UNIT 13

Healthy Diet

PART I

Theme Introduction

Task ❶ **Chinese people lay great stress on the harmonious combination of food properties such as nature (hot, warm, neutral, cool, cold) and taste (sweet, sour, bitter, salty and pungent). TCM holds that when each nature or taste is consumed in moderation, it benefits the whole body. Try to recognize the following common food, then tell about the nature, taste of each one, and which organ it benefits for.**

※ This part is used to let students have a rough knowledge about healthy diet.

※ Before class, students are required to collect as more information about the daily food (such as the nature, the taste, the function of the food) as possible in any way: books, internet, newspaper, magazine, etc.

※ In class, students are free to talk about what they got about the food.

※ Besides the blanks below, students should make notes about what they learned from others.

※ Some volunteers are asked to report their discussion.

※ The teacher can list those names and their accomplishment mentioned by the students on the blackboard in brief.

Name: black bean　　Nature: neutral

Taste: sweet　　Organ: heart,spleen and kidneys

Name: Chinese Yam

Taste: sweet

Nature: neutral

Organ: lungss (lungs), spleen,and kidneys

Name: Job's tears

Taste: Slightly sweet

Nature: cold

Organ: Kidneys and stomach

Name: Corn/Maize

Taste: sweet

Nature: neutral

Organ: spleen,stomach and kidneys

Name:Jujube/Chinese date

Taste: sweet

Nature: neutral

Organ: spleen,stomach, heart, liver and intestines

Name: Tomato | Nature: slightly cold

Taste: sweet and sour | Organ: spleen and stomach

Word Bank

accredit /ə'kredɪt/ *v.*	归功于
trigger /'trɪgə/ *v.*	引发，引起
n.	诱因
resuscitate /rɪ'sʌsɪteɪt/ *v.*	使复苏
vinegar /'vɪnɪgə/ *n.*	醋
tonic /'tɒnɪk/ *n.*	补药
pomelo /'pɒmɪləʊ/ *n.*	柚子
papaya /pə'paɪə/ *n.*	木瓜
diarrhea /ˌdaɪə'rɪə/ *n.*	腹泻，痢疾

PART II

Listening Task

Task ❶ **Short passage**

You will hear a short passage about medicine and food. Listen to the passage and judge the following statements are true or false.

Food is an integrated part of Chinese culture. Since time immemorial, people have been creating dishes with fascinating combinations of flavors, textures and colors, which not only taste delicious, but promote good health. Chinese food healthcare dates back

as early as 3000BC, accredited to Shennong (神 农) who accidentally discovered the medicinal properties of many plants. During a time he conducted a series of dangerous experiments by tasting poisonous foods. Today, in recognition of his pain and pioneering work, people recognized him as the father of Chinese herbal medicine. The first TCM literature published around 500BC was entitled *Neijing*, first proposing "the homology of medicine and food (药 食 同 源)". Moreover, food is classified into five types in accordance with five tastes and different functions on body.

1. Only in modern times, people create dishes which not only taste delicious, but promote good health. (F)
2. Shennong discovered the medicinal properties of many plants in 3000 BC by accident. (T)
3. For memorizing Shennong's death, people recognized him as the father of Chinese herbal medicine. (F)
4. Neijing was the first publication which put forward "the homology of medicine and food" issue. (T)
5. Owing to the different tastes and functions on body, ancient people classified food into five types. (T)

Task ❷ Passage

Season and food

You will hear a passage about how to choose proper food in spring and summer to keep healthy. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Timing is of importance in Chinese food care. You may just following seasonal pattern of eating and be healthy.

In spring, first, eating cleansing and cooling foods like leafy greens and spouts. They are an outlet for inner heat. You should also eat some

bitter food to improve heart faculty and prepare for the hot summer ahead. Second, avoid sour-tasting food that encourages liver fire, and irritate the stomach. Finally, consider eating less sea food during spring. TCM considers sea food to be a trigger of diseases in resuscitating spring.

In summer, the most advocated food by TCM is ginger for it could dispel inner dampness or coldness. One's appetite can be more or less spoiled in summer by the hot weather. In response, you'd better eat a bit more sour and salty-tasting food, such as tomatoes, lemons, and vinegar. Do not consume cold or strong flavored foods which are harmful to Yang and will lead to imbalance. For example, never drink a glass of iced spite in one go.

