japanese food	Sense verbs: smell, feel, look, sound, taste
Unit 9	Are you eating well?	How to stick to a diet	Dynamic vs. Stative verbs: ex: "working" and "like"
Unit 10	Have you ever eaten sea urchin?	Experiences in trying different kinds of food	Present perfect tense
Unit 11	You will be healthy!	Talking about how to be healthier	Future tense
Unit 12	Review (Unit 6 — Unit 11)		

In each unit, new vocabulary words are in bold the first time they are used.



Map of the U.S.A. and Canada



Map of the U.K. and Ireland



Map of Australia



Map of New Zealand

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Pre-Unit A Meet Your Teacher

Your teacher will introduce himself/herself with a short lecture. After the lecture, answer these questions about your teacher in full sentences. Then compare your answers with your partner's.

先生の紹介を聞いて
答えよう!

1. What's your teacher's name?

His/Her name is _____.

2. Where is your teacher from? What city? What state? What country?

He/She is from _____.

3. Where does your teacher live now?

He/She lives in _____.

4. When's your teacher's birthday?

_____.

5. What university did your teacher graduate from?

_____.

6. How many people are there in your teacher's family? Who are they?

There are _____ people in his/her family. They are his/her _____.

_____.

7. How long has your teacher been in Japan?

_____.

8. How long has your teacher been teaching English?

_____.

9. What does your teacher like to do in his/her free time?

_____.

10. What's your teacher's favorite place to visit in Japan? Why?

_____.

11. What's your teacher's favorite Japanese food?

_____.

12. What does your teacher like most about Japan?

_____.

*Are there any questions you want to ask your teacher?

_____?

_____?

Pre-Unit B Meet Your Partner

Work with a partner. Ask your partner these questions. Write down his/her answers in full sentences. Finish all 13 questions, then change roles.

あなたのパートナーはどんな人？
聞いてみよう！

1. What's your name?
"My name's _____."
2. Where are you from?
"I'm from [_____], [_____]."
city prefecture
3. Where do you live?
"I live in [_____], [_____]."
city prefecture
4. When is your birthday?
"My birthday is on _____."
5. How many people are there in your family?
"There are _____ people in my family."
6. Who are the people in your family?
"They are my _____."
7. What school did you graduate from?
"I graduated from _____ High School."
8. What are your hobbies and interests?
"I like to _____ in my free time."
9. Who is your favorite singer or group?
"My favorite _____ is _____."
10. What is your favorite food?
"My favorite food is _____."
11. Where is your favorite place to visit? Why?
"My favorite place to visit is _____
because _____."
12. What do you want to be after you graduate? Why?
"I want to be a _____
because _____."
13. (Ask another question)

?"
"

Pre-Unit C Meet Your Group

Write down information about yourself and your partner in the boxes below. Use information from Pre-Unit B. Then get together with another pair. Introduce your partner to them. Then listen to the other pair as they introduce each other. Write brief notes about each person in the boxes.

お互いについて書き出したら、次は4人になって自分のパートナーを紹介します。

1. This is
2. He/She is from
3. He/She lives in [city], [prefecture].
4. His/Her birthday is on
5. There are ... people in his/her family.
6. They are his/her
7. He/She graduated from ... High School.
8. He/She likes to/likes (-ing) ... in his/her free time.
9. His/Her favorite singer/group is
10. His/Her favorite food is
11. His/Her favorite place to visit is ..., because
12. He/She wants to be a ..., because
13. (More information about your partner)

My Group:	My partner:	Other pair (1):	Other pair (2):	Myself:
Name, hometown & live now (#1-3)				
Birthday (#4)				
Family (#5-6)				
High School (#7)				
Interests (in free time) (#8)				
Favorites (#9-11)				
What do you want to be? Why? (#12)				
More information (#13)				

Pre-Unit D Classroom English

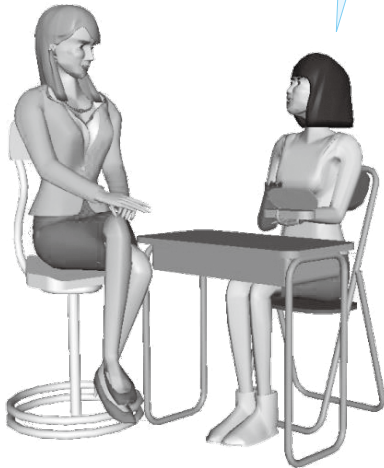
Practice the following conversations (A-F) with your teacher and then with a partner. Then do the exercise on the next page.

