

FUMC ESL Level 4 Lesson 3

Read this article and explain the meaning of the underlined words and phrases. Then discuss the questions with your group.

Eating For a Better Mood

The next time you feel blue or irritable, you may want to look in your fridge. Researchers have found that certain vitamins and compounds in food can change brain chemistry.

Foods influence the activity of neurotransmitters, the chemicals that convey information from one neuron to another. Anything that affects these chemical messengers affects your mood.

Food can be a powerful “drug” when it comes to how you act or feel. Several studies have shown that omega-3 fatty acids may be effective in combatting depression. The best source for omega-3 fatty acids are fatty fish such as wild salmon, sardines and herring. If you don’t like fish, you can take a daily fish oil supplement.

Studies show that people with low blood levels of folic acid have higher rates of depression. Foods rich in folic acid include leafy green vegetables, sunflower seeds, soybeans, beets and oranges.

Vitamin D plays a role in reducing the risk of osteoporosis, various cancers and autoimmune disease. You should get twenty minutes of exposure to sunlight every day to get enough vitamin D. Many people today spend so much time inside that they do not get enough vitamin D. It is hard to get vitamin D from food, so you may need to take multivitamin with vitamin D.

Eating carbohydrates with lots of fiber can help stabilize mood swings. Oats, barley, lentils, beans and sweet potatoes are high fiber carbohydrates. When you eat has as much impact on your mood as what you eat. Several small meals a day is much healthier than three large meals.

1. Name some healthy foods you have in your fridge. Name some unhealthy ones.
2. Are you in a good mood today. What kinds of things put you in a bad mood?
3. A “moody” person is one who swings between good and bad moves frequently. Are you moody? Do you know anyone who is moody? Is it hard to deal with people who are moody?
4. Which of the foods rich in folic acid (leafy green vegetables, sunflower seeds, soybeans, beets, oranges) do you enjoy and eat often? Which ones do you never eat?
5. Do you know anyone with osteoporosis? Do you worry about having osteoporosis as you age?
6. Which of the high fiber carbohydrates (oats, barley, lentils, beans and sweet potatoes) do you eat often? Which ones do you never eat?
7. Which statement do you agree most with:
 - a—I am not really concerned about what I eat. I am young and healthy so it is not a concern to me.
 - b—I am very concerned about what I eat and I try to eat only healthy foods.
 - c—Some of the time I eat healthy, but I also love to eat things I enjoy like pizza and hamburgers.

Idioms: Take turns reading about the idioms and answering the questions. Ask the questions to other group members.

1-Someone with a **cast iron stomach** can eat all sorts of foods without ever suffering from indigestion or discomfort. Do you have a cast iron stomach? What is the strangest thing you have ever eaten? What is something people eat in your country that Americans don't usually eat?

2-If someone is **hard of hearing**, they don't hear well. Are any of your family members hard of hearing? Some people who are hard of hearing refuse to wear hearing aids. They find it embarrassing. Do you know of anyone like this? Do you think wearing hearing aids is embarrassing?

3-If something is **touch and go**, the outcome is uncertain. For example, a doctor might say, "It was touch and go for a while, but we were able to get all of the tumor out." Have you been in any situation that was touch and go?

4-If you are a **bundle of nerves**, you are very nervous. EX: I have to make a speech to my professors today. I'm a bundle of nerves. What situations make you a bundle of nerves? What are some situations that make most people very nervous?

5-If you have a **charley horse**, you have a cramp in your leg. Sometimes when I drive for several hours or sit in one position a long time, I get a charley horse. Have you ever experienced this? Doctors tell us that sitting for long periods is very unhealthy. Some offices are installing tall desks so that workers can stand up and work. Others are installing treadmills so that employees can exercise as they work. What do you think of these ideas?