






Scope and Sequence

Unit/Topic	Vocabulary	Reading	Listening	Speaking	Writing	Sports Focus
1  Nutrition and Supplements: Do They Help or Hurt? <i>Page 15</i>	Nutrition and supplements	<ul style="list-style-type: none"> Judo and Nutrition Positive and Negative Effects of Nutritional Supplements 	Conversations between two people about health and nutrition tips	Giving tips on how to eat nutritiously	Writing about the activities you enjoy doing in your free time	Judo: Yung-Wei Yang
2  Diet <i>Page 29</i>	Activities and sports	<ul style="list-style-type: none"> Swimming to Lose Weight How Much Exercise Is Needed to Burn off My Meal? 	Conversations between two people about healthy eating	Talking about ways to eat clean	Making a workout and meal plan	Badminton in Taiwan
3  Science of Nutrition: How Many Calories Do You Need? <i>Page 43</i>	Different types of foods	<ul style="list-style-type: none"> Reading Nutrition Labels The Power Plate 	Conversations between athletes and dietitians about dietary management and water intake	Discussing the food you eat and its calories	Writing about your daily training program	Karate vs. Chinese Kung Fu
4  Sports Injuries <i>Page 57</i>	Common sports injuries	<ul style="list-style-type: none"> Famous Athletes Who Overcame Injuries Describing Common Injuries 	<ul style="list-style-type: none"> A conversation between an athlete and a doctor about a sports injury A talk about some interesting facts of badminton 	Role-play: Questions and answers about sports injuries	Writing about overcoming a serious injury	Badminton and Tennis
5  Physiotherapy <i>Page 71</i>	Physiotherapy equipment and treatments	<ul style="list-style-type: none"> An Interview with an Athletic Trainer (AT) The Rehabilitation Process 	Conversations between physiotherapists and athletes about how to treat injuries	Discussing a sports injury and physiotherapy needs	Writing about your favorite basketball or baseball player	Basketball and Baseball

1

Nutrition and Supplements: Do They Help or Hurt?

Objectives

- Understand the benefits of taking nutrition supplements
- Learn which vitamins are found in which foods
- Learn why nutrition supplements are important for athletes
- Understand recommended supplement amounts
- Understand the side effects from taking nutrition supplements
- Learn about Yung-Wei Yang, a Taiwanese judoka

Warm-Up

Work in pairs and discuss the following questions.

1. Do you take vitamins? What types of vitamins do you take?
2. What are the benefits of taking these types of vitamins?
3. What are the risks of taking too many health supplements?

Vocabulary

A Match the vitamins to their food source. Some vitamins may have more than one food source. Write the letters on the lines.

a orange



b carrot



c milk



d fatty fish



e banana



f mussels

g nuts



h broccoli

i spinach



j avocado

1. Vitamin A: _____
3. Vitamin C: _____
5. Vitamin E: _____
7. Calcium: _____
9. Iron: _____

2. Vitamin B: _____
4. Vitamin D: _____
6. Vitamin K: _____
8. Fiber: _____
10. Protein: _____

B Complete the sentences below with the words from A.

1. I usually have a b_____ and a glass of m_____ for breakfast.
2. My mother made an a_____ sandwich.
3. I could not find o_____s at the supermarket, so I bought lemons instead.
4. M_____ and f_____ are both seafoods that are rich in nutrients.
5. N_____ are a good source of protein and fat.
6. Some people like the smell of c_____s, but some people don't.
7. Both b_____ and s_____ are rich in vitamin K.



C Complete the chart below with foods that were NOT listed above. Search the internet for possible answers. The first one has been done for you.

Vitamin	Food
1 iron	meat, liver, beans, etc.
2	
3	
4	

02 Reading 1

Judo and Nutrition

Judo is an Olympic event that focuses on speed and agility. Points are scored by throwing competitors onto their backs with power and force. Therefore, nutrition and health are of great importance.

Vitamin supplements can increase strength, nutrition, and sports performance. They also maintain good health and prevent injuries.