02

授業中によく使う表現を学びます。

A. What do you call this (these) in English?

You call it (them) a pencil case (scissors).



B. How do you say 電子辞書 in English?

You say electronic dictionary.



C. How do you spell dietitian?

It's spelled D-I-E-T-I-T-I-A-N.



D. What does smart mean?

It means intelligent.



E.

Diet really means "the food a person eats."

Could you repeat that, please?

Sure. I said "Diet really means 'the food a person eats'."



E.

How do you say (pronounce) this word?

It's nu-tri-tion.



Exercise:

With a partner, write one conversation of your own for each conversation in A-F. Replace the underlined words with your own words. Your teacher may ask you to perform some of the conversations in class.

A から F の下線をかえてオリジナル会話文を作ろう！

A. Student: _____ ?

Teacher: _____ .

B. Student: _____ ?

Teacher: _____ .

C. Student: _____ ?

Teacher: _____ .

D. Student: _____ ?

Teacher: _____ .

E. Teacher: _____ .

Student: _____ ?

Teacher: _____ .

F. Student: _____ ?

Teacher: _____ .

Now, practice conversations G and H below with a partner. Use these conversations whenever you do pair work in this course.

G. Let's do the conversation.

I'll be Student A.

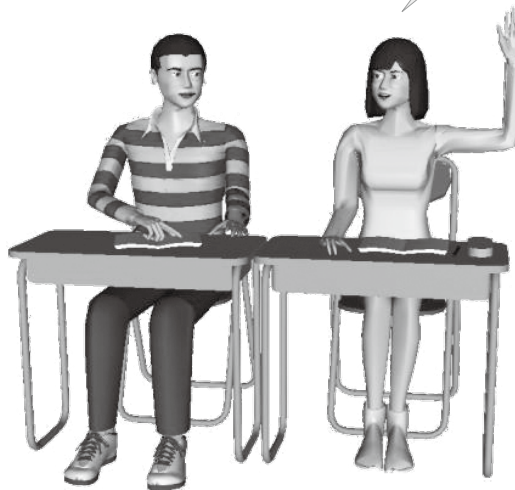
Which role do you want to take?

OK. I'll be Student B.



H. I don't understand this.

Neither do I. Let's ask the teacher.



GとHを練習しよう!

Pre-Unit E Let's Learn about One Another

Walk around the room and ask your classmates and teacher these questions. When someone answers "Yes," ask him/her to sign on the line. The same person can sign only ONE time. You need 15 different signatures. Good luck!

教室をまわって聞いてみよう!

Examples:

Are you	an only child? on a diet?	Yes, I am. No, I'm not.
Do you	like <i>natto</i> ? have a sister?	Yes, I do. No, I don't.

Can you	play tennis? ski?	Yes, I can. No, I can't.
Were you	born in the summer? at home yesterday?	Yes, I was. No, I wasn't.

Look for a *classmate who ...

"Please sign here." と言って
署名をもらおう!

1. ... is an only child.



(Are you an ...?)

2. ... was born in the summer.



(Were you ...?)

3. ... likes spaghetti.



(Do you like ...?)

4. ... can ski.



(Can you ...?)

5. ... gets up early.



(Do you get up ...?)

6. ... can play the piano.



(Can you play ...?)

7. ... likes to study.



(Do you like ...?)

8. ... is on a diet.



(Are you on ...?)

9. ... has two brothers.



(Do you have ...?)

10. ... likes rock music.



(Do you like ...?)

11. ... comes from a big city.



(Do you come from ...?)

