Unit 1 Health & Fitness

Related Units: **2 Diet & Dieting, 4 Illness & Recovery, 64 Body Movement, 102 History Taking, 142 Physiotherapy**

health [helθ] *n*

opposite **illness**[1], **sickness**[1], **ill health**[2] *n* **U4-1**
condition of physical [fɪzɪkᵊl], mental, and social well-being; being free from disease, complaints [eɪ] or abnormalities

healthful[3] [helθfᵊl] *adj* • **healthfulness** *n* • **healthcare**[4] [helθkeɚ] *n*

▸ *This may be important to your health. She was in good health until 4 days before she was admitted to the hospital*[5]*. Antibiotics* [aɪɒɪ] *should be given for wounds* [uː] *in persons with general ill health. Is there a pattern of overconcern*[6] [sɜː] *about the child's health?*

Use ***to be in*** good/the best of[7]/excellent[7]/perfect[7]/poor ***health*** • ***to have a*** strong/sound ***health*** • to be a picture of / to be good/bad for one's[8] ***health*** • to jeopardize[9] [dʒep-] /restore ***sb.'s health*** • general / mental / emotional [oʊʃ]/ public ***health*** • child / maternal [ɜː]/ family / adolescent [es] ***health*** • state / preservation ***of health*** • ***health*** problem / education[10] / policy[11] / care (costs) • ***health*** insurance[12] / risk *or* hazard [r]/ threat [e]/ status[13] / food[14] • ***health*** history / habits / behavior[15] [eɪ]/ assessment • ***health*** screening [iː] tests[16] / certificate[17] / professional / check[18] [tʃek] • ***healthful*** diet[19] [daɪət]/ habits / living / body weight • to provide ***health care*** • ***health care*** services / system[20] / provider [aɪ]/ worker • ***health***-compromising behavior

gezondheid
ziekte[1] ziekte, slechte gezondheid[2] gezond, heilzaam[3] gezondheidszorg[4] in het ziekenhuis opgenomen[5] overdreven bezorgdheid[6] in een uitstekende gezondheid verkeren[7] schadelijk voor de gezondheid zijn[8] gezondheid in gevaar brengen[9] gezondheidseducatie[10] gezondheidsbeleid, medisch beleid[11] ziektekostenverzekering[12] gezondheidstoestand[13] biologische voeding[14] gezondheidsgedrag[15] bevolkingsonderzoek[16] gezondheidsattest, gezondheidsverklaring[17] medische controle/check(-up)[18] gezonde voeding[19] gezondheidszorg, zorgsector[20]

1

healthy [helθi] - healthier - healthiest *adj*

opposite **not healthy** *or* **unhealthy**[1] *adj*
(i) not ill, strong and well and/or showing good health (ii) good for your health

healthy-looking *adj* • **healthy-appearing** [ɪɚ] *adj* • **healthiness**[2] *n*

▸ *A chronic course is more often seen in previously* [iː] *healthy adults. I'm much healthier now. Adolescence is one of the physically healthiest periods in an individual's life. All unhealthy granulation tissue must be removed.*

Use to be/get/remain/appear/be considered ***healthy*** • ***healthy*** tissue[3] / body / skin and hair • ***healthy*** appetite[4] / eating • ***healthy*** lifestyle[5] / baby / child • ***healthy*** individuals *or* subjects [ʌ]/ patients • ***healthy*** climate [aɪ]/ attitude[6] /-appearing organ • generally / apparently[7] [eɚ]/ relatively ***healthy*** • physically[8] [ɪ]/ otherwise ***healthy*** • ***unhealthy*** person / attitude /-looking[9]

gezond
ongezond[1] gezondheid[2] gezond weefsel[3] gezonde eetlust[4] gezonde leefwijze, gezonde leefstijl[5] gezonde levenshouding[6] ogenschijnlijk gezond; blijkbaar, overduidelijk[7] lichamelijk gezond[8] ongezond uitziend[9]

2

well *adv*

syn **sound** [saʊnd], **fine** [faɪn] *adj, opposite* **unwell**[1], **sick**[2] *adj*
to be in good health and without injuries or any other health problems

good - better - best *adj* • **to do sb. good**[3] *phr* • **be bad/ good for**[4] *phr*

▸ *The patient seemed to be doing well. I'm quite fine, thanks. I had a minor injury but it feels fine now and shouldn't cause me any problems. This is a common cause of acute hemolysis in a previously well adult patient. Immobilization must be continued until bone healing* [iː] *is sound*[5]*. Some sleep will do you good. Garlic*[6] *is said to be good for the heart* [ɑː].

Use to be *or* feel/appear/recover [ʌ] /get ***well*** • systemically / seemingly[7] / otherwise ***well*** • to be ***fine*** • ***sound*** healing[8] [iː]/ sleep[9] • ***well*** baby care • ***get well*** card • ***well***-nourished[10] [ɜː] (*abbr* W/N) /-developed /-trained • ***well***-tolerated[11] /-preserved[12] [ɜː]/-balanced diet[13] • ***well***-adjusted [dʒʌ]/-disposed[14]

gezond, lekker zijn, zich goed voelen
onwel, onpasselijk[1] ziek[2] iemand goed doen[3] goed voor iemand zijn, heilzaam zijn[4] gezond, gaaf[5] knoflook[6] ogenschijnlijk gezond[7] goede genezing, goed herstel[8] diepe slaap[9] weldoorvoed[10] goed verdragen[11] goed geconserveerd[12] evenwichtige voeding[13] welwillend, welgezind[14]

3

1

kerngezond, krachtig, blakend
bloeiend, blakend, kerngezond, goed gedijend[1] levendig, flink[2] dunne ontlasting[3] leukocyten, witte bloedlichaampjes[4] cerebrospinaal vocht[5] bloeiende praktijk[6] kerngezonde baby[7] blaken van gezondheid[8] verende tred[9]

4

hygiënisch, schoon, gezond
gezond, heilzaam[1] bevorderlijk, heilzaam[2] behouden, in stand houden[3] nadelig[4] sanitatie[5] ontsmetten, steriliseren[6] onhygiënisch[7] gezondheid, heilzaamheid[8] ongezond, schadelijk[9] goed doen, tot nut zijn; profiteren van; tot voordeel zijn; nut, voordeel[10] lichamelijke verzorging, persoonlijke lichaamsverzorging[11] sanitaire voorzieningen[12] maandverband[13] geestelijke gezondheid[14] rioolwaterzuivering[15] gezonde uitwerking, heilzaam effect[16] nuttig zijn voor, bevorderlijk zijn voor[17] twijfelachtig nut[18] overlevingswinst[19]

5

levendig, levend, vitaal
vitaal, van levensbelang[1] levendig, vrolijk[2] energiek, actief, barstend van energie[3] dynamisch, krachtig, energiek[4] uitgelaten[5] vitaliteit[6] energie, levenskracht[7] hyperthyme personen[8] nadelig beïnvloeden, benadelen[9] lactaatacidose[10] levendig karakter[11] levendige belangstelling[12] vitale symptomen, tekenen[13] vitale capaciteit[14] energieke tred[15] kranige baby[16] heftig hoesten[17] intensieve behandeling[18] uitgelaten stemming[19] seksuele energie/kracht[20]

6

welzijn, welbevinden, gezondheid
gezondheid, welbevinden, wellness[1] welzijn; welvaart; WIA-uitkering$$, bijstandsuitkering$$, sociale uitkering$$, steun[2] algeheel welzijn, algeheel welbevinden[3] lichamelijke gezondheid, lichamelijk welzijn, lichamelijk welbevinden[4] verbeterd lichamelijk welbevinden, zich beter voelen[5] bijstandsuitkering ontvangen, steun trekken[6] kinderbijslag[7] WIA-uitkering$$, bijstand(uitkering)$$[8] welzijnswerk(st)er, maatschappelijk werk(st)er[9] welvaartsstaat[10]

7

thriving [θraɪvɪn] *adj*

sim **flourishing**[1] [ɜː||BE ʌ], **bouncing**[2] [baʊnˈsɪn] *adj*
growing stronger, developing well, being healthy and successful

▸ *This is a common cause of loose stools[3] [uː] in thriving children. Some breast-fed [e] infants fail to thrive. How can children who are apparently not getting enough calories in their diets be flourishing? He ran a flourishing private practice until 2003. Due to a relative lack of WBCs[4] in the CSF[5], the infection flourishes. Bouncing babies make healthier grown-ups.*

Use ***thriving*** child / infant • ***flourishing*** practice[6] / business [ɪ] • ***bouncing*** baby[7] / with health[8] / gait[9] [geɪt]

hygienic [haɪdʒiːˈenɪk] *adj*

syn **sanitary** *adj, rel* **wholesome**[1], **beneficial**[2] *adj*
to preserve[3] [ɜː] or promote a person's health, esp. by keeping the body and/or the environment [aɪ] free from agents [eɪdʒ] that are deleterious[4] [ɪə˞] to health

hygiene[5] *n* • **hygienist** *n* • **sanitation**[5] [eɪ] *n* • **sanitize**[6] *v* • **unsanitary**[7] *adj* • **wholesomeness**[8] *n* **U2-13** • **unwholesome**[9] *adj* • **benefit**[10] *vt & vi & n*

▸ *The normal microbial flora is influenced by factors such as the diet, hygienic habits[11], sanitary conditions, or air pollution [uːʃ]. Wholesome natural food contains plenty of proteins and vitamins. Exercise programs are also beneficial. Some postmenopausal [dː] women benefit from chemotherapy [kiːm-]. There may be a benefit in hospitalized patients.*

