

## **Vocabulary: Healthy eating**

|   |                                      |
|---|--------------------------------------|
| (un)healthy                                   | (un)gesund                           |
| health  | Gesundheit                           |
| to damage one's health                        | seiner Gesundheit schaden            |
| pasta   | Nudeln                               |
| low in/high in                                | -arm/-reich                          |
| lean meat                                     | mageres Fleisch                      |
| vitamins (in fruit and vegetables)            | Vitamine (in Obst und Gemüse)        |
| proteins (animal – vegetable protein)         | Proteine                             |
| fat   | Fett/dick                            |
| try to reduce the amount of fat in your diet. |                                      |
| avoid fatty foods.                            |                                      |
| to get fat again                              | wieder dick werden                   |
| thin/slim/fat/obese                           | dünn/schlank/dick/fettleibig         |
| obesity                                       | Fettleibigkeit                       |
| to stay nice and slim                         | schön und dünn bleiben               |
| fibre   | Ballaststoffe                        |
| high in fibre                                 | ballaststoffreich                    |
| low in fat                                    | fettarm                              |
| natural                                       | natürlich                            |
| unnatural                                     | unnatürlich                          |
| highly processed                              | stark konserviert                    |
| balanced diet                                 | ausgewogene Ernährung                |
| diet  | 1. Diät      2. Ernährung            |
| to start dieting                              |                                      |
| to start a diet                               | mit einer Diät anfangen              |
| to start following a diet                     |                                      |
| starchy                                       | stärkekaltig                         |
| carbohydrates                                 | Kohlenhydrate                        |
| rice  | Reis                                 |
| cereals                                       | Getreideprodukte                     |
| dairy product                                 | Milchprodukte                        |
| yogurt  | Joghurt                              |
| pork  | Schweinefleisch                      |
| lamb  | Lammfleisch                          |
| beef  | Rindfleisch                          |
| lentil  | Linse                                |
| cabbage                                       | Kohl                                 |
| pear  | Birne                                |
| to taste delicious/horrible                   | köstlich/schrecklich schmecken       |
| crisps  | Kartoffelchips chips: Pommes frites  |
| nutrition                                     | Ernährung                            |
| heart attack                                  | Herzanfall                           |
| diabetic                                      | Diabetiker                           |
| special diet                                  | Spezialdiät                          |
| to get worried about one's weight             | sich über sein Gewicht Sorgen machen |
| to put on/gain weight                         | zunehmen (an Gewicht)                |
| to take off/lose weight                       | Gewicht verlieren/abnehmen           |
| to start losing weight                        | anfangen abzunehmen                  |

|                                  |   |
|----------------------------------|---|
| to weigh                         | wiegen (what do you weigh? Was wiegst du?)  |
| to be overweight                 | übergewichtig sein  |
| to be underweight                | Untergewicht haben  |
| to have for breakfast, lunch ... | zum Frühstück etc. essen  |
| junk food makes you fat          |   |
| consist of                       | bestehen aus  |
| to take exercises                | sich körperlich betätigen   |
| to worry about one's figure      | sich über seine Figur Sorgen machen   |
| to go to the sauna               |   |
| to sweat off a few pounds        |   |
| to look thin                     |   |
| to take some tablets             |   |
| to go to the doctor's            |   |
| to watch one's weight            | auf sein Gewicht achten   |
| to take s.o.'s blood pressure    |   |
| to have weight problems          |   |
| to be in good/poor health        |   |
| to feel ill                      |   |
| to have much/no appetite         |   |
| to feel hungry                   |   |
| chubby cheeks                    | pausbäckig, rundliche Wangen  |
| a light snack                    |   |
| to have a weakness for fish      | eine Schwäche für Fisch haben   |
| to go for a check-up             |   |
| to be worried about one's health |   |
| to check the patient's pulse     |   |
| to go on a diet                  |   |
| to be unfit                      |   |
| s.th. is good for one's health   |   |
| fit as a fiddle                  | kerngesund  |
| feel exhausted                   | sich erschöpft fühlen   |
| lazy, indolent, sluggish         | träge (faul, bequem)  |
| tuck into the food               | sich d. Essen schmecken lassen  |
| eating habits                    | Eßgewohnheiten  |
| eating disorder                  | Eßstörung   |
| overweight/obesity               | Übergewicht/Fettleibigkeit  |
| sugar                            |   |
| fatty/sugary food                | fettige/zuckerhaltige Nahrung   |
| additives                        | Zusatzstoffe  |
| eat/consume                      | essen   |
| to binge (on)                    | eat very much in a short time especially, if you<br>an eating disorder (When she is depressed, she<br>binges on |
| have                             |   |
| chocolate.)                      |   |
| colourants                       | Farbstoffe  |
| food education                   | Ernährungserziehung   |
| biscuits                         | Kekse   |
| whole wheat/wholemeal bread      | Vollkornbrot  |
| metabolism                       | Stoffwechsel  |
| to raise one's metabolism        | den Stoffwechsel in Gang bringen  |
| nutrients                        | Nährstoffe  |

|   |                                      |
|---|--------------------------------------|
| abdomen                                   | Unterleib; Bauch                     |
| risk of a heart disease                   |                                      |
| set your sights on shedding pounds        | sich Ziele setzen Pfunde loszuwerden |
| midriff                                   | Zwerchfell                           |
| waist                                     | Taille                               |
| excess body fat                           | Übermaß, -fluß an Körperfett         |
| streng nach Diät leben:                   | keep to/follow a strict diet         |
| Diät halten                               | be/go on a diet                      |
| eine einseitige Diät machen               | go on a one-sided diet               |
| jdm. Eine Diät verordnen:                 | to put s.o. on a diet                |
| nach Diät kochen                          | to cook according to a diet          |
| einen Diätplan zusammenstellen/entwickeln | to develop a diet plan               |
| to burn calories                          | Kalorien verbrennen                  |
| to reduce weight                          | Gewicht verlieren                    |
| blood circulation                         | Blutkreislauf                        |
| rickets                                   | Rachitis                             |
| scurry                                    | Skorbut                              |
| trace elements                            | Spurenelemente                       |
| to watch over                             | wachen über, bewachen, aufpassen auf |
| deficiency symptom                        | Mangel(erscheinung)                  |
| sättigen                                  | satisfy, fill (up)                   |
| Diese Portion wird uns sättigen           | this helping will fill us up.        |
| Diese Mahlzeit sättigt.                   | This is a substantial meal.          |
| sättigend (Mahlzeit etc.)                 | substantial, satiating, filling      |