12. ... has a dog.



(Do you have ...?)

13. ... can swim well.



(Can you ...?)

14. ... likes English.



(Do you like ...?)

15. ... is hungry.



(Are you ...?)

*A classmate: (He/She) is hungry.
But you ask: "Are you hungry?"

Pre-Unit F Meet the People in this Book

These are some of the people you'll meet in this book.

 04

Makoto Takahashi



Makoto is 18 years old. He's a university freshman, studying nutrition. He lives in Tokyo. He wants to be a certified dietitian. He is eager to learn English. He likes to wear fashionable clothes. He likes to eat good food, and he also likes to go to the gym and work out. He played basketball on his high school basketball team.

Sally Smith

 05



Sally is 19 years old. She's from the state of Ohio in the United States. She is studying nutrition and is doing a study-abroad year in Japan. She likes to learn about nutrition and is always on a diet. She wants to be a dietitian in the future and work in a hospital. She likes to ride horses in her free time.

Kana Takada

06



Kana is 20 years old. After graduating from high school, she went to America to study English for two years at a language school there. She's a college freshman now and a nutrition major. She's from Saitama. She wants to be a dietitian because she wants to help people eat better food. She likes fruit, tea, and potato chips. Her favorite food is pizza. She likes to bake cakes and cookies. She's allergic to peanuts.

John Jones

07

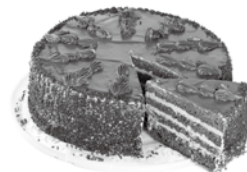


John is British, from London, England. After graduating from high school, he took a year off to travel. He decided to study nutrition in Japan, like Sally. John is a bit overweight and he smokes, but he would like to be healthier. He would like to help people, especially overweight people, become healthier and more fit through better nutrition. He likes to play video games. His favorite game is Final Fantasy.

Unit

Counting Calories

1



I. Vocabulary

08

Read these vocabulary words and sentences with your teacher.

- count**
数える・計算する
Do you **count** how many calories you eat in a day?
1日にどれくらいのカロリーを摂取しているか計算していますか。
- calorie**
カロリー
Kilocalories in Europe are just called "**calories**" in America.
ヨーロッパでは「キロカロリー」といいますが、アメリカでは「カロリー」としか言いません。
- guess**
~だろうと思う
I **guess** you are right.
君の言うとおりだと思います。
- billion**
十億
There are more than one **billion** people in China.
中国には十億人以上の人がいます。
- kind of**
種類の
What **kind of** music do you like best?
どんな種類の音楽が一番好きですか。
- tablespoon**
大さじ
Please add two **tablespoons** of soy sauce for flavoring.
醤油を大さじ2杯加えて味付けしてください。(tablespoon = 15ml [大さじ1])
- French fries**
フライドポテト
My favorite food is **French fries**.
私の一番好きな食べ物はフライドポテトです。
- thousand**
千
There were a **thousand** people at the concert in Kyoto.
京都でのコンサートには一千人の人々がいました。
- million**
100万
There are about 13 **million** people living in Tokyo.
東京にはだいたい1300万人の人が住んでいます。
- thin**
やせている/ほそい
You look very **thin** in those jeans.
そのジーンズをはいていると細く見えますね。
- weight**
体重
What is your ideal **weight**?
あなたの理想体重はどれくらいですか。
- gain**
体重などを増やす
I don't eat dessert, because I don't want to **gain** weight.
太りたくないからデザートは食べません。
- sound**
~のように聞こえる
You **sound** like you are angry.
君は怒っているようですね。/君は怒っているように聞こえるね。
- meal**
食事
Lunch is my favorite **meal** of the day.
一日の食事のうちで、昼食が一番好きな食事です。
- add**
加える
Drinking juice **adds** extra calories to your meal.
ジュースを飲むと食事のカロリーがより高くなります。
- probably**
多分
It's getting cloudy. It'll **probably** rain tomorrow.
外が曇り始めました。明日は多分雨が降るでしょう。
- enough**
十分な/十分に
Do you have **enough** money to go on a trip?
旅行に行く十分なお金はありますか。
- empty calories**
空っぽのカロリー
Potato chips and sodas are just **empty calories** with no nutritional value.
ポテトチップとソーダは、栄養価のない、「空っぽのカロリー」食物です。
- lose**
~を失う/体重などを減らす
I'm on a diet, because I want to **lose** five kilograms.
体重を5キロ落としたいのでダイエットをしています。
- recently**
最近
I visited Hokkaido **recently**. It was a lot of fun.
最近北海道を訪問しました。とても楽しかったです。