Use ***hygienic*** practices[11] / conditions / problem • ***sanitary*** measures [eʒ]/ precautions [dː]/ regulations • ***sanitary*** facilities[12] [sɪ]/ napkin *or* pad[13] *or (BE)* towel[13] [taʊəl] • personal[11] / good foot / genital ***hygiene*** • bronchial [k]/ oral *or* dental / fecal [iːk]/ mental[14] ***hygiene*** • level of / (in)adequate / poor ***sanitation*** • environmental / food / fecal[15] ***sanitation*** • ***wholesome*** diet / entertainment [eɪ] • ***beneficial*** effect[16] / results / response • ***to benefit*** from • to be of (great[17]/ little/ lasting/ limited) ***benefit for*** • health / clinical / therapeutic / cosmetic ***benefit*** • considerable / questionable[18] / survival[19] [aɪ] ***benefit***

lively [laɪvli] *adv*

sim **vital**[1] [vaɪt/t/ᵊl], **vivacious**[2] [vɪveɪʃəs] *adj*
rel **energetic**[3] [dʒe], **vigorous**[4] [ɪ], **exuberant**[5] [uː] *adj*
very active and full of life, spirit, and energy

liveliness *n* • **vitality**[6] *n* • **energy** [enə˞dʒi] *n* • **vigor**[7] [vɪgə˞] *n*

▸ *Her lively manner lends itself to easily established relationships, but she is rarely deeply involved emotionally. Hyperthymic [aɪ] individuals[8] tend to be cheerful, exuberant, overconfident, energetic, vigorous, and full of plans. Pain-induced immobility began to compromise[9] the patient's energy, spirit, appetite, and vitality. The extent of lactic acidosis[10] depends on the duration and vigor of muscular [ʌ] activity.*

Use ***lively*** character / mind[11] / humor / interest[12] / discussion • ***vital*** personality / signs[13] / organs • ***vital*** capacity[14] / statistics • ***vivacious*** girl / manner / personality • ***energetic*** patient / walking[15] • ***vigorous*** infant[16] / exercise • ***vigorous*** coughing[17] [kɒːf-]/ cry / treatment[18] • ***exuberant*** youth [juːθ]/ mood[19] [uː] • ***exuberant*** behavior / energy / life force • youth and / lost ***vitality*** • full of / to burst [ɜː] with ***energy*** • sexual[20] ***vigor***

well-being *n*

sim **wellness**[1] *n, rel* **welfare**[2] [welfeə˞] *n* **U13-6**
achievement [tʃ] of a state of good health as defined [aɪ] by the individual

▸ *A regular exercise program consistent with life-style, age, and cardiac status certainly enhances general well-being. Also elderly people participate [ɪs] in our wellness program.*

Use overall[3] / physical[4] [ɪ]/ emotional / mental ***well-being*** • fetal [iː]/ long-term / personal ***well-being*** • feeling / improved sense[5] ***of well-being*** • emotional / dental ***wellness*** • ***wellness*** clinic / plan / walking / body treatment • to be on[6] / social / employee's / child[7] ***welfare*** • ***welfare*** benefits[8] / worker[9] / work • ***welfare*** officer / agency [eɪdʒ]/ policy / state[10]

constitution [ˌjuːʃ] *n clin & term*

rel **phenotype**[1] [fiːnətaɪp], **somatotype**[2] [soʊmətə-‖-mr̩t/ətaɪp] *n term*
U25-3
inborn physical or psychological makeup of an individual modified by environmental factors

constitutional[3] *adj term* • **phenotypic** [fiːnətɪpɪk] *adj* • **somatotyping**[4] *n*

▸ *Patients who have a stoic* [stoʊɪk] *constitution will persevere*[5] *with tremendous pain. In children with constitutional short stature*[6] [str̩tʃɚ], *birth weight* [weɪt] *and length are not affected, but typically the rate of growth is decreased during infancy.*

Use to have a strong[7]/good ***constitution*** • male / chromosomal[8] / XXY / psychopathic [saɪkə-]/ ***constitution*** • ***constitutional*** cause / weakness [iː]/ symptoms[9] • ***constitutional*** disease[10] / delay [eɪ] of growth[6] [groʊθ]/ psychology

constitutie, aanleg
fenotype, (uiterlijke) verschijning[1] lichaamsbouw, constitutie(type)[2] constitutioneel, door aanleg bepaald[3] indelen in verschillende typen van lichaamsbouw[4] doorzetten[5] constitutioneel gedrongen bouw[6] sterke, krachtige constitutie[7] chromosoomconfiguratie[8] constitutionele symptomen[9] constitutionele ziekte[10]

8

(physical) fitness [fɪzɪkᵊl fɪtnəs] *n*

sim **condition**[1] [kəndɪʃᵊn], **shape**[2] *n*
physically strong, and in good condition; esp. as a result of exercise

fit[3] *adj* • **well-conditioned**[3] *adj* • **conditioning**[4] *n*

▸ *How much does she spend on fitness training and beauty* [bjuːt/i] *treatments. Every week of rest usually requires at least two weeks of exercising to reach preinjury* [priːɪndʒɚi] *fitness level. Supervised fitness walking was advised* [aɪ] *to patients with osteoarthritis* [aɪ] *of the knee. In fit patients, surgery was associated with a lower frequency of complications.*

Use to build/test/prove/judge [ʌ] ***sb's fitness*** • biologic / aerobic / cardiopulmonary [ʊ‖ʌ]/ psychologic ***fitness*** • ***fitness*** program / exercise *or* routine[5] [iː]/ equipment / freak[6] [iː] • ***fitness*** test[7] / level / gym[8] [dʒɪm]/ problem / room[8] / center / club • ***fitness*** instructor[9] [ʌ]/ guru / for work[10] / to travel[11] • to keep ***fit*** • to be in good/stable/out of[12] ***condition*** • exercise / abdominal / poor[13] ***conditioning*** • to be/get/keep/stay[14] ***in shape***

goede lichamelijke conditie/vorm/gezondheid, fitheid
goede lichamelijke conditie/vorm/gezondheid[1] conditie, vorm[2] fit, getraind, in vorm[3] conditie(training)[4] fitnessoefeningen, conditietraining[5] sportschoolfanatiekeling, fitnesstype[6] fitnesstest, conditietest[7] fitnessruimte, trainingsruimte[8] fitnessinstructeur, sportschoolleraar[9] arbeidsgeschiktheid[10] reisconditie[11] slechte conditie hebben, niet in vorm zijn[12] in slechte conditie[13] in vorm blijven[14]

9

[redacted]

Chief constitutional types according to Kretschmer

recreation [rekrieɪʃᵊn] *n*

sim **relaxation**[1] [eɪʃ], **diversion**[2] [dɪvɜːrʃᵊn] *n*, **rest**[3] *n & v*
rel **regeneration**[4] [rɪdʒenəreɪʃᵊn] *n*
engaging in activities that divert, amuse or stimulate during one's leisure [liːʒɚ‖*BE* leʒə] time[5]

recreate *v* • **relax** [rɪlr̩ks] *v* • **divert** [ɜː] *v* • **regenerate**[6] *v* • **recreational** *adj*

▸ *Are you aware of the health risks associated with the ever-increasing demands made by the duty-rest-recreation schedules* [sk‖ʃedjuːlz] *in our round-the-clock society? He attributes his return to normality to deep relaxation therapy. I find a tremendous relaxation in fishing. The sprained* [eɪ] *ankle*[7] *should be rested sufficiently* [ɪʃ] *to allow complete healing* [iː].

Use physical / healthy [e]/ outdoor[8] / leisurely [iː] ***recreation*** • ***recreation*** center / ground[9] • pleasant [e]/ entertaining [eɪ]/ welcome ***diversion*** • teenage / occasional [eɪʒ]/ summer-time ***diversion*** • to promote[10]/achieve ***relaxation*** • muscle / pelvic floor[11] ***relaxation*** • period / ritual / state / degree ***of relaxation*** • ***relaxation*** techniques[12] [teknɪiːks]/ activities • ***recreational*** facilities[13] / activity[14] / water sports / skiing • ***recreational*** sun exposure / interests / drugs[15] • to be at[16]/have *or* take a[17] /be relieved by/seek ***rest*** • (complete/ strict/ prolonged) bed / joint[18] / adequate ***rest*** • ***rest*** period / day / home[19]

ontspanning, verstrooiing, amusement
ontspanning, verslapping, relaxatie[1] afleiding, verstrooiing[2] rust, ontspanning; uitrusten, uitrusten, zich ontzien[3] vernieuwing, herstel, regeneratie[4] vrije tijd[5] zich herstellen, regenereren[6] verzwikte enkel, verstuikte enkel[7] openluchtrecreatie, buitensport[8] recreatieterrein, sportterrein[9] ontspanning bevorderen[10] bekkenbodemontspanning[11] ontspanningstechnieken[12] recreatiemogelijkheden, recreatieve vrijetijdsvoorzieningen[13] vrijetijdsbesteding[14] recreatieve drugs, sociale drugs[15] in rust zijn, rustig zijn, in rust verkeren[16] rust nemen[17] het gewricht ontzien[18] verzorgings(te)huis, verpleeg(te)huis, zorgcentrum, bejaardentehuis[19]

