

- *What fruit do you like most?*
- *Do you like apples?*
- *What apples are your favorite ones? (taste, texture, etc)*
- *What cultivars do you know?*
- *How many apples do you eat a day / a week?*
- *Where do you usually buy apples?*

What Nutrients Do Apples Provide?

Apples are full of nutrients that keep your body healthy and promote digestion. Red Delicious apples have a mild flavor and soft texture, making them ideal for baking. Fuji and Gala apples have a crisp texture and sweet taste. If you prefer a tart apple, opt for Granny Smith or Macintosh apples. All varieties of apples have about the same nutritional content, so the type you select depends on your taste preference.

Vitamin C

Enjoying a 3-inch medium apple provides around 10 percent of your daily vitamin C requirement. Even though vitamin C is an immune system booster, it has several other roles in your body. Vitamin C is one of several types of antioxidants that neutralize damaging free radicals. When free radicals scavenge through your system, they feed on strong healthy cells, which increases your risk of illness. Consuming antioxidant-, vitamin C-rich foods like apples protects cells and helps lower your risk of chronic disease. Vitamin C also plays a role in making collagen. You need collagen to aid in wound healing and to keep your skin healthy. Women need 75 milligrams of vitamin C daily, while men should get 90 milligrams, says the Office of Dietary Supplements. Having a 3-inch apple provides approximately 9 milligrams of vitamin C.

Carbohydrates

Apples are rich in carbohydrates and virtually all of the calories in apples come from carbs. Your diet should have a high percentage of carbohydrates because this macronutrient breaks down into glucose, the main source of fuel for every cell in your body. Apples provide mainly simple carbohydrates in the form of fructose, or fruit sugar. Simple carbohydrates break down quickly in your gut and provide immediate fuel. Between 45 and 65 percent of your total calories should come from carbohydrates, which have 4 calories per gram, the Dietary Guidelines for Americans 2010 reports. If you normally consume about 1,800 calories from your daily diet, you need 202 to 292 grams of carbohydrates each day. A medium 3-inch apple has about 25 total grams of carbohydrates.

Fiber

Snacking on an apple sneaks a high amount of fiber into your diet. The soft inside part of apples provides soluble fiber, while the tough outer skin is insoluble fiber. Soluble fiber binds with water and slows digestion. Insoluble fiber stays intact and pushes out waste, making your stools soft and keeping you regular. Both fibers are equally important in your diet and usually fiber-rich foods have a small amount of each. Based on an 1,800-calorie diet, you should get 25 grams of fiber daily because you need 14 grams for every 1,000 calories in your diet, according to the Dietary Guidelines for Americans 2010. Apples have about 4.5 grams of combined fiber for a medium 3-inch fruit.

Potassium

Enjoying an apple a day helps maintain a normal heart rhythm by increasing your potassium intake. Potassium, known as an electrolyte, is a mineral that dissolves in cellular fluid and helps electricity flow through your body. Most potassium in your body is found inside of cells, but it crosses cell membranes if it needs to in order to keep fluid steady in and around cells. This process, known as the membrane potential, is heavily regulated by your body in order to sustain steady electrical flow for heart rhythm as well as muscle contraction. According to the Linus Pauling Institute, you need 4,700 milligrams of potassium from your daily diet and one medium 3-inch apple offers nearly 200 milligrams.

Glossary:

amount	<i>ilość</i>	lower	<i>obniżyć</i>
antioxidants	<i>przeciwutleniacze</i>	macronutrient	<i>makroelement</i>
approximately	<i>w przybliżeniu</i>	mainly	<i>głównie</i>
bind	<i>wiązać</i>	maintain	<i>utrzymywać</i>
booster	<i>pobudzać, zwiększać</i>	mild flavor	<i>łagodny smak</i>
carbohydrates	<i>węglowodany</i>	muscle contraction	<i>skurcz mięśni</i>
cell walls	<i>ściany komórkowe</i>	nearly	<i>prawie</i>
cells	<i>komórki</i>	nutrients	<i>składniki odżywcze</i>
cellular fluid	<i>płyn komórkowy</i>	outer skin	<i>zewnątrzna skórka</i>
content	<i>zawartość</i>	percentage	<i>procent, odsetek</i>
crisp	<i>chrupki</i>	promote	<i>promować, propagować</i>
daily requirement	<i>dzienne zapotrzebowanie</i>	provide	<i>zapewniać, dostarczać</i>
depend on	<i>zależać od</i>	scavenge	<i>żerować, wymiatać</i>
digestion	<i>trawienie</i>	sneak	<i>wkradać się, przemycać</i>
dissolve	<i>rozpuszczać</i>	soft texture	<i>miękką konsystencją</i>
equally	<i>równie, tak samo</i>	source	<i>źródło</i>
feed	<i>karmić</i>	stool	<i>stolec</i>
fiber	<i>błonnik</i>	sustain	<i>podtrzymywać</i>
free radicals	<i>wolne rodniki</i>	tart	<i>cierpki</i>
gut	<i>jelito</i>	tough	<i>twardy</i>
immune system	<i>układ odpornościowy</i>	varieties	<i>odmiany</i>
insoluble	<i>nierozpuszczalny</i>	wound healing	<i>gojenie się ran</i>
intake	<i>pobór, spożycie</i>		

Exercises:

I. Answer the questions:

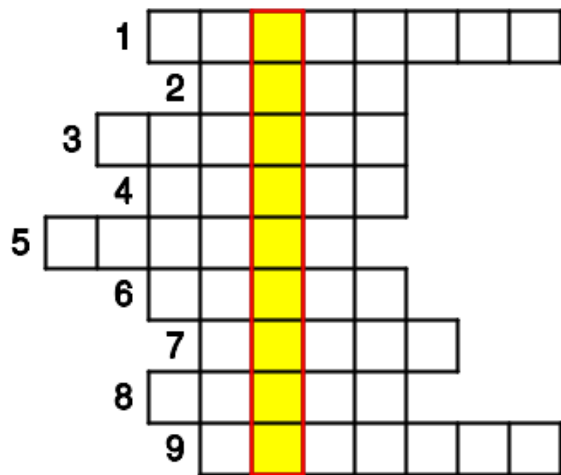
1. What four main nutrients can you find in an apple?
2. What flavors and textures do apples have?
3. Do all apples have the same nutritional value?
4. Name three different roles of vitamin C in a human body.
5. What do you need collagen for?
6. What type of carbohydrates do apples provide?
7. What two kinds of fiber are present in apples?
8. Why is potassium important for your heart?

II. Find the meanings of the following words, what parts of speech are they, give the opposites for all adjectives:

- | | |
|--------------|------------------|
| 1. acute - | 6. taste- |
| 2. against – | 7. thin- |
| 3. inner – | 8. tissue – |
| 4. layer – | 9. to bite- |
| 5. sour – | 10. to contract- |

III. Do the crossword.

1. a thin layer of tissue that covers, separates, or connects cells or parts of a human, animal, or plant
2. food or drinks with a slightly sour taste.
3. a body tissue that can contract and produce movement.
4. food that is firm in a pleasant way and makes a noise when you bite it.
5. the system in your body that protects you against diseases.
6. not inner.
7. hard to break or cut, not soft
8. flavor
9. of an illness continuing or occurring again and again for a long time, not acute



KEY WORD:.....

IV. Rearrange the words and give advice, add **should** in the sentences below.

1. 90 milligrams / get / Men / vitamin C / daily / of
2. of / have / Your diet/ a high percentage / carbohydrates.
3. and beans / have a problem / if you eat plenty / vegetables, fruits, nuts, seeds / You /of / getting enough fiber / not
4. get at least 25 grams / Based on an 1,800-calorie diet, / you / fiber / of / daily.
5. take when you have / There are a / not / high potassium levels/ few herbs that you
6. come / Between 45 and / total calories / carbohydrates / 65 percent of your / from

Discuss:

1. What ways of consuming apples do you know?
2. Give a recipe for an apple dish. (apple pie, cider, baked apples, etc)
3. 'One Apple a Day Keeps the Doctor Away' - explain this saying.
4. Do you know any interesting facts about apples?
5. Apples in history, e.g. the forbidden fruit; the Trojan War; William Tell's apple-shot or golden apples
6. Which countries are the largest producers of apples in the world? (ask uncle Google if you don't know!)