Questions:

1: What's the passage mainly about?

A. Chinese food care in four seasons.

B. The healthy eating and sleeping pattern in spring and summer.

C. The fruits yielded in spring and summer.

D. Dos and don'ts of eating patterns in spring and summer.

2: Which of the following eating pattern is proper in spring?

A. Consume a bit sour and salty-tasting food.

B. Take more gingers.

C. Eat leafy greens and sprouts.

D. Have some cold drinks.

3: Why TCM suggests people avoid seafood in spring?

A. Seafood is not clean.

B. Seafood contains too much fat.

C. The nature of seafood is cold.

D. Seafood easily triggers diseases.

4: Which of the following eating pattern is proper in spring?

A. Avoid strong flavored foods.

B. Take the foods with bitter tastes.

C. A bit of cold drink is OK.

D. Don't take sour-tasting foods.

5: What can be inferred from the passage?

A. Eating some bitter food could improve liver faculty.

B. Eating sour-tasting food could trigger diseases in spring.

C. One's appetite is not good in spring.

D. Strong flavored food could lead to imbalance between Yin and Yang.

PART III

Speaking Task

Proper diet in four seasons

Teacher hands out the prepared food cards to the students, 2 or 3 students share one cards and discuss which season the food on their cars suits for and the reasons according to their own background knowledge. They can refer to the sentences and structures in language focus while speaking.

Steps

1. Before class, teacher should prepare some food cards.
2. In part II, a passage introduces the healthy diet in the spring and the summer, teacher asks the students to recall the idea of the passage in part II.
3. Hand out the food cards to the students, 2 or 3 students share one card, and ask them to discuss which season the food they get suits for and the reasons according to their own knowledge.
4. Bring the students' attention to the Language Focus and tell them that they can use the sentences and structures that are useful in speaking.

5. Go around the classroom to supervise the students' discussion. If necessary, give help to the students, especially the weaker ones.
6. Ask every group to tell the whole class the food they get, the season the food suits for, and the reasons , and write down their opinions on the board.
7. After finish writing down all the information, teacher can organize a big discussion of the whole class to find out the different opinions from other students and their supporting evidence. This may cause the debate of the students, and the teacher should give out the final result of each food.
8. With the help of teacher, students can get to know the proper food eating in each season.

Language Focus

1. There is a seasonal change in the component of food taken.
2. People should eat plant food most in spring and summer, and animal food most in autumn.
3. Don't drink liquor. Eat less fat, less spicy food. Intake less orange, orange juice and acid food in spring days.
4. In summer, people always drink green tea and eat bitter-tasting food.
5. The Chinese traditionally start eating tonics in autumn to treat deficiency. Nevertheless, do not jump to tonics too hastily.
6. Eat more sour-tasting food to fortify liver in autumn. Among the best choices are grapes, crataegus, pomelo, and apples.
7. Winter is a good time to nourish kidney. Eat appropriately more black food in winter such as black rice, black bean, black sesame, black-bone chicken.
8. People like to cook lamb and dog with pepper in winter. However, Chinese medicine view that pepper is warm food, so when cooking lamb or dog, people should put less pepper.

PART IV

Leisure Time

Enjoy a CCTV news report about healthy diet.

Many people are trying to teach our kids what the healthy diet are and try to make more healthy food to them.

Video: Teaching children about the importance of a healthy diet

http://english.cntv.cn/program/cultureexpress/20130818/103095.shtml

Beijingers aren't the only ones concerned about healthy eating. Obesity is one of the world's leading public health problems. In Canada, chefs are helping children learn about where food comes from and how it is prepared in order to help them engage with healthy eating practices before it's too late.

Lunchtime can be the busiest time of day for Brendan Robson.

As executive sous chef at the Delta Airport Hotel in Richmond, he is passionate about healthy eating and has introduced a number of sustainable and nutritious dishes onto the hotel menu.

Twice a month, he shares his wisdom with a new generation of children, teaching them to grow and cook their own vegetables in a fun and dynamic way.