10

1

gezond, lichamelijk capabel/ presterend, sterk, krachtig
sterk, flink, gezond, krachtig, robuust[1] gehandicapt, geïnvalideerd, invalide, lichamelijk beperkt[2] gebrek, handicap[3] robuustheid, kracht[4] handicap, lichamelijke beperking[5] snel, spoedig[6] sterke gezondheid[7] immuunrespons, immunologische respons, afweer[8] strakke buik, wasbordje, sixpack[9]

11

lichaamstraining, lichamelijke oefening
oefening, training[1] lichamelijke inspanning, turnoefeningen[2] sport[3] trainen[4] sporter, sportieveling, atleet[5] sportief[6] zware, intensieve, belastende oefening[7] veroorzaakt door[8] duizeligheid, duizelingen, licht hoofd[9] oefeningen doen[10] ademhalingsoefeningen[11] inspannende oefeningen[12] hometrainer[13] belastingstest, fietstest[14] lichamelijke belastbaarheid[15] wedstrijdsport, competitiesport[16] compensatiesport[17] sportmedisch onderzoek[18] sportgeneeskunde[19] wedstrijd[20] intervaltraining[21] krachttraining[22] hoogtetraining[23] autogene training[24] trainschema, trainingsschema, oefenschema[25]

12

opwarmen, warming-up
opwarmen, spieren losmaken[1] oprekken, stretching[2] huppen, sprongetjes maken, touwtjespringen[3] versterken; tonus, spierspanning[4] soepel, beweeglijk[5] tempo[6] hittekussen[7] zich in (goede) vorm, fit voelen[8] rekken en belasten[9] gericht spieren oefenen, afzonderlijke spieren oefenen[10] rusttonus, spierspanning in rust[11]

13

hardlopen, rennen, joggen
hardlopen, rennen[1] circuittraining[2] spinning, ergometertraining[3] rennen, hardloop, ronde, renwedstrijd[4] hardloper, hardloopster[5] snelwandelen[6] zwaar lichamelijk werk[7] fietsen[8] met joggen beginnen[9] statisch joggen[10] licht joggen, rustige draf[11]

14

able-bodied *adj*

rel **robust**[1] [ʌ], **firm**[1] [ɜː] *adj, opposite* **disabled**[2] [eɪ] *adj & n*
healthy, strong, physically fit, and without injuries [ɪndʒɚːiːz] or infirmity[3] [ɜː]

firmness *n* • **robustness**[4] *n* • **disability**[5] [dɪsəbɪlə/t/i] *n* **U142-3** • **able-bodied** *n*

▸ *It's often difficult for the able-bodied to understand the problems the disabled experience in their lives. The patient swiftly[6] returned to remarkably robust health and remained free of illness. Join our health club to maintain a youthful, radiant [eɪ], and firm body year round.*

Use ***able-bodied*** man • ***robust*** health[7] / child / immune response[8] • ***firm*** body / muscles / belly[9] / handshake • tissue / abdominal / skin / breast [e] / stool [uː] ***firmness***

workout[1] *n*

sim **training**[1] [eɪ] *n, rel* **physical exercise**[2], **sport(s)**[3] *n* **U64-18**
activity of exerting[4] [ɜː] one's muscles in various ways to keep fit, trim one's body or lose weight

to work out[4] *v phr* • **exercise**[4] *v* • **train**[4] *v* • **sportsman**[5] *n* • **sporting**[6] *adj*

▸ *If an athlete [iː] trains twice a day, each hard workout[7] should be followed by at least 3 easy ones. Dyspnea [ɪ] in this situation is similar to that brought on[8] by exercise. You should exercise every morning and get plenty of fresh air. He is allowed several hours a day of relaxation or recreation and can occasionally exercise by playing ball. Cooling [uː] down (gradually slowing down before stopping the exercise) can help prevent dizziness[9].*

Use intense *or* vigorous[7] / light / frequent ***workout*** • weight-lifting / a 30-minute aerobic ***workout*** • to do[10]/try/prescribe/advise ***exercises*** • (regular) physical / stretching / respiratory[11] ***exercises*** • (an)aerobic / leg / back / neck ***exercises*** • stomach / light / strenuous[12] ***exercises*** • ***exercise*** program / bicycle[13] [baɪsɪkl]/ test[14] / (in)tolerance[15] • contact / competitive[16] ***sports*** • alternate[17] ***sport*** • ***sport*** physical[18] • ***sports*** medicine[19] / activities / shoes /-related fracture • ***sporting*** event[20] / accident • interval[21] / weight / strength[22] ***training*** • altitude[23] [r]/ autogenic[24] [dʒe]/ biofeedback ***training*** • ***training*** session / schedule[25]

warm *or* tune *or* tone up *v phr*

sim **limber** *or* **loosen** [uː] **up**[1] *v phr,rel* **stretching**[2] *n*
to do preliminary exercises (skipping[3], stretching) to optimize muscle performance and prevent injury

warm-up *n* • **tone**[4] [toʊn] *v & n* • **toning** *n* • **stretch** [stretʃ] *v* • **limber**[5] [ɪ] *adj*

▸ *Stretching should be done after a warm-up and after exercise. Active warm-up by exercise, preferably by performing a sport at a relaxed pace[6] [peɪs], prepares muscles for competition more effectively than passive heating [iː] with a heating pad[7], ultrasound [ʌ], or infrared lamp. Limber up with a good stretching routine led by a qualified instructor [ʌ]. To avoid direct injury, athletes should never stretch further than they can hold for a count of 10. Stretching helps eliminate stress and tension [ʃ] and increase flexibility.*

Use ***to warm up*** the muscles • thorough ***warm-up*** • to feel[8] ***toned up*** • ***to limber up*** one's legs / before the match • ***limber*** body • to do a lot of / regular ***stretching*** • ***stretching*** exercises[2] / out / and straining[9] [eɪ] • ***to tone*** one's body / oneself / selected muscles[10] • body / muscle / tissue ***toning*** • ***toning*** effect • muscle / resting[11] ***tone***

jogging *n*

sim **running**[1] [ʌ] *n, rel* **circuit** [sɜːrkɪt] **training**[2], **spinning**[3] [ɪ] *n*
running at a moderately swift pace as a form of exercise

jog [dʒɒːg] *v & n* • **jogger** *n* • **run**[4] - ran - run *v irr & n* • **runner**[5] [rʌnɚ] *n*

▸ *Brisk walking[6], jogging, fast cycling [saɪklɪn] and doing heavy chores[7] [tʃ] are more effective than playing golf. I had a little jog this morning and the pain has gone. I was well able to pedal out[8] a loo-mile day and follow that up with the ritual evening jog or yoga work-out.*

Use to go/do a bit of/take up[9] ***jogging*** • daily / steady [e] ***jogging*** • ***jogging*** injury / in place[10] / shoes • ***to jog*** along • morning / 5-mile / gentle[11] [dʒ] / 12-minute ***jog***

aerobics [eɚˈɔːbɪks] n

rel **gymnastics**[1] [dʒɪmnˌstɪks], **calisthenics**[1], **isometrics**[2] [aɪsə-] *n* **U142-17**
series of rhythmic [ɪ] exercises performed to music that stimulate the aerobic capacity of the body

gymnasium[3] [eɪ] *n* • **gymnast**[4] *n* • **(an)aerobic**[5] *adj term* • **isometric** *adj*

▸ *My doctor recommends 20-30 minutes of vigorous, continuous aerobic exercise 3-5 times a week. Calisthenics is a combination of controlled exercises, gymnastics, and simplified ballet* [bɹleɪ], *which combines fitness, flexibility, poise*[6] [pɔɪz], *and graceful* [eɪs] *movement. Many women use calisthenics as a physique* [fɪzíːk] *builder*[7]. *Isometrics is an exercise that involves muscle contraction through pressing and pulling* [ʊ] *against an immovable object. Are there isometric exercises*[2] *I can do while using cruise control on long trips?*

Use step / low intensity / water *or* aqua[8] ***aerobics*** • ***anaerobic*** threshold (*abbr* AT) exercise[9] • ***anaerobic*** respiration[10] / training • ***aerobic*** exercises / appliances[11] [aɪ] • group / eye[12] / bodyweight[13] ***calisthenics*** • muscular [ʌ] endurance / roadside[14] / computer[15] ***calisthenics*** • ***calisthenic*** exercises *or* drills • general / therapeutic *or* remedial[16] / water ***gymnastics*** • competitive[17] / rhythmic [ɪ] (sportive)[18] / vocal / mental ***gymnastics***

aerobics
gymnastiek[1] isometrische oefeningen[2] sporthal, sportzaal, turnzaal, fitnessruimte[3] turner, turnster[4] (an)aeroob[5] (lichaams)houding[6] voor een beter figuur[7] aquafitness, aqua-aerobics, watergymnastiek[8] anaerobe drempeltraining[9] anaerobe ademhaling[10] aerobicstoestellen[11] ooggymnastiek[12] afslanktrimoefeningen[13] ontspanningsoefeningen voor automobilisten[14] houdingsoefeningen voor beeldschermwerk(st)ers[15] fysiotherapie, oefentherapie[16] wedstrijdturnen[17] ritmische sportgymnastiek[18]

15

yoga [joʊgə] n

rel **meditation**[1] [eɪʃ], **deep muscle relaxation**[2] *n*
system of physical exercises focused on muscle tone, holding of postures, breathing [iː] exercises[3], and meditation to achieve physical and mental well-being and tranquility[4] [kwɪ]

meditate[5] *v* • **meditative**[6] *adj* • **relaxing**[7] *adj*

▸ *Lessening response to stress by various techniques* [k] *such as yoga, hypnosis* [hɪp-], *transcendental meditation, or biofeedback is helpful for many patients. There has been an upsurge* [-sɜːrdʒ] *in demand*[8] *for yoga and Tai Chi which combine meditation with physical activity to help relieve* [iː] *stress and increase self-awareness*[9] [eɚ].