II. Warm Up

Work with a partner to ask and answer how many calories there are in these foods. **Guess** how many calories you think there are. Write your answers on the lines. Use the conversation below as a model. Your teacher will give you the answers when you have finished all the conversations.

どれくらいカロリーがあるか考えて、
会話を練習しよう。

A: How many calories are there in 100g (grams) of chocolate?

B: I think there are about 530 (five hundred [and] thirty) calories in it. (“calories” = kcal)

1. 330 ml. (milliliters) of regular cola



_____ kcal

2. a cup of instant seafood ramen



_____ kcal

3. a medium bowl of white rice (150 g.)



_____ kcal

4. 400 g. of beef curry and rice



_____ kcal

5. white bread (50g.) with 1 tbsp. (**tablespoon**) of butter



_____ kcal

6. a fast-food American hamburger (with **French fries** and a regular cola)



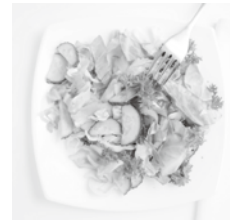
_____ kcal

7. a plate of spaghetti with meat sauce



_____ kcal

8. 1 cup (200 ml.) of mixed green salad with no dressing



_____ kcal

III. Dialogue

As you listen to the dialogue below, fill in the blanks. (You don't have to spell the numbers out.) Check your answers. Then stand up and face your partner and practice the conversation two times. Don't just read it, but try to remember and say one sentence at a time as you look at your partner. Change roles.

空欄を埋めて
会話の練習をしよう。
棒読みにならないように！

Makoto and Sally are in the school cafeteria.

Makoto: Hi, Sally. What are you eating (1) _____ ?

Sally: I'm only having a salad today. I'm (2) _____ .

Makoto: Really? You don't have to (3) _____. You're **thin** enough.

Sally: I (4) _____ a lot of **weight recently**. I'm now on a 1,000-calorie-a-day diet.

Makoto: Are you eating **enough**? I think someone your size **probably** needs about (5) _____ calories a day.

Sally: Yeah, you're right. Should I have the Beef Bowl* or the Teriyaki Chicken meal?

Makoto: The Beef Bowl has (6) _____ calories. That **sounds** like too much for your diet.

Sally: There are (7) _____ calories in the Teriyaki Chicken, and it comes with a small salad.

Makoto: The salad has only (8) _____ calories.

Sally: I'll get that. That will be (9) _____ calories for lunch.

Makoto: Yeah, and if you drink only water, you won't **add** any (10) _____ .

Sally: What are you having for lunch?

Makoto: I'm having the Beef Bowl. I don't have to worry about my **weight**! I like to go to the gym and work out.

*Beef Bowl 牛丼

Questions: Work with a partner. Ask and answer these questions about the dialogue. Write the answers in full sentences.

ペアになって以下の
質問に答えよう！
単語ではなく文で！

1. Why is Sally on a diet? _____
2. What **kind of** diet is she on? _____
3. How many calories does she probably need a day?

4. How many calories are there in the lunch that Sally chooses?

5. How many calories does the food that Makoto chooses have?

IV. Grammar & Practice

Look at the following numbers. Say them with your teacher.