However, there are drawbacks to taking too many nutritional supplements. Most athletes consume protein to build muscle mass. While protein builds muscles, too much protein leads to weight gain and stored fat.

Judokas' recommended protein **intake**¹, calculated by g/kg body weight (bw) per day, should be 1.6–1.8. However, injured judokas often increase their protein intake to 2.0–2.2 g/kg bw/day, which sometimes leads to other complications.

Fat proteins can replace carbohydrates. However, the amino acids in protein can potentially lead to **kidney**² damage, because they must work harder to eliminate the extra amino acids and other waste byproducts. Therefore, although supplements can be beneficial for athletes, overuse can have side effects.



¹ intake (n.) – the food or drink that we consume

² kidney (n.) – the organ that removes waste products from the blood and produces urine

A Read the article once more and choose the correct answer for each question below.

1. According to the article, what might affect a judoka's performance?
 - a. Sleep quality
 - b. Nutrition
 - c. Water intake
2. According to the article, which of the following is NOT a benefit of nutritional supplements?
 - a. Improved health
 - b. Injury prevention
 - c. Sleeping better

3. If athletes take supplements, they should _____.
 - a. take them once a week
 - b. understand the side effects
 - c. take more so they can get much stronger
4. Which of the following is a benefit of taking protein?
 - a. Building muscles mass
 - b. Nausea
 - c. Diarrhea
5. How much protein should an injured judoka take per day?
 - a. 1.6–1.8 g/kg bw/day
 - b. 2.0–2.2 g/kg bw/day
 - c. 2.4–2.6 g/kg bw/day
6. Which of the following is a side effect of taking too much protein?
 - a. Constipation
 - b. Weight gain
 - c. Low blood pressure

B Work with a partner and use the following formula to calculate your recommended daily protein intake.

0.8 g/kg of body weight



Positive and Negative Effects of Nutritional Supplements

It is common for athletes to take nutritional supplements. However, taking too many may have side effects. Read the table that outlines the positive and negative effects of taking supplements.



Health benefits	Supplement	Possible negative effects
<ul style="list-style-type: none"> improves the immune system¹ and skin color 	Vitamin C	<ul style="list-style-type: none"> digestive problems like vomiting and diarrhea
<ul style="list-style-type: none"> increases red blood cells reduces the risk of health problems in infants 	Vitamin B	<ul style="list-style-type: none"> increased heart rate and breathing low blood pressure
<ul style="list-style-type: none"> strengthens bones balances muscle contraction 	Calcium	<ul style="list-style-type: none"> constipation kidney stones and other kidney problems
<ul style="list-style-type: none"> balances hormones² during puberty³ repairs damaged cells 	Protein	<ul style="list-style-type: none"> weight gain bad breath
<ul style="list-style-type: none"> reduces constipation⁴ helps control blood sugar levels 	Fiber	<ul style="list-style-type: none"> stomachaches feeling too full

¹ immune system (n.) – the bodily system that protects us from illnesses

² hormone (n.) – a chemical that affects cell function

³ puberty (n.) – the period when a child's body transitions into an adult's body

⁴ constipation (n.) – the condition where people have difficulty defecating

A Answer the following questions based on the article.

1. What are the negative effects of taking too much vitamin C?

2. What are the benefits of taking vitamin B?

3. Which supplement causes constipation?

4. What happens if someone has a calcium deficiency?

5. What are the negative effects of taking too much protein?

6. Which supplement helps relieve constipation?

B Match the words to the correct definitions.

- | | |
|----------------------|--|
| 1. _____ effects | a. the basic structural unit of all living organisms |
| 2. _____ supplements | b. loose, watery, and frequent bowel movements |
| 3. _____ diarrhea | c. tissue in the body that moves other parts of the body |
| 4. _____ risk | d. nutrition and vitamins that improve health and strength |
| 5. _____ kidney | e. when something is broken or injured |
| 6. _____ cell | f. the chance that something bad could happen |
| 7. _____ breath | g. results caused by taking some sort of action |
| 8. _____ balance | h. the organ in our body that produces urine and removes waste from the body |
| 9. _____ damaged | i. the air that you breathe in and out |
| 10. _____ muscle | j. having an equal or correct amount |

C Walk around the class and find classmates that take these supplements.