Use hatha[10] / Tantric ***yoga*** • ***yoga*** position / classes[11] / healing center • transcendental[12] (*abbr* TM)/ Mantra / Zen / Christian[13] ***meditation***

yoga
meditatie[1] diepespierontspanning, jacobsontechniek[2] ademhalingsoefeningen[3] rust, gelijkmoedigheid[4] mediteren[5] meditatief[6] ontspannend[7] toegenomen vraag[8] zelfkennis, zelfbewustzijn[9] hathayoga[10] yogacursussen[11] transcendente meditatie[12] christelijke meditatie[13]

16

sauna (bath) [saʊnə(bæθ)] n

syn **Finnish bath** *n*, *rel* **steam** [iː] **room** *or* **bath**[1] *n*
wooden room in which hot steam is used to open the pores [ɔː] and eliminate toxins through sweat [e] followed by rubbing [ʌ] the body and a cold shower [ʃaʊɚ]

bathe[2] [beɪð] *v* • **bathing** [beɪðɪŋ] *n*

▸ *A one-day membership at our health club includes a swim, supervised gym session, sauna, steam bath, massage, manicure, wash, blow dry*[3], *and make-up. Don't plunge*[4] [plʌndʒ] *into icy water after a steamy sauna. I enjoyed steam baths and saunas at the leisure center*[5].

Use to go for/have a ***sauna*** • communal[6] / private ***sauna*** • vapor[1] [eɪ]/ whirlpool [ɜː] *or* jacuzzi [dʒəkuːzi]/ sitz[7] ***bath*** • bubble[8] [ʌ]/ Turkish[9] [ɜː]/ hot[10] / ice(-water) ***bath*** • to take a[11] ***bath***

sauna
sauna, stoombad[1] baden, een bad nemen[2] föhnen[3] springen[4] recreatiecentrum[5] openbare sauna[6] zitbad[7] schuimbad, bubbelblad, jacuzzi[8] Turks bad[9] heet bad[10] bad nemen[11]

17

health spa n

rel **health club**[1] *n*, **health farm**[2] *n BE*, **bodywork**[3] *n* **U142-20**
health resort near a spring[4] or at the seaside where people go to become more healthy

▸ *Close by is a health spa with an indoor pool, steam room and gymnasium*[5]. *This is not a medical spa, but it does focus on total well-being. He looks trim after his month in a health farm. Based on the premise that physical illness is often emotionally based, healing centers have increasingly been outdoing*[6] *health farms. Biomechanical therapy is a gentle and relaxing type of bodywork used to integrate and realign*[7] [aɪ] *the body's structural framework.*

Use bathing [eɪ]/ thalassotherapy[8] / hot springs[9] ***spa*** • fitness / hiking[10] / elegant ***spa*** • ***spa*** water / bath / hotel[11] • ***spa*** treatment[12] / therapist / effect • ***health*** ranch[2] • women-only ***health farm*** • therapeutic / (w)holistic / deep tissue / aquatic [r] ***bodywork***

kuuroord, sanatorium, geneeskrachtige bron
fitnesscentrum[1] gezondheidsboerderij[2] bodywork[3] bron[4] sportschool, fitnessruimte[5] overtreffen, beter presteren dan[6] herinrichten, opnieuw instellen[7] thalassotherapeutisch centrum[8] thermisch bad, thermaal bad[9] wandeltocht[10] kuurhotel[11] balneotherapie, badkuur[12]

18

2

kneippkuur, koudwaterkuur
zweefbad[1] massagedouche[2] kruidenkunde[3] kneippkuur, kneippleer[4] floaten, in het water zweven[5] straalpijpen[6] regendouche[7] kneippkruidenbaden[8] kneipphydrotherapie[9] kneippkuuroord[10] kneipptuinkruiden[11] zweeftank, zweefbad[12] massagedouche, jetshower[13] doucheruimte[14] douchemuts[15] douchegordijn[16] douchekop[17]

19

Kneipp cure [kjʊɚ] *or* Kur *n*

rel **flo(a)tation**[1] [eɪʃ], **Swiss shower**[2] *n term*
system of treatments combining applications of cold water, herbology[3], and diet of natural foods which was developed in Germany in the mid-1800s by Pastor Sebastian Kneipp

kneippism[4] *n term* • **float**[5] [floʊt] *v* • **showering** [ʃaʊɚɪŋ] *n clin*

▸ *Floatation therapy can produce complex reactions in the body due to reduced gravity and the concentration of salts. A Vichy shower uses 5 or more shower nozzles*[6] [ɒː] *in a horizontal pattern over the client to create a gentle or vigorous rain shower*[7].

Use ***Kneipp*** herbal [ɜː] baths[8] / Kur baths / (hydro)therapy[9] / wellness • ***Kneipp*** health resort[10] / garden herbs[11] / wellness center • water / rest ***cure*** • ***flotation*** therapy / tank[12] • to take/have ***a shower*** • cold / hot / Vichy[7] ***shower*** • jet[13] [dʒet]/ laser / evening ***shower*** • ***shower*** bath / room[14] / cap[15] / curtain[16] [ɜː]/ head[17]

modderbad
peeling[1] scrub[2] parafango[3] paraffinepakking[4] (geneeskrachtige) modder[5] afwrijven, scrubben[6] modder- of leempakking[7] hete pakking, hete omslag, warm kompres[8] losmaken[9] modderbad[10] modderdrinkkuur[11] modderpakking[12] lichaamspakking[13] kompres, omslag, wikkel[14] scrubben met een loofahspons[15] manuele lymfedrainage[16] fangobehandeling[17] lichaamspeeling[18] zeezoutpeeling[19]

20

mud [mʌd] treatment *or* moortherapy [muː-] *n term*

rel **gommage**[1] [-ɑːʒ], **scrub**[2], **parafango**[3], **paraffin wrap**[4] [rɪp] *n term*
treatment with mineral-rich moor mud[5] containing over 800 plants many of which have known medicinal [ɪs] properties

scrub[6] [skrʌb] *v* • **fango** [fɹ‖fɑːŋgoʊ] *n*

▸ *Seaweed* [iː], *mud or clay* [kleɪ] *body masks*[7] *are the domain* [eɪ] *of the health spa. The mud is applied to the body as hot packs*[8] *to detoxify the body, loosen*[9] [uː] *muscles and stimulate circulation. Mud treatments remineralize, hydrate* [aɪ] *and exfoliate the skin leaving* [iː] *it with a vital, healthy glow* [oʊ].

Use ***mud*** bath[10] / bed • ***moor*** bath[10] /-mud facial [eɪʃ] mask /-drink therapy[11] • moor mud[12] / seaweed / aromatic ***wrap*** • body[13] / compression[14] ***wrap*** • (herbal) body / Loofah[15] / lymphatic[16] ***scrub*** • abrasive[1] [eɪ]/ lid / 2-minute ***scrub*** • ***parafango*** treatment / (body) wrap • ***fango*** bath / (mud) treatment[17] • total body[18] / foot exfoliating [oʊ] ***gommage*** • purifying / sea mineral[19] ***gommage***

Clinical Phrases How has your health been? *Hoe gaat/staat het met uw gezondheid?* • I'm as fit as a fiddle. *Ik ben kerngezond.* • Walking the dog is the only exercise I get. *De hond uitlaten is mijn enige lichaamsbeweging.* • Is she still enjoying good health? *Verkeert ze nog steeds in goede gezondheid?* • My wife nursed me back to health. *Mijn vrouw heeft mij door haar verpleging er weer bovenop geholpen.* • How do you feel today? *Hoe voelt u zich vandaag?* • Thanks, I'm fine. *Uitstekend, dank je/u.* • For a 70-year-old he is quite well-preserved. *Voor een zeventigjarige gaat hij nog prima mee.* • I'm working hard at getting back into shape. *Ik doe mijn best om weer in vorm te komen.* • I haven't been too well lately. *Het gaat de laatste tijd niet zo goed met me.*

Unit 2 Diet & Dieting

Related Units: **3 Food & Drink, 79 Nutrition, 27 Dentition & Mastication, 46 Digestion, 28 Metabolism**

innemen, tot zich nemen, nuttigen
eten[1] spijsvertering[2] innamen, innemen, opname[3] opgenomen voedsel[4] inname, opname, ingestie[5] zich overeten, overmatig eten[6] paddenstoelen[7] vergiftiging, intoxicatie[8] obstipatie hebben, verstopping hebben[9] eet op[10] vreemde voorwerpen inslikken, corpora aliena inslikken[11] per ongeluk innemen, onbedoeld gebruik[12] innemen van bijtende middelen[13] eten voor vier/als een paard[14] normale voeding/kost eten[15] uit eten gaan, in een restaurant eten[16] kant-en-klaar[17] kieskeurige/moeilijke eter[18] eetgewoonten[19] eetstoornis[20] vreetbuien[21] compulsieve eetstoornis, dwangmatig eten[22]

1

ingest [ɪndʒest] *v term*

syn **take in** *v phr,sim* **eat**[1] [iːt] - **ate** [eɪt‖et] - **eaten** *v irr*
to take in food, drink or medication via the mouth for digestion[2] [dɪ‖daɪdʒestʃən]

ingestion[3] *n term* • **ingestants**[4] *n* • **intake**[5] *n* • **overeat**[6] *v clin* • **eater** *n* • **eating** *n*