各 unit の文法の詳しい説明は
p.107~ Appendix B にあります。

1. 100 (one hundred)
2. 1,000 (one **thousand**)
3. 10,000 (ten thousand)
4. 100,000 (one hundred thousand)
5. 1,000,000 (one **million**)
6. 10,000,000 (ten million)
7. 100,000,000 (one hundred million)
8. 1,000,000,000 (one **billion**)
9. $\frac{1}{2}$ (one/a half)
10. 103 (one hundred [and] three) (For a room number: “one oh three”)
11. 163.5 (one hundred [and] sixty three point five)
12. 9,821 (nine thousand, eight hundred [and] twenty-one)
13. 8,661,312 (eight million, six hundred sixty-one thousand, three hundred [and] twelve)
14. 2,348,511,020 (two billion, three hundred forty-eight million, five hundred eleven thousand and twenty)

	billion	million	thousand	
	000,	000,	000	
		hundred		
one thousand	1,000		ten thousand	10,000
one million	1,000,000		ten million	10,000,000
one billion	1,000,000,000		one hundred thousand	100,000
			one hundred million	100,000,000

Exercise 1: Your teacher will read five numbers to you. Write them on the lines.

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise 2: Work with a partner. Write down five numbers without your partner seeing them. Then take turns reading the numbers you have written, and write them on the lines as you hear them. After that, take turns asking and answering questions 11 – 17. Write your partner’s answers.

Your numbers:

Your partner’s numbers:

- | | |
|---|---|
| <ol style="list-style-type: none"> 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ | <ol style="list-style-type: none"> _____ _____ _____ _____ _____ |
|---|---|

11. How tall are you?

12. How many calories do you usually eat in a day?

13. How many **meals** do you eat every day?

14. What room are we in now?

15. How many people are in this room now?

16. How many people are there in Japan?

I think there are about _____

17. How many people are there in the world?

I think there are about _____

Exercise 3: Practice saying the months and dates in the box with your teacher. Then, with your partner take turns saying the dates on the right. Write them on the lines. Spell out the ordinal numbers.

January (Jan.)	1 st	first	1.	11/13	_____
February (Feb.)	2 nd	second	2.	9/1	_____
March (Mar.)	3 rd	third	3.	6/19	_____
April (Apr.)	4 th	fourth	4.	2/14	_____
May	5 th	fifth	5.	4/12	_____
June (Jun.)	6 th	sixth	6.	8/20	_____
July (Jul.)	9 th	ninth	7.	10/10	_____
August (Aug.)	12 th	twelfth	8.	12/25	_____
September (Sep.)	20 th	twentieth	9.	1/15	_____
October (Oct.)	21 st	twenty-first	10.	3/8	_____
November (Nov.)	22 nd	twenty-second	11.	5/24	_____
December (Dec.)	23 rd	twenty-third	12.	7/30	_____

Ask and answer these questions with your partner. Answer in full sentences. Write your partner's answers.

1. What's today's date?

2. When did you graduate from high school?

3. When were you born?

V. Your Turn

Read about how to find your ideal weight and how many calories you need a day, then do the exercise with a group.

How do we find the number of calories we need each day? First, you need to find out your ideal weight. Your ideal weight is the best weight for you. To find that, write down your height in meters. (If you are 160 centimeters tall, write it as 1.6.) Multiply this number by itself (so 1.6 times 1.6). Then, multiply that number by 22. This is your ideal weight in kilograms. ($1.6 \times 1.6 \times 22 = 56.32$) Multiply your ideal weight by 25~30. ($56.32 \times 25 \sim 30 = 1408 \sim 1690$). These are the number of calories you need each day to maintain the same weight.

Exercise 1:

What is your ideal weight? _____

How many calories do you need in a day? _____

ideal weight とは…
身長に対する理想体重のこと。
身長(m)×身長(m)×22

理想体重キープのために
必要な1日のカロリー
理想体重×25~30

Exercise 2:

Work with a group. Using the calories one person in your group needs per day, work out a meal plan for one day for that person within that number of calories. Use the Internet and/or look up the number of calories for different food items before the class. You can also refer to Appendix A on pages 100-106.

グループで行います。
一人の人に必要なカロリーと
食事計画を考えます。

Calories needed: _____

	Food	Calories
Breakfast		
Lunch		
Dinner		
Total		