



ACTIVITY SHEET

EPISODE 17: NATUROPATHIC MEDICINE

Practise and consolidate your learning by completing our activities. Remember you can refer to the study notes if you need help.

ACTIVITY 1

The three paragraphs below are designed to test *True*, *False* or *Not Given* questions. Use the strategies to help you answer the questions.

Reading passage 1

Questions 1 –3

Do the following statements agree with the information in the reading passage *Nutrition*?

Choose:

- TRUE** if the statement is true according to the passage
- FALSE** if the statement is false according to the passage
- NOT GIVEN** if the information is not given in the passage

Nutrition

Food, which supplies our bodies with nutrients, is essential for good health, growth and, of course, survival. Nutrients are important because they perform a number of functions — provide us with energy, and regulate and maintain the body.

1. Food is necessary for good health alone.
 - a. True
 - b. False
 - c. Not Given
2. Humans depend on plants and animals for their nutrients.
 - a. True
 - b. False
 - c. Not Given
3. Nutrients are beneficial because they provide fuel for the body.
 - a. True
 - b. False
 - c. Not Given



Reading Passage 2

Questions 1 –3

Do the following statements agree with the information in the reading passage *Progress in medicine*?

Choose:

TRUE if the statement is true according to the passage

FALSE if the statement is false according to the passage

NOT GIVEN if the information is not given in the passage

Progress in medicine

Medicine within the last century has made enormous strides in controlling and preventing many diseases. Specialised care, highly technical equipment and the discovery of new drugs have all played a part in extending the lives of many ill people. But it also has to be said that people have become more aware of nutrition and the benefits of exercise, which contribute to the quality of life as well.

1. Many illnesses have been cured in the last century.
 - a. True
 - b. False
 - c. Not Given

1. Life expectancy has increased because of medical advancements.
 - a. True
 - b. False
 - c. Not Given

3. People are not conscious of the important role that food has on one's health.
 - a. True
 - b. False
 - c. Not Given



Reading Passage 3

Questions 1 –3

Do the following statements agree with the information in the reading passage *Vitamins*?

Choose:

- TRUE** if the statement is true according to the passage
- FALSE** if the statement is false according to the passage
- NOT GIVEN** if the information is not given in the passage

Vitamins

Vitamins are organic compounds, which are required by the human body for normal growth and reproduction. There are thirteen different vitamins each of which plays an important role in the functioning of the body. For example, vitamin A enhances the immune system, B vitamins help combat the symptoms of stress and vitamin C promotes the healing of wounds.

1. Certain vitamins help fight stress and boost immunity.
 - a. True
 - b. False
 - c. Not Given
2. The thirteen vitamins necessary for the human body can be obtained through a balanced diet.
 - a. True
 - b. False
 - c. Not Given
3. There are three main vitamins – A, B and C – which are essential to the functioning of the human body.
 - a. True
 - b. False
 - c. Not Given



ACTIVITY 2

Choose a synonym for the word in bold in the following sentences.

1. The solicitor advised us that the contract was **ambiguous**.

- a. clear
- b. confusing
- c. legal

2. The inquiry determined that the company was **negligent** in maintaining its buses.

- a. careless
- b. thoughtless
- c. conscientious

3. Since the disaster, petrol has become a very **dear** commodity.

- a. valued
- b. beloved
- c. costly

4. I never thought John would be **difficult** about postponing the project.

- a. uncooperative
- b. hard
- c. complex

5. After gaining several years' experience overseas, Alison **grew** as an artist.

- a. expanded
- b. matured
- c. spread

6. The miners staged a **peaceful** protest despite the negative publicity.

- a. serene
- b. untroubled
- c. non-violent

7. Because of the horrific destruction, the story about the hurricane was placed in a **prominent** position in the newspaper for several days.

- a. noticeable
- b. notable
- c. protruding



8. The teacher gave me a **rough** guide of what to expect in the test.

- a. rugged
- b. approximate
- c. uneven

9. It was a **severe** sentence for a relatively minor crime.

- a. harsh
- b. great
- c. bitter

10. Friends of the married couple grew **weary** of listening to them argue on a daily basis.

- a. tired
- b. exhausted
- c. sleepy

ANSWERS ACTIVITY 1

READING PASSAGE 1: Nutrition

1. Food is necessary for good health alone.

- a. True
- b. False**
- c. Not Given

2. Humans depend on plants and animals for their nutrients.

- a. True
- b. False
- c. Not Given**

3. Nutrients are beneficial because they provide fuel for the body.

- a. True**
- b. False
- c. Not Given

READING PASSAGE 2: Progress in medicine

1. Many illnesses have been cured in the last century.

- a. True
- b. False
- c. Not Given**



2. Life expectancy has increased because of medical advancements.

- a. **True**
- b. False
- c. Not Given

3. People are not conscious of the important role that food has on one's health.

- a. True
- b. **False**
- c. Not Given

READING PASSAGE 3: Vitamins

1. Certain vitamins help fight stress and boost immunity.

- a. **True**
- b. False
- c. Not Given

2. The thirteen vitamins necessary for the human body can be obtained through a balanced diet.

- a. True
- b. False
- c. **Not Given**

3. There are three main vitamins – A, B and C – which are essential to the functioning of the human body.

- a. True
- b. **False**
- c. Not Given

ANSWERS ACTIVITY 2

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