▸ *Ingested food is mixed with salivary amylase* [eɪ] *before it reaches the stomach* [k]. *Hospitalize patients who have ingested mushrooms*[7] [ʌ] *known to cause serious* [ɪɚ] *poisoning*[8]. *Adequate intake of fluids should be encouraged* [ɜː] *in immobilized patients. Many depressed patients eat little and are frequently constipated*[9]. *Eat up*[10] *before it gets cold. You should not eat a late meal before bedtime.*

Use ***to ingest*** food / foreign [fɒrɪn] bodies[11] • ***ingested*** eggs / fluid / drugs / poison • milk / accidental[12] / toxin / caustic[13] [ɒː]/ co***ingestion*** • ***to eat*** less / enough / well / like a horse[14] / without help / cooked foods / a regular diet[15] / out[16] • to have sth./be unable/to refuse ***to eat*** • ready[17]***-to-eat*** • to be a big / small / fussy [ʌ] *or* picky[18] / compulsive [ʌ] ***eater*** • ***eating*** habits[19] / disorder[20] • binge[21] [bɪndʒ] ***eating*** • obsessive, compulsive[22] ***overeating***

consume [uː] *v*

sim **have**[1], **dine**[2] [aɪ] *v*, **lunch**[3] [lʌntʃ] *v & n*

consumption[4] [ʌ] *n* • **dining** *n* • **dinner**[5] [ɪ] *n* • **diner**[6] [aɪ] *n*

▸ *Nutritional* [ɪʃ] *needs can be met quite easily by adults who consume dairy* [eɚ] *products*[7]. *Alcohol when consumed in excess for prolonged periods typically causes these symptoms. Why don't you have another toast? They lunched on fast food every day.*

Use ***to consume*** a varied diet [daɪət]/ little dietary fiber[8] / large quantities of beer • ***consumption of*** contaminated food[9] / heavy [e] meals[10] • coffee / alcohol / seafood[11] / excessive ***consumption*** • safe for ***consumption***[12] • ***to dine*** out with sb. • ***dining*** hall[13] / room / table / car[14] • to have/go out for ***lunch*** • buffet [eɪ]/ business ***lunch*** • ***lunch***time / break *or* hour[15] • candlelight ***dinner***

consumeren, nuttigen, tot zich nemen, gebruiken
eten, drinken, gebruiken[1] eten, dineren[2] middagmaaltijd, een lunch, als middagmaal gebruiken[3] consumptie, verbruik[4] hoofdmaaltijd, avondeten[5] (klein) restaurant[6] zuivelproducten[7] weinig voedingsvezels tot zich nemen[8] nuttigen van bedorven levensmiddelen[9] nuttigen van zwaar verteerbare gerechten[10] zeevruchtenconsumptie[11] geschikt voor consumptie, ten minste houdbaar tot[12] eetzaal[13] restauratiewagen, restauratiewagon[14] middagpauze, lunchpauze[15]

2

feed [fiːd] - fed - fed [e] *v irr*

sim **nourish**[1] [nɜːrɪʃ] *v* **U79-1**
(i) to give food to a baby, animals or persons who cannot eat without help (ii) to supply with nutriment[2] [uː]

feed(ing)[3] *n* • **underfeeding**[4] *n* • **underfed** *adj*

▸ *Generally, infants*[5] *weighing* [eɪ] *less than 1200g require 2-hour feedings, whereas larger infants are fed at 3-hour intervals. How often does your baby feed*[6]*?*

Use ***to feed*** sb. honey [ʌ]/ sb. with a spoon / poorly[7] • ***feeding*** bottle[8] / cup[9] / method / pattern[10] / problem / tube [uː]/ regimen[11] [dʒ] • breast[12]- [e]/ bottle-/ adequately[13] / well / tube-***fed*** • tube[14] / intravenous [iː]/ forced[15] / breast ***feeding*** • to be a heavy[16] [e]/ poor ***feeder***

voeden, voeding toedienen, nutriënten toedienen
voeden[1] voeding[2] voeding, borstvoeding[3] ondervoeding, malnutritie[4] zuigelingen[5] drinken, aan de borst/fles gaan[6] weinig drinken (baby)[7] zuigfles[8] tuitbeker[9] voedschema[10] voedregime[11] met borstvoeding[12] voldoende gevoed[13] sondevoeding[14] dwangvoeding[15] een flinke eter zijn[16]

3

wolf [ʊ] down *v phr inf*

sim **gulp** [ʌ] **down**[1], **bolt down**[2], **gobble (up)**[2] *v phr inf*
to take big bites[3] and swallow[4] hurriedly or greedily[5] [iː] without chewing [tʃuːɪn] or drink in one swallow[6] [swɒːloʊ]

schrokken, verorberen, achterover slaan
achterover slaan, gulzig drinken[1] schrokken, gulzig eten[2] happen[3] slok(ken) nemen[4] voorzag[5] teug[6]

4

nonedible *or* inedible [e] *adj*

opposite **edible**[1] *adj, rel* **palatable**[2] *adj*
unfit for human consumption, e.g. past its sell-by date[3]

unpalatable[4] *adj* • **palatability**[5] *n*

▸ *Vitamin K1 is present in most edible vegetables, especially in green leaves. A diet with normal fat content is more palatable and just as effective as a low-fat diet.*

Use ***nonedible*** plants

niet eetbaar, ongeschikt voor consumptie
eetbaar[1] smakelijk[2] voorbij de houdbaarheidsdatum[3] onsmakelijk, niet weg te krijgen[4] smakelijkheid, smaak[5]

5

food [fuːd] *n*

sim **foodstuffs**[1], **groceries**[2] [oʊs], **victuals**[3] *n BE*, ***grub**[4] [ʌ] *n inf*
any substance [ʌ] that can be metabolized[5] by an organism to give energy and build up tissue

▸ *Enjoy your food. Asking the patient to keep a diary*[6] [daɪəɚi] *of foods eaten may prove helpful. Fortification*[7] *of foodstuffs with vitamins etc. has nearly eliminated once-common deficiency states*[8] [ɪʃ].

Use to refuse/prepare[9]/(*BE*) be off one's[10] ***food*** • ***food*** intake[11] / additives[12] / preservatives[13] / supplement • bolus[14] of / fatty / ingested / junk[15] [dʒʌnk]/ fast / health[16] [e] ***food*** • (un)cooked / solid[17] / spicy [spaɪsi]/ spoiled[18] ***food*** • ***food*** craving[19] [eɪ] / intolerance[20] / particles / poisoning[21] • ***food*** aversion[22] / debris[23] [iː]/ choices / sources / chain[24] [tʃeɪn] • undigested / baby[25] / regurgitated[26] [gɜːrdʒ] ***food*** • ***food***-borne infection[27] • fortified / contaminated[28] / aspiration of ***foodstuffs***

Note: Food is normally used in the singular. In the plural it is used synonymously with foodstuffs to refer to different types of food.

voeding, eten
voedingsmiddelen[1] levensmiddelen[2] levensmiddelen, proviand[3] voer, kost[4] omgezet, afgebroken[5] dagboek[6] verrijking[7] gebrek, gebreksziekte, deficiëntie[8] voedsel bereiden[9] geen eetlust, trek hebben[10] voedselopname, nutriëntenopname[11] voedingsmiddeladditieven, additieven[12] conserveermiddelen[13] spijsbrok, hap, bolus[14] voedsel met geringe voedingswaarde, junkfood[15] reformvoeding[16] vast voedsel[17] bedorven voedsel[18] sterke trek, onbedwingbare zin[19] voedselovergevoeligheid[20] voedselvergiftiging[21] weerzin tegen voedsel[22] voedselresten, spijsresten[23] voedselketen[24] babyvoeding[25] opgerispt eten[26] levensmiddelenvergiftiging[27] besmette levensmiddelen[28]

6

2

maaltijd, eten, kost
brunch, ontbijt en middagmaal in één[1] grillen in de openlucht[2] avondmaaltijd[3] hoofdmaaltijd, (feestelijke) maaltijd[4] maaltijd nuttigen[5] maaltijd overslaan[6] hoofdmaaltijd[7] tafeltje-dekje, maaltijd-service aan huis[8] zware maaltijd, zwaar verteerbaar gerecht[9] vaste voeding[10] eetgewoonten[11]
7

meal [miːl] *n*

food served and eaten at one time (e.g. breakfast, brunch[1] [ʌ], lunch, barbeque[2], afternoon tea, supper[3], dinner[4])

▸ *Cafeterias* [ɪɔː] *and buffet* [eɪ] *meals should be avoided by anyone on a weight-reducing* [weɪt] *diet. Certain foods or meal patterns can change drug effectiveness.*

Use to eat/ingest[5]/miss[6] ***a meal*** • the major[7] ***meal*** • before / after / in-between ***meals*** • at ***meal***time • ***meals*** on wheels[8] [iː] • large / light / heavy[9] / fatty / solid[10] / test / evening / bedtime ***meal*** • ***meal*** planning / patterns[11]

(i) gerecht; (ii) servies, vaat; (iii) schaal(tje), schotel
vlak, ondiep, plat[1] opscheppen, serveren, opdienen[2] presenteren, uiteenzetten, op een rij zetten[3] theedoek, droogdoek[4] vaat doen, afwassen[5] lievelingsgerecht[6] vaatwasmachine, afwasmachine[7] afwaswater[8] vaatrek[9]
8

dish [dɪʃ] *n*

(i) food prepared in a particular way (ii) dishware for serving food (pl) (iii) a shallow[1] container, e.g. a Petri dish

dish out[2] / **up**[3] *v phr* • **dish towel** [aʊ]/ **cloth**[4] [ɒː] *n or* **tea towel**[4] *BE*