Supplement	Me	Classmate 1	Classmate 2
Vitamin C			
Protein			
Calcium			
Vitamin E			

Listening 1

Joe is a judoka who will participate in his first judo competition. After a few days of training, his mother notices he looks tired and asks him about it.

A Listen to the conversation and answer the questions below.

1. Why is Joe feeling tired?

2. What does his mom suggest?

B Listen again and answer the questions below.

1. What are the benefits of protein?

2. What are the side effects of taking too much protein?

C Listen again and fill in the correct words as you listen.

Mom: Joe, you look tired. What's the matter?

Joe: Ugh, I have been doing ① _____ judo training for the championship. My muscles are ② _____, and I am not sleeping well at night just thinking about it.

Mom: I know you love judo, but you need to train properly.

Joe: I know, but no matter how hard I push myself, I haven't been able to master the techniques.

Mom: I know you are doing your best. Maybe you could improve your ③ _____ while you are training for the competition.

Joe: My diet? How would that help?

Mom: Well, as the saying "you are what you eat" goes, if you eat healthier, your body will feel more ④ _____ and refreshed, and you will be able to think faster and learn better.

Joe: I see. I think my master mentioned something about increasing my protein ⑤ _____, too.



Mom: Yes, it's one of the most important nutrients, as it oxygenates the body and increases energy and red blood cells that carry 6 _____.

Joe: Does that mean I have to eat protein-rich meals?

Mom: Not at all! Although protein-rich foods are important for athletes, you must be careful you don't eat too many, as they also have negative side effects like 7 _____ and bad breath.

Joe: That sounds complicated. How do I know how much protein is the right amount?

Mom: Well, usually it's 0.8 grams per kilogram of body weight. You can take protein powder, so you won't suffer from side effects.

Words to Remember

- technique (n.) – a skilled way of doing something
- refreshed (adj.) – feeling like you have gotten enough rest
- oxygenate (v.) – to provide an oxygen supply
- replace (v.) – to use or find a substitute
- complicated (adj.) – difficult to understand



Grammar Tips

Adjective: **as ... as**

When we compare two equal things, we use "as + adjective/adverb + as".

For example: **as quickly as**

*After practicing a lot, I was able to run **as quickly as** the top athletes in my school.*

On the other hand, when we compare things that are not equal, we use "not as + adjective/adverb + as".

For example: **not as good as**

*Although we had the same amount of practice, my skills were **not as good as** Jonathan's.*



Listening 2

A Listen to the conversation between Robert and Jess. Fill in the blanks with the words from the box below.

<i>surprised</i>	<i>maintain</i>	<i>knee</i>	<i>supplement store</i>	<i>nutritional</i>
<i>joints</i>	<i>tablets</i>	<i>products</i>	<i>gift</i>	

Robert: Hey, Jess! How are you doing?

Jess: Hi Robert. What are you doing here?

Robert: I work here now; it's my part-time job.

Jess: It's a good job, working in a ① _____.

Robert: Yeah, I haven't told anyone that I have a part-time job. I am ② _____ to see you here! What ③ _____ are you looking for?

Jess: Actually, they're not for me. They're for my dad's birthday. I am trying to find him a ④ _____.

Robert: OK, so what did you have in mind?

Jess: I was thinking of getting him some calcium ⑤ _____. He has been suffering from ⑥ _____ pain recently.

Robert: Yes, calcium helps build and ⑦ _____ strong bones, but glucosamine would be better for his ⑧ _____.

Jess: Really? Wow! You have learned a lot from your part-time job.

Robert: Actually, I am passionate about ⑨ _____ products.

Jess: I am glad I saw you today. I will take some of these for sure. Thanks for your advice.



B Listen again and choose the correct answer for each question.

