Creating a

Syllabus and a

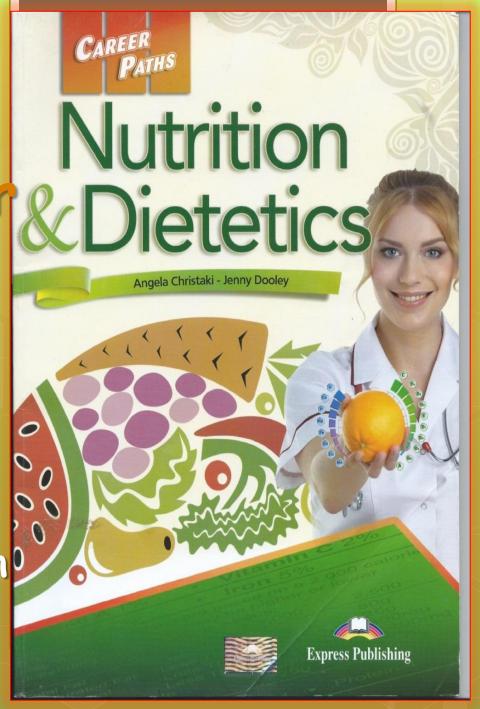
Course Book for Nutrition

Nutritionists & Dietetics

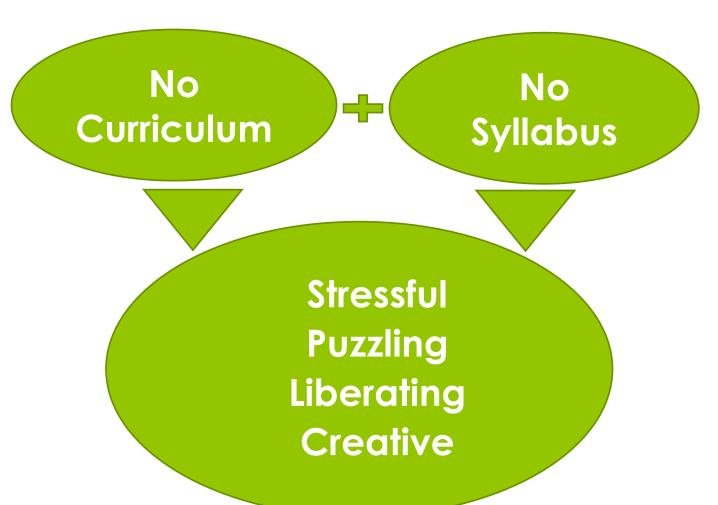
Angela Christaki - Jenny Dooley

Dietitians

Christaki Angela MEd, ESP teacher Hellenic Mediterranean University of Crete



Teaching ESP



Chefs

Pastry Chefs

Graphics Designers

Accountants

Fashion Designers

car Mechanics

Hotel Stoff

Elevator Technicians?#@!?

Using my imagination

Improvising

"Techniques in the early years of ESP teaching"