▸ *These infections are mostly due to raw* [rɒː] *fish dishes. This dish is best when served cold. They dished up the finest of meals.*

Use to do *or* wash[5] ***the dishes*** • favorite[6] [eɪ] ***dish*** • ***dish*** washer[7] / water[8] / rack[9]

portie
gang[1] serveren, opdienen[2] bediening[3] voorsnijcouvert, voorsnijbestek, serveerbestek[4] bakken, braden[5] slacouvert, slalepel en slavork[6] viergangenmenu[7]
9

serving [ɜː] *n*

syn **helping** *n, sim* **course**[1] [kɔːrs] *n*
a portion of food or drink

serve[2] *v* • **service**[3] *n* • **server**[4] *n*

▸ *Do you want a second helping? Frying*[5] [aɪ] *the food before serving may not destroy the toxins.*

Use standardized ***serving*** size [aɪ] • ***serving*** spoon [uː] • salad ***server***[6] • a four-***course*** meal[7]

snack, tussendoortje, hapje, lichte maaltijd
koffiepauze[1] verfrissing en[2] nutriëntrijke dranken[3] tussendoortje nemen, snacken[4] cafetaria, snackbar[5]
10

snack *n & v*

(n) a light informal meal, e.g. tea or coffee break[1] [eɪ] where you have some refreshments[2]

▸ *Dietary strategies to increase appetite or intake include providing salty foods, nutrient-dense beverages*[3] [rɪdʒɪz] *such as fruit juice, and easy-to-eat snacks. What are you snacking on?*

Use to have a[4] ***snack*** • ***snack*** food / bar[5]

eetlust, trek
hongerig, honger/trek hebbend[1] dorstig, dorsten[2] honger; honger lijden, trek hebben in[3] dorst; dorst hebben[4] vreselijke trek in, verlangen naar, hunkering naar[5] voorgerechtje, voorafje, amuse-gueule[6] eetlust opwekkend/bevorderend, appetijtelijk, smakelijk, lekker[7] trek hebben in[8] dorstgevoel[9] trek maken[10] eetlust bevorderen[11] verminderde eetlust[12] gezonde eetlust, gezonde trek[13] eetlust bederven[14] reuzenhonger[15] pijn van de trek, hongerkrampen[16] eetlustremmer[17]
11

appetite [rpətaɪt] *n*

rel **hungry**[1] [ʌ], **thirsty**[2] [ɜː] *adj*, **hunger**[3], **thirst**[4] *n & v*
(i) normal desire to eat (ii) to have a craving[5] [eɪ] for special foods

appetizer[6] *n* -iser *espBE* • **appetizing**[7] *adj* -ising *BE*

▸ *The patient's appetite is poor. Are you hungry for*[8] *some meat? Some medications enhance the sensation of thirst*[9] *by causing a dry mouth.*

Use to work up[10] / it gives me[11] ***an appetite*** • loss of[12] / healthy[13] / inability to control one's ***appetite*** • to spoil *or* ruin[14] / lose ***your appetite*** • to be/feel ***hungry*** • wolfish[15] [ʊ]/ salt / air ***hunger*** • ***hunger*** pain[16] / strike / cry / behavior [eɪ] • ***appetite*** suppressant[17] • to experience ***thirst*** • ***thirst*** mechanism [k]/ center / sensation[9]

diet [daɪət] *v & n*

v to eat sparingly[1] [eɚ] ***n*** (i) prescribed selection of foods (ii) usual food and drink consumed by a person

dietary[2] *adj & n* • **dietician** *or* **-tian**[3] *n* • **dietetics**[4] *n* • **dietetic**[2] *adj*

▸ *A healthy person consuming a variety [aɪə] of foods is unlikely to have a dietary deficiency[5] [ɪʃ]. I have been on this diet for weeks but to no effect. Regaining body weight after dieting is referred to as weight cycling.*

Use to be on[6]/go on/observe[6]/follow[6]/adhere [ɪɚ] to[6] ***a diet*** • to put sb. on[7]/prescribe/tolerate[8] ***a diet*** • strict[9] / well-balanced[10] / a 1000-calorie / high-fiber[11] [aɪ] ***diet*** • low-fat / diabetic [e]/ bland [ɑ] *or* ulcer[12] [ʌlsɚ] ***diet*** • full- *or* clear-liquid[13] / modified / (weight [weɪt]) reducing *or* slimming down[14] / soft[15] ***diet*** • changes in / staple[16] [eɪ] ***diet*** • ***dietary*** assessment / history / allowance[17] [aʊ]/ risk factors / service / counselor[18] [aʊ] • ***dieting*** with exercise / patient • ***diet*** free of / high in proteins / of fruits[19]

dieet houden, op dieet zijn; dieetvoeding; voeding, voedsel
matig, met mate[1] dieet-, diëtistisch; dieetvoorschrift[2] diëtist(e)[3] diëtetiek, voedingskunde[4] voedseltekort, nutriëntendisbalans[5] op dieet zijn, dieet houden[6] op dieet zetten[7] voedsel verdragen[8] streng dieet[9] gebalanceerde voeding, evenwichtige voeding[10] vezelrijk voedsel[11] licht dieet, gepureerde voeding[12] vloeibare voeding[13] afvaldieet[14] mild dieet[15] basisvoedsel[16] aanbevolen inname/gebruik, dieetadvies[17] voedingsadviseur, diëtist[18] fruitdieet[19]

12

wholesome [hoʊlsəm] *adj*

syn **healthy** [helθi], **healthful** *adj* **U1-2**
food supposed to be good for your health because it is rich in nutrients[1] or low in artificial ingredients [iː]

wholefood(s)[2] *n espBE* • whole wheat[3] [wiːt] *n* • whole bread[4] [e] *n*

▸ *The wholesome ingredients[5] of their breads are well documented.*

gezond, licht (verteerbaar), goed bekomend
rijk aan voedingsstoffen[1] natuurvoeding, natuurlijke voeding/voedsel[2] volkorenmeel[3] volkorenbrood[4] ingrediënten, bestanddelen[5]

13

starve [stɑːrv] *v*

(i) to die or-informally-suffer (extremely) from lack of food (ii) not to give someone any food

(semi-)starvation[1] [eɪ] *n* • **starving**[2] *adj & n*

▸ *She has been starving herself. They died of starvation. Total starvation causes a loss of approximately 0.4 kg of body weight per day.*

Use to be ***starving***[3] • ***to starve*** to death[4] • ***starvation*** diet[5] • to die of / total / prolonged / oxygen[6] [ɒːksɪdʒən] ***starvation***

verhongeren, hongeren, vasten
verhongering, hongerdood[1] verhongeren; uithongeren[2] uitgehongerd zijn, van honger omkomen[3] verhongeren[4] hongerkuur[5] zuurstofhonger[6]

14

fast [fɑst] *v & n*

sim **fasting**[1] [fɑstɪŋ] *adj & n*
to abstain [eɪ] from[2] (certain) food over a specific period of time for therapeutic [juː] or religious [dʒ] reasons

▸ *Patients are fasted under close supervision [ɪʒ] for up to 72 h. Diarrhea [daɪərɪːə] of any cause often improves or resolves with fasting[3]. They also recommend obtaining a fasting lipid profile.*

Use prolonged periods of / avoidance of / after ***fasting*** • ***fasting*** blood sugar *or* glucose levels[4] • in the fed and ***fasted*** states[5] • under ***fasting*** conditions

vasten, hongeren; vasten(tijd)
vasten[1] zich onthouden van[2] stopt door vasten[3] nuchtere bloedglucosewaarde[4] nuchter en bij volle maag, met een volle maag[5]

15

vegetarian [vedʒɪteɚɪən] *n & adj*

sim **vegan**[1] [viːgən] *adj & n, rel* **vegetarianism**[2] *n*
(n) person who does not eat meat or fish or (often) any animal products (adj) excluding meat

▸ *A vegan diet can be nutritionally adequate, although more thoughtful[3] [θɒːtfᵊl] food choices and supplementation[4] with fortified foods[5] may be necessary.*

Use ***vegetarian*** food • ovo-/ ovo-lacto/ strictly ***vegetarian*** diet[6]

vegetariër; vegetarisch
veganistisch, strikt/streng vegetarisch[1] vegetarisme[2] weloverwogen[3] aanvulling[4] verrijkte levensmiddelen[5] strikt vegetarisch voedsel[6]

16

health freak [iː] *n inf*

person very enthusiastic [uː] about a healthy life-style, esp. health food, often to the point of being obsessed[1] with it

▸ *Oat bran[2] [oʊt brɑn] has become the favorite [eɪ] of health freaks.*

gezondheidsfanatiekeling, orthorectische persoon, straightedge-veganist
geobsedeerd[1] havermout[2]

