



Three Wise Kangaroos

Do we need vitamin pills?

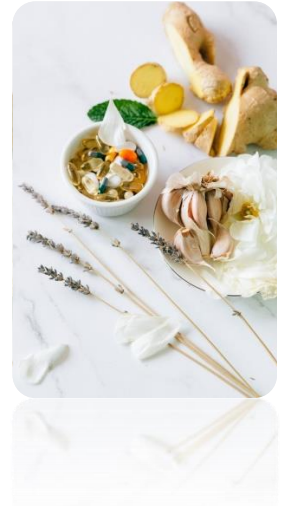
Lead-in

1. How do you feel about your diet? Do you think it is well-balanced?
2. What comes to mind when you think of food supplements?

Video

Watch a short video and answer the questions.

<https://www.youtube.com/watch?v=h-QBbH4So-A>



1. How many per cent of British adults take multivitamins or dietary supplements?
2. What figure are the sales of vitamins and supplements expected to reach by 2025?
3. What's the general consensus in the scientific community about supplements?
4. Why are pregnant women advised to supplement with Omega 3 and folic acid?
5. What was discovered after supplementing prisoners with vitamins and minerals?
6. What's the connection between vitamins and stress?
7. What happened during the research whose aim was to test the use of antioxidants in preventing cancer?
8. What can high doses of vitamin A, E, D and K lead to?
9. Which groups of people might benefit from mineral and vitamin supplementation?
10. Overall, what is a better alternative to vitamin pills?

Over to you

1. Did you find any of the facts presented in the video surprising?
2. Do you take any food supplements? If so, which ones?
What's your reason for taking them?
3. Is there a big market for food supplements in your country?
4. Do you believe most people take vitamin pills to compensate for the fact they don't have a balanced diet?
5. Are producers allowed to advertise multivitamins and supplements on TV in your country?
Do you think these commercials mislead the public about the way the supplements work?
6. Do you believe food supplements should be sold in supermarkets without people having to consult a pharmacist about them?



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7. If you were to raise people's awareness of risks connected with vitamin pills and improve people's overall diets, how would you go about it? Would you...?
- ban all TV commercials advertising food supplements
 - ban all supplements from supermarkets
 - make all supplements prescription only
 - show programmes on TV aimed at educating the public about the topic
 - run social awareness campaigns on free-to-air television and get famous people to endorse good eating habits and teach the importance of a balanced diet
- Can you think of any others ways?

Vocabulary

Complete the definitions with the words from the box. All the words come from the video..

essential, consensus, nutritional deficiency, nutrients, downside, halt, infamous, daunting

1. A general _____ about something is a general agreement on an issue.
2. If a task seems _____, it appears difficult or overwhelming.
3. If you have a _____, it means your body lacks some minerals or vitamins.
4. An _____ thing or person is one with a bad reputation.
5. If you _____ something, you bring it to an abrupt stop.
6. If something is _____ it is crucial or necessary.
7. _____ are substances that provide nourishment essential for the maintenance of life and for growth.
8. The _____ of something is a disadvantage or a negative side of it.

Over to you

1. If your doctor told you to double the amount of fruit and vegetables you were eating, would you find it a **daunting** task?
2. In your country, is it **essential** to supplement with vitamin D during the winter months? How much sunshine is there?
3. Have you ever had a **nutritional deficiency**? Did you try to improve your diet or did you turn to pills to address the problem?
4. Some people believe it is harder to get all the necessary **nutrients** from food now because the quality of produce has declined. Do you think it's true or is it just an excuse for not having a healthy diet?
5. What are the **downsides** of self-medicating (deciding without consulting a doctor about what to take and how much of it)?
6. What's the **consensus** about vitamin pills among doctors in your country? Have supplements ever been recommended to you by a doctor?
7. What did you think of the **infamous** study that had to be **halted** due to its participants experiencing adverse reactions? Do you think publishing such information in the media would make people more cautious about the risks connected with food supplements?



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Challenge

Read an article about a man who was admitted to hospital after overdosing on vitamin D and write down five interesting facts you have found out together with seven new vocabulary items you'd like to learn.

<https://www.abc.net.au/news/health/2022-07-06/vitamin-d-overdosing-toxic-effect-how-much-should-you-take/101205656>