Brendan Robson, Executive Sous Chef of Delta Vancouver Airport Hotel, said, "I'd like to believe, for sure, you know. I feel confident is that seeing the enjoyment out of the kids in the classroom is something that they will take home,"(?) says Robson. "And most parents are like, 'What did you do at school today?' And instead of them going, 'Oh, not much,' they will be, 'Oh, you know, we made a salad out of the vegetables we grew,' or, 'We made green pea ice cream.' And just things that maybe stick with them, and they'll try them at home. And if they're out shopping with their parents, they'll be like, 'Hey, I know what that is. I'd

like to have that. We had that in class.'"

More than 100 chefs like Robson volunteer to teach children across the province about healthy food choices.

They are all part of a non-profit organization called "Growing Chefs".

And the little chefs seem to be enjoying every minute of it.

"There was dirt and then we poked holes and we put seeds in there and we put it on the desk and it kept growing."

The main course today is a vegetable stir-fry made with cauliflower, carrots, green beans and more.

The children are curious because some may never have eaten this type of healthy food.

Karen Leung, Teacher of James Mckinney Elementary School, said, "They all come from different backgrounds. Sometimes it's very difficult to give them an idea of what healthy eating is because everybody eats different at home. But Growing Chefs, this programme allows us to give them some hands on opportunity as well as some concrete examples."

But what about those children who crave desserts and sweets?

Growing Chefs says the point isn't to rule these foods out entirely, but to encourage children to eat a balanced diet.

The team says they have made strides helping this class of children make healthy food choices and they hope their impact will last for years to come.

PART V

Additional Task

Task ❶ **Oral Practice**

With 5,000 years of history, Traditional Chinese Medicine (TCM) has been playing an important role in Chinese people's lives. Chinese people

apply it in their daily lives to cure diseases and stay fit. In this part, work with your partner and recommend a healthy food recipe.

Soup recipe for autumn

Model 1 papaya（木瓜）chicken claw soup

This delicious soup is easy to make. Its fresh and sweet flavor can moisturize the body. Drinking it can help fight autumn-dryness, ideal for preserving health.

Ingredients:

0.5 kg green papaya

A carrot

0.5 kg pork with skin

3 pairs of chicken claws

1,500 cc water

Instructions:

Cook pork and chicken claws in boiling water in a crock pot.

Add papaya, carrot and corn into the stew and simmer for half an hour.

Model 2 mung bean soup

Mung beans are considered a “cooling” ingredient in Traditional Chinese Medicine (TCM) and are very popular in the summer.

Ingredients

Mung beans and water 1:8

Honey to taste

Crystal sugar to taste

Brown sugar to taste

Instructions:

1. Clean the mung beans. Boil the mung beans and water until the bean hulls fall off.
2. Remove the hulls.
3. Filter the mushy beans from the bean soup. You may also use the mixer to make the bean paste.
4. Mix the soup with the paste and add crystal sugar.
5. Boil the mixture till it becomes smooth and thick.
6. Chill the congee in the fridge.
7. Add some honey on top.

Task ❷ **Listening practice**

Listen to a passage about Chinese food therapy. Fill in the blanks while listening.

Chinese food therapy, is a modality of *traditional* Chinese Medicine. Centre to this *system* is the idea that certain foods have a “hot” or *heat-inducing* quality while others have a “cold” or chilling effect on the body and its organs and fluids. An *imbalance* of this “heat” and “cold” is said

to increase susceptibility to sickness or to directly cause disease itself.

As an example, if one had a cold, or felt he was about to get a cold, he would not want to eat any "cold" foods such as a lemon, melon or cucumber. If one had a so-called "hot" disease, like Eczema, then he would not want to eat "hot" foods such as garlic, *onions*, or chocolate lest the "hot" disease is *worsened*. Indeed, it is thought by some that these "hot" or "cold" properties of foods are so *intense* that merely eating of too much of one or another can actually cause diseases. For example, eating of too many "hot" foods like chili, *peppers* or lobster could cause a *rash*, or the eating of too many "cold" foods such as watermelon, or seaweed could cause one to develop *stomach* pain or diarrhea.