17

Clinical Phrases Try to keep off salty food. *Probeert u gezouten gerechten te vermijden.* • She has a sweet tooth. *Zij is een zoetekauw.* • I don't have a stomach for milk any more. *Ik verdraag melk niet meer.* • I couldn't stomach it. *Ik kon het niet verdragen/weg krijgen.* • Thanks, I'm full. *Dank u/je, ik ben verzadigd/heb genoeg.* • I made a real pig of myself stuffing myself with sweets. *Ik heb me helemaal vol gesnoept.* • He just couldn't stay off the booze. *Hij kon niet van de drank afblijven.* • I've hardly touched any food for a week. *Ik heb al een week lang nauwelijks gegeten.* • Most infants will want to feed every two or three hours. *De meeste baby's willen elke twee tot drie uur worden gevoerd.* • The baby's refused the bottle ever since. *Sindsdien wil de baby niet meer aan de fles.* • It seems the boy's practically living on chips and sweets. *Die jongen lijkt van patat en snoep te leven.* • It makes my mouth water. *Het doet me het water in de mond lopen/het water loopt mij erdoor in de mond.* • I've been off my food for the past few weeks.*(BE) Ik had in de afgelopen paar weken geen trek/eetlust.* • I am starved /starving. *Ik ben uitgehongerd/verga van de honger.* • For them lunch is just a snack. *Zij nemen als middagmaal alleen een tussendoortje.*

Unit 3 Food & Drink

Related Units: **2 Diet & Dieting, 27 Dentition & Mastication, 46 Digestion, 78 Metabolism, 79 Nutrition**

vlees
rundvlees[1] kalfsvlees[2] schapenvlees[3] gevogelte[4] kalkoen[5] wild[6] hert, ree, rood wild[7] bacon[8] ham[9] schnitzel[10] karbonade, kotelet[11] worst[12] hot dog[13] gehaktbrood, leverkaas[14] gehaktballen[15] half doorbakken, halfgaar[16] jus[17] ondoorbakken, halfrauw vlees[18] mager vlees[19] gehakt[20] taai vlees[21] mals vlees[22] vleesvervanger[23] visconserven[24]

1

meat [iː] *n*

flesh of animals that is cooked and eaten; types include pork (from pigs), beef[1] (cows), veal[2] [iː] (calf [kɹf]), mutton[3] [ʌ] (sheep), lamb, poultry[4] [oʊ] (chicken, turkey[5], etc.), and venison or game[6] (from wild animals, e.g. deer[7] [ɪ]). Meat can be eaten as bacon[8], ham[9], steak, cutlet[10] [ʌ], chop[11], hamburger, sausage[12] [sɒːsɪdʒ], hot dog[13], etc.

meaty *adj* • meatloaf[14] [oʊ] *n* • meatballs[15] *n*

▸ *Do you like your steak medium-rare[16] or well-done? Excessive intake of purine from meat, fish and poultry may favor stone formation. You should not pour any gravy[17] [eɪ] on your meat. Tofu is used as a meat substitute.*

Use raw / (under)cooked[18] / fried / roast / lean[19] [iː] ***meat*** • fatty / red / white / ground[20] [aʊ] / tough[21] [tʌf]/ tender[22] ***meat*** • ***meat*** tenderizer / substitute[23] • corned[24] ***beef*** • ***chicken*** soup

vis
vooral[1] kabeljauw[2] zalm[3] tonijn[4] zoetwatervis[5] zeevis[6] gerookte vis[7] gegrilde vis[8] visconserven[9] gepaneerde vis[10] vissticks[11] tongfilet[12]

2

fish *v & n usu sing*

types of fish commonly eaten include trout[1] [aʊ], cod[2], herring, sardine, salmon[3] [sɹmən], mackerel, and tuna[4]

▸ *Shall we have fish for lunch? I'd like the cod fillets. Do you like tuna canned in oil?*

Use freshwater[5] / marine[6] / fatty / smoked[7] / baked / broiled[8] / canned[9] / breaded[10] [e] ***fish*** • ***fish*** stick *or* finger[11] • ***filleted*** sole[12] [soʊl]

zeevruchten
schaaldieren[1] inktvis[2] garnalen[3] viskuit[4] kreeft[5] mosselen[6] oesters[7] voedselvergiftiging[8] gebruik, nuttiging, consumptie[9]

3

seafood *n*

edible marine fish and shellfish[1], e.g. octopus or squid[2], shrimps[3], roe[4] [roʊ], lobster[5] [ɒː], crab, mussel[6] [ʌ], oyster[7]

▸ *Most cases of food poisoning[8] were linked to ingestion[9] [dʒ] of undercooked seafood.*

Use ***seafood*** restaurant / consumption[9] / ingestion • raw [ɒː] ***seafood***

melk
zuur geworden[1] verlicht[2] volle melk[3] magere melk[4] geitenmelk[5] moedermelk[6] gegarandeerd kiemvrije melk[7] met vitamine D verrijkte melk[8] gepasteuriseerde melk[9] gecondenseerde melk[10] acidofiele melk[11] melkpoeder[12]

4

milk *n & v*

▸ *The patient should not drink any cold milk. This milk has turned / gone sour[1] [saʊɚ]. A glass of milk usually relieves[2] the pain.*

Use whole[3] [hoʊl]/ skim(med)[4] / raw / cow / goat's[5] / breast[6] [e] ***milk*** • (un)pasteurized [tʃɚ]/ certified[7] / fortified vitamin D[8] / butter ***milk*** • scalded[9] [ɒː]/ low-fat[4] / condensed[10] / acidophilus[11] / coconut / dry *or* instant[12] ***milk*** • ***milk***shake / sugar / powder [aʊ]

zuivelproducten
room[1] wrongel, gestremde melk, kwark[2] wei[3] vruchtenvla[4] beschimmeld[5] schimmel[6] uitgelokt[7] pindakaas[8] gesmolten, geklaarde boter[9] geraspte kaas[10] crème fraîche[11] meikaas, zachte kaas[12] slagroom[13]

5

dairy [deɚi] products *or espBE* produce *n*

foods made from milk such as cheese, cream[1] [iː], butter, curd[2] [ɜː], yog(ho)urt [joʊgɚt], and whey[3] [ʜweɪ]

▸ *The fruit custard[4] [ʌ] may have been mouldy[5] and the mildew[6] [duː] has probably precipitated[7] his symptoms.*

Use peanut[8] / melted[9] ***butter*** • (un)grated[10] [eɪ] / cream[11] / soft[12] / Swiss / cottage ***cheese*** • (un)whipped / whipping[13] ***cream*** • ***dairy*** farm / cow

3

vegetable [vedʒətəbl] *n usu sing*

rel **legumes**[1] [legjuːmz] *n*
edible seeds[2], roots[3], stems[4] or leaves or nonsweet fruits of many plants such as potatoes, beets[5], asparagus[6], cabbage[7], cauliflower[8] [ɒː], lettuce[9] [letɪs], cucumbers[10], rhubarb, horseradish[11], carrots, beans[12], peppers[13], sweet corn[14], onions[15] [ʌ], green peas[16], turnips[17], egg plants[18], pumpkins[19], spinach [ɪtʃ], broccoli, lentils[20], etc.

▸ *Travelers can reduce their risk of diarrhea* [daɪəriːə] *by avoiding uncooked vegetables, salads, and unpeeled*[21] *fruit. Vitamin K1 is present in most edible vegetables, particularly in green leaves.*

Use fresh / (green) leafy / root / starchy[22] [tʃ] / raw / grated[23] ***vegetables*** • ***vegetable*** proteins / oils / soup • ***salad*** dressing[24] • dried ***beans*** • mashed ***potatoes***[25]

groenten
peulvruchten[1] zaden[2] wortelen[3] stelen, stengels[4] bieten[5] asperges[6] kool[7] bloemkool[8] bladsla[9] komkommers[10] mierikswortel[11] bonen[12] paprika's[13] maïs[14] uien[15] erwten[16] rapen[17] aubergines[18] pompoenen[19] linzen[20] ongeschild[21] zetmeel bevattend[22] geraspte groenten[23] sladressing[24] aardappelpuree[25]

6

fruit [fruːt] *n usu sing*

ripened[1] [aɪ], mostly edible reproductive parts of a plant containing the seeds, e.g. apples, pears[2] [eɚ], peaches[3] [iːtʃ], tangerines[4] [dʒ], cherries[5], pineapples[6] [aɪ], apricots, grapes[7] [eɪ], plums[8] [ʌ], prunes[9] [uː], dates[10] [eɪ], figs[11], melons, etc.

