

Диагностическая работа в рамках ЛОИ

6 класс

Text 1

Why does the Mediterranean diet have benefits?

We know that what's good for the heart is good for the brain, so exercise, cognition, social relationships, and diet play a very important role in our brain health. If we take care of this, we will make this organ more resistant to the development of diseases such as Alzheimer's.

More and more studies are looking at the Mediterranean diet as the healthiest food model for our heart and therefore for for our brain.

The Mediterranean diet, which has been declared an Intangible Cultural Heritage of Humanity, is mainly focused on the consumption of extra virgin olive oil as the main fat and the predominance of cereals, vegetables, fish, eggs and dairy products over other foods. sources of animal fat.

Our cultural traditions and the geographic enclave in which we live are ideal allies for incorporating and following this type of diet into our daily lives.

The Mediterranean diet is, above all, a healthy, varied and balanced diet that allows us to prepare delicious meals at the same time without going into complicated preparations.

1. Why is this diet good for you?

2. What is the basic fat in the diet

- a) Dairy
- b) Fish
- c) Olive oil
- d) Vegetables

3. Based on this image, explain why olive oil is more useful than sunflower oil



Text 2

Despite the fact that the Mediterranean diet is considered one of the most favorable diets, since its consumption is balanced and based on quality food, like everything else, it has its drawbacks or disadvantages. In this post, we will list the main ones.

1. Decrease in meat consumption; It provides the body with many beneficial proteins, the lack of which can lead to health problems.
2. Lack of calcium, as less dairy products are consumed. You can ask your doctor if you need this type of supplement.
3. Possible weight gain due to olive oil, as it is very high in calories and is present in this diet; and because of walnuts or other dried fruits, which are also rich in calories and fats. Therefore, if you are trying to lose weight, you should strictly control the amount of these two foods.
4. Lack of iron. If you choose to stick to this diet, make sure you eat foods rich in iron and vitamin C, as this helps in the absorption of iron. Supplements may also be needed, especially for women or pregnant women.
5. The recommended serving size for this diet is not exactly known, so people with no basic nutritional knowledge may go on a high-calorie or underserved diet without even knowing it.

6. It is a diet that takes time, especially for cooking. This is a diet that is sometimes difficult to follow if you cook very little or never cook at home, or if you don't have time during the day to stop and cook. This also includes a fairly careful diet of foods, some of which, such as oil, can be expensive, so some families may not be able to afford this diet for a long period of time.

4. Below are the facts about the diet, mark in the table which facts speak about the benefits of the diet, which ones about the dangers

	the benefits	the dangers
Unlimited portions		
We use olive oil		
Few foods containing calcium and iron		
One of the basic elements of the diet is vegetables		
Useful harmful		

5. Make a menu from these products according to diet rules

FOOD VOCABULARY

Product	Price
tomato	23 p
cucumber	22 p
lettuce	15 p
radish	19 p
cymbling	34 p
marrow	31 p
onion	21 p
pumpkin	43 p
garlic	8 p
cabbage	17 p
beef	78 p
pork	73 p
bacon	56 p
sausage	50 p
fowl	72 p
egg	49 p
cheese	45 p
milk	28 p
sour cream	29 p
cottage cheese	37 p
butter	42 p
ice-cream	19 p
fish	68 p
shrimp	83 p
crab	75 p
squid	65 p