- Robert has a part-time job at a health supplement store.
 - True
 - False
 - Information not given
- Jess is there to find a health product for herself.
 - True
 - False
 - Information not given
- What does calcium do?
 - Builds new tissue
 - Builds and maintains bone strength
 - Enhances the immune system
- What supplement did Jess finally decide to buy for her father?
 - Vitamin C
 - Glucosamine
 - Calcium supplement

Speaking

Work in pairs. Which supplements can improve health problems? Look at the picture below and complete the conversation by drawing from your own experiences. Then practice the conversation with your partner.



- A:** I went to see the doctor yesterday because _____.
The doctor found that _____ and advised me to _____.
- B:** Having a nutrient rich diet is good for your health. I eat _____ every day to make sure I get enough vitamin _____.
- A:** But I don't like _____. Are there any other foods that are high in vitamin _____?
- B:** Yes, _____, _____, and _____ are also rich in vitamin _____.
- A:** My mom encourages me to eat _____. She says that it is rich in a variety of vitamins.
- B:** Yes, it is rich in vitamin _____, _____, and _____.

Writing

What types of activities and sports do you like to do in your free time? Write three activities you enjoy and two reasons for doing them.

Example:

Activity: Swimming

- It is a low-cost exercise.
- Learning to swim is a survival skill.

Activity 1: _____

- _____
- _____

Activity 2: _____

- _____
- _____

Activity 3: _____

- _____
- _____

Sports Focus Judo

 **A Social Model:** Read about Taiwanese judoka Yung-Wei Yang. What are his best qualities?

Yung-Wei Yang is a Taiwanese judoka who has competed in many international events, including the Olympics, the Judo World Championship, and the Grand Slam. He was born in Taichung in 1997 and began practicing judo in primary school. He became interested in judo because his mother and two **siblings**¹ also enjoyed doing it.

After years of training, he began winning international competitions. He won a bronze **medal**² at the 2018 Asian Games. He also won silver medals at the 2019 Asian-Pacific Judo **Championships**³ and the 2020 Summer Olympics. He was also the first Taiwanese athlete to win an event at the 2020 Olympics.

Aside from being a great judoka, he also has a great personality. He has a lot of fans, but he never acts too proud. Fans feel that his **modesty**⁴ and hard work are some of the personality traits that have made him so successful.



¹ sibling (n.) – a brother or sister

³ championship (n.) – a final sports competition

² medal (n.) – award given to the winners of competitions

⁴ modesty (n.) – humble behavior

B Choose the correct answer for each question based on the article.

1. Where was Yung-Wei Yang born?
 - a. Taipei
 - b. Taichung
 - c. Taoyuan
2. Which of the following has Yung-Wei Yang NOT attended?
 - a. Judo World Championships
 - b. 2020 Summer Olympics
 - c. 2019 Asian Games
3. Which of the following is true?
 - a. Yung-Wei Yang is an only child.
 - b. Yung-Wei Yang started practicing judo because his friends got him into it.
 - c. Yung-Wei Yang has been practicing judo since he was in primary school.
4. According to the article, Yung-Wei Yang is a(n) _____.
 - a. humble person
 - b. punctual person
 - c. angry person

C Complete the table below.

Year of event	Name of event
2018	
	Asian-Pacific Judo Championships
2021	



More Practice

A Watch the video “Eating” and answer the questions below.

1. What could a low calcium intake cause?
 - a. Bone disorders
 - b. Constipation
2. What is one of America’s main health problems?
 - a. Obesity
 - b. Heart disease



B Watch the video “Spreading Judo Beyond Japan 1” and answer the questions below.

1. How long has Kosei Inoue been in Japan?
 - a. One year
 - b. One and a half years
2. The athletes at the training school are mostly from _____.
 - a. Japan
 - b. England



Now I can

- ◆ talk about the benefits of nutrition supplements.
- ◆ name the vitamins that are in different foods.
- ◆ talk about the importance of athletes’ nutrition.
- ◆ calculate protein supplement amounts.
- ◆ understand the positive and negative side effects of nutritional supplements.

Yes No

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>