▸ *Fructose is a natural or added sweetener in fruit. Many fruits are a good source of vitamin C and dietary* [aɪə] *fiber*[12] [aɪ]. *Consume at least 5-9 servings of fruits and vegetables per day.*

Use fresh / dried[13] / canned[14] / (un)peeled[15] ***fruit*** • citrus [saɪ]/ kiwi / tropical / raw / unripened / fallen[16] ***fruit*** • ***fruit*** sugar / juice / pulp[17] / salad / in heavy/ light syrup • ***fruit***cake • ***apple*** pie[18] [paɪ]/ sauce[19] • sliced [aɪ] ***peaches***[20]

fruit, vruchten
rijpe, gerijpte[1] peren[2] perziken[3] mandarijnen[4] kersen[5] ananassen[6] druiven[7] pruimen[8] pruimedanten, gedroogde pruimen[9] dadels[10] vijgen[11] ballaststoffen, voedingsvezels, ruwe vezels[12] gedroogde vruchten, tuttifrutti[13] fruitconserven[14] ongeschild fruit[15] afgevallen fruit[16] vruchtvlees[17] appeltaart[18] appelmoes[19] perzikparten[20]

7

berries *n pl*

pulpy[1] [ʌ] and mostly edible small fruit from low bushes [ʊ], e.g. strawberry[2] [ɔː], blueberry[3], blackberry[4], black and red currant[5] [ɜː], cranberry[6], raspberry[7] [rɹzberi]

Use ***raspberry*** tart[8] / pie[9] / jam[10] / jello[11] [dʒeloʊ] • poisonous[12] ***berry***

bessen
vlezig, sappig[1] aardbei[2] blauwe bosbes[3] braam[4] aalbes, rode bes[5] vossenbes, cranberry[6] framboos[7] frambozengebak(je)[8] frambozentaart[9] frambozenjam, frambozenconfiture[10] frambozengelei[11] giftige bessen[12]

8

bread [bred] *n*

sim **breadstuff**[1] *n*
food made from flour[2] [flaʊɚ], water and yeast[3] [jiːst] mixed into a dough[4] [doʊ] and baked in the oven[5] [ʌ]; bread products include rolls[6], buns[7] [ʌ], doughnuts[8], wafers[9] [eɪ], waffles[9] [ɒː], toasts, etc.

breading[10] *n* • **breaded**[11] *adj*

▸ *In patients with heart failure specially processed breads*[12] *and salt substitutes are advisable.*

Use white / dark / rye[13] [raɪ]/ barley / wheat[14] [iː]/ (un)enriched / whole grain[15] / crisp***bread***[16] • garlic[17] / French / raisin[18] [eɪ]/ sourdough[19] / gluten(-free) / ginger***bread***[20] [dʒ] • a slice[21] of / loaf[22] [oʊ] of ***bread*** • ***bread*** products / crumbs[23] [krʌmz]

brood
brood(producten)[1] meel[2] geest[3] deeg[4] oven[5] broodjes[6] zoete broodjes[7] doughnut[8] wafels[9] paneermeel[10] gepaneerd[11] speciaal vervaardigde broodsoorten[12] roggebrood[13] tarwebrood[14] volkorenbrood[15] knäckebröd, knekkebrød[16] knoflookbrood[17] rozijnenbrood, krentenbrood[18] zuurdesembrood[19] peperkoek, ontbijtkoek[20] snee brood[21] brood[22] broodkruim[23]

9

pastry [peɪstri] *n*

rel **frosting**[1] *n, BE* **icing** [aɪsɪŋ] *n*
dough of flour, water, baking powder[2], and shortening[3] to make pies[4], cakes, strudel, pancakes[5], soufflés [sufleɪz], etc.

▸ *Apple pie and custard*[6] [ʌ] *was his staple food*[7] [eɪ]. *You should avoid cookies*[8] *and pastries.*

Use French ***pastry*** • ***pastry*** cook[9] • apple / pumpkin[10] / meat / rhubarb / deep-dish ***pie*** • chocolate[11] [tʃɒːklət] ***frosting***

gebak, patisserie, banket
glazuur[1] bakpoeder[2] bakkersvet[3] pasteien, gebakjes, taartjes[4] pannenkoeken[5] vanillevla, custardvla[6] basisvoedsel[7] koekjes[8] banketbakker[9] pompoentaart[10] chocoladeglazuur[11]

10

pasta *n*

types of pasta include spaghetti, noodles [uː], macaroni, tortellini, etc.

▸ *The Food Guide Pyramid recommends 6-11 daily servings of bread, pasta, rice, and cereals.*

Use ***spaghetti*** with meatballs[1] / in tomato sauce[2] • egg[3] / tender-stage[4] ***noodles***

deegwaar, pasta
spaghetti bolognese[1] pasta asciuta, pasta pomodori[2] knoedel, spaghetti, macaroni[3] beetgare pasta, pasta al dente[4]

11

3

graanvlokken, muesli
zetmeel houdende, bevattende granen[1] rijst[2] gerst[3] haver[4] maïs[5] boekweit[6] gierst[7] havervlokken[8] voedzame bestanddelen[9] grahamcrackers[10] volkorengraanvlokken[11]

12

ei
voedzaam[1] eigeel, dooier[2] eiwit[3] eierschaal[4] gebarsten[5] hardgekookt[6] roerei[7] gebakken ei, spiegelei[8] scharreleieren[9] legbatterijeieren[10] advocaat[11] eierwekker, kookwekker[12]

13

noten
pinda's[1] walnoten[2] amandelen[3] pijnboompitten[4] notenkraker[5] notendop[6]

14

olie; spijsoliën
spijsolie[1] vettig, vetachtig[2] zalven[3] smeermiddelen, glijmiddelen[4] wasdoek, oliejasstof[5] vettig, vethoudend[6] reuzel[7] plantaardige vetten[8] maïskiemolie[9] tarwekiemolie[10] raapolie[11] vistraan[12] levertraan[13]

15

suiker, sacharose; zoeten, suikeren
sacharide[1] melasse[2] gesuikerd[3] suikerhoudend, zoet[4] geglaceerd, met een suikerlaagje bedekt[5] suikerklontje[6] bruine suiker[7] geraffineerde zaak[8] poedersuiker[9] rietsuiker[10] ahornsiroop[11] invertsuiker[12] suikerbiet[13] suikervervanger, zoetstof[14] bruidsuikers, geglaceerde amandelen[15]

16

snoep, suikergoed
gearomatiseerd[1] drop[2] lolly[3] krokant gebak[4] zoetstof[5] zoeten[6] zuurtje[7] siroop[8] caloriearme zoetstof[9] reep, candybar[10] suikerspin[11] lekker ruikend, zoet geurend, welriekend[12] zoete aardappelen, topinamboers[13] een zoetekauw zijn[14] toetje, nagerecht[15]

17

cereals [sɪə-iəlz] *n pl*

syn **cornflakes** *n espBE*
(i) starchy [tʃ] grains[1] used as food, e.g. rice[2], wheat, rye, barley[3], oats[4] [oʊ], corn[5], buckwheat[6] [ʌ], millet[7], etc. (ii) breakfast food prepared from grain

▸ *Oatmeal[8] is among the most nourishing [ɜː] ingredients[9] in cereals. How about Graham crackers[10]?*

Use whole-grain[11] ***cereals*** • ***cereal***-based formulation / grains

egg *n*

thin-shelled female reproductive body laid by e.g. hens containing the ovum or embryo together with nutritive[1] (yolk[2] [joʊk]) and protective envelopes (egg white[3] and shell[4])

▸ *Some gastric infections are associated with ingestion of cracked[5] eggs.*

Use hard-boiled[6] / soft-boiled / raw / whole [hoʊl] / scrambled[7] / fried[8] [aɪ] ***egg*** • hen's / half a dozen [ʌ] / ham and / free-range[9] / commercial henhouse[10] ***eggs*** • ***egg*** protein / products / nog[11] / cup /-timer[12] / allergy

nuts [nʌts] *n usu pl*

large, hard-shelled seeds, e.g. peanuts[1], walnuts[2] [ɒː], almonds[3] [ɒːl], pignolia[4], cashew nuts or coconuts

nutcracker[5] *n* • **nutshell**[6] *n*

▸ *Seeds and nuts are good sources of vitamin E .*

oil *n & v*

sim **(cooking) fats**[1] *n*
(n) greasy[2] [iː], viscous [vɪskəs] liquid used for cooking, in ointments[3], lubricants[4] [uː], etc.

oily *adj* • **oilcloth**[5] *n* • **fatty**[6] *adj*

▸ *Take margerine [dʒ] instead of lard[7] or butter as a cooking fat, but use it sparingly.*

Use animal / vegetable[8] / dietary[1] ***fats*** • soybean / olive / corn[9] / wheat germ[10] [dʒ]/ rapeseed[11] ***oil*** • fish[12] / cod [ɒː] liver[13] / greasy ***oil***

sugar *n & v*

sim **(mono-/di-** [aɪ]**)saccharide**[1] [k] *n, rel* **molasses**[2] *n term*
sweet crystalline [ɪ] carbohydrate [aɪ] (fructose [uː], lactose, sucrose [uː], dextrose, and glucose) which works as a sweetener and a source of energy for the body

sugared[3] *adj* • **sugary**[4] *adj* • **sugar-coated**[5] *adj*

▸ *High-fiber, sugar-free cereals should be encouraged. Aspartame (NutraSweet) is an artificial sweetener very popular with diabetics [aɪə].*

Use a lump [ʌ] of[6] ***sugar*** • table / brown[7] / refined[8] / granulated / powdered[9] / cane[10] [eɪ]/ maple[11] [eɪ]/ invert[12] ***sugar*** • ***sugar*** beet[13] [iː]/ cube[6] / substitute[14] / uptake /-containing foods • ***sugared*** almonds[15]

candy *n sing*

syn **sweet(ie)** *n BE*
rich sweet made of flavored[1] [eɪ] sugar often with chocolate, caramel, honey, liquorice[2] [lɪkə-ɪs], nougat [uː], fruit or nuts; merchandized [tʃ] as candy bars, lollipops[3] or suckers[3], pralines, crisps[4], marshmellows, chewing gum, etc.

sweetener[5] *n* • **sweet** *adj* • **sweeten**[6] *v*

▸ *Younger children may suck on hard candy[7]. A high intake of sucrose (table sugar) in such items [aɪ] as soft drinks, candy, syrup[8], and sweetened cereals is a major risk factor for caries.*

Use artificial / nonnutritive[9] ***sweetener*** • ***candy*** bar[10] / store / floss[11] *(BE)* • hard / cotton[11] ***candy*** • ***sweet*** smelling[12] / potatoes[13] • to have a ***sweet*** tooth[14]

Note: In BE a sweet[15] can also be the last course of a meal (dessert[15] in AE).