Going through the through the syllabus of core subjects

Specialists of the contract of

MEd – Dissertation on ESP

TALO vs TAVI

Teacher
Learning
facilitator,
Course
designer

Hutchinson & Waters Nunnan /Dudley From

Learner
Active
participant,
Autonomous,
Motivated

Needs Analysis Sifakis Munby
Anderson

Needs Analysis

Student's
Questionnaires

Teacher's Questionnaires

Personal Profile

Personal Profile

Present Situation Analysis Target
Situation
Analysis

Target Situation Analysis

Data Analysis Skills and sub-skills

Reading

Skimming
Scanning
Deducing

Speaking

Speech
Presentation
Conveying meaning
Describing process

Academic writing
Summarizing
CV / E-mails

Understanding the gist Note-taking

Listening

Data Analysis - Terminology

Body Composition

Psychology

Biochemistry

Ergometry

Pathology

Nutrition in the Cycle of Life

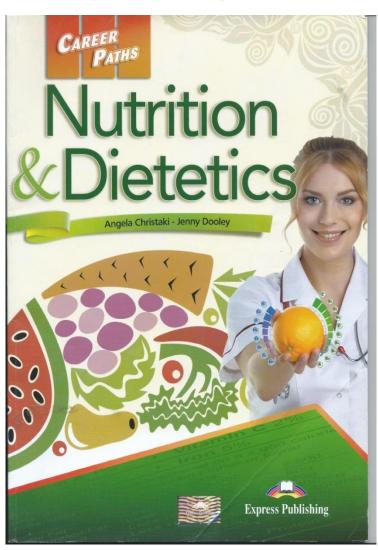
Medical terms

Types of Food/Diets

Anatomy

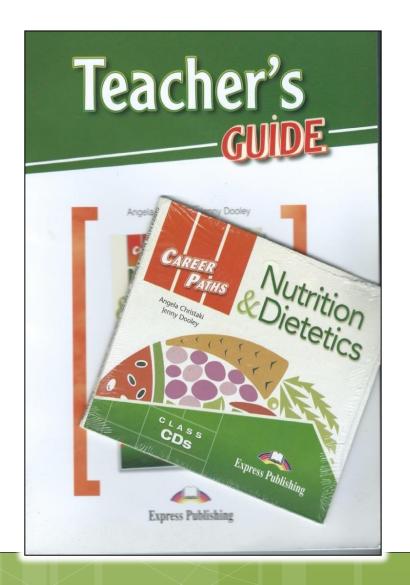
Physiology

Student's Book



- o 45 Units immerse Ss in the 4 key language components
- 3 levels of difficulty
- 400 vocabulary terms & phrases

Teacher's book & Audio CD



TB

- Detailed lesson plans
- Answer Key
- Audio scripts

CD

 Recorded material by native speakers

Table of Contents

Unit 1 - Pregnancy

Unit 2 - Lactation

Unit 3 - Infant Nutrition

Unit 4 - Toddler and Prese

Unit 5 - Child and Preadolescent

Unit 6 - Adolescent Nutrition .

Unit 7 - Adult Nutrition

Unit 8 - Nutrition for Older Adults .

Unit 9 - Vegetarian Diet

Unit 10 - Eating Disorders I

Unit 11 - Eating Disorders II

Unit 12 - Athletic Nutrition

Unit 13 - Alcohol and Nutrition

Unit 14 - Nutrition and Diabetes

Unit 15 - Nutrition and Cancer

Glossary

Educational resource for Nutrition professional

Authentic or authenticlike texts

Language Functions & Grammar Scope & Sequence

Unit	Topic	Reading context		Function	
1	Fruits and Vegetables	Webpage	antioxidants, apple, be grape, immunity, leave provide, seed, starch,	ost, capability, carbohydrates, fruits, minerals, olive, onion, plenty, potato, trawberry, tomato, vegetable	Giving advice
2	Cereal Grains	Pamphlet	amino acid, barley, o cultivate, fiber, mois	eal, component, contain, corn, e, oats, quantity, rice, wheat	Expressing disapproval
3	Meat	Textbook excerpt	beef, high fat, iron, stored, vital organs	n, muscular, poultry, protein, rare, ell-done	Asking for an opinion
4	Poultry	Newsletter article	benefits, colorless shell, skewer, ste	mposed of, egg, fry, grill, roast, lk	Stating order
5	Dairy Products	Magazine article	butter, dairy, dig against, margar sterilize, yogurt	e, fermented, growth, help fight ild, milk, pasteurize, slightly,	Expressing quantity
6	Fish	Textbook excerpt	nutrient-dense	canned, fatty acids, fry, halibut, ted fat, scaly, seafood, shellfish, rout, valuable	Asking about progress
7	Baked Goods	Advertising pamphlet	baked goods grain, yeast	ough, inhabited, slice, soft, whole	Expressing preference
8	Beverages		Subject	rbon dioxide, cardiovascular, , flavonol, heart attack, heart secretion, soft drink,	Giving instructions
9	Dried Fruit and Nuts	Blog p	Specific	date, decrease, dried, easily, ease, portion, prevent,	Giving advice
10	Organic Food	Guidel	cabular	tional, fertilizers, GMOs, order for, indoors, label, anic, outdoors, pesticides, c	Asking for clarification

Glossary

abstain from [V-T-U9] To abstain from something is to not do it.

adequate [ADJ-U9] When something is adequate, it is good enough.

adolescence [N-UNCOUNT-U6] Adolescence is the period of a person's d

olescence [N-UNCOUN I-U6] Adolescence is the period of a person's cadulthood.

adolescent [N-COUNT-U6] An adolescent is a person in the stage between adult [N-COUNT-U7] An adult is a person who has reached maturity and is adulthood [N-UNCOUNT-U7] Adulthood refers to the period of a person's

English to English content specific vocabulary

age group [N-COUNT-U5] An age group is an age range in which people can be placed.

alcohol [N-UNCOUNT-U13] Alcohol is liquid that will make a person get drunk if too much is consumed.

allergic reaction [N-COUNT-U2] An allergic reaction is when a person has a serious bodily shock because of an interaction with some substance.

anabolic steroids [N-PLURAL-U6] Anabolic steroids are drugs chemically related to testosterone.

anorexia nervosa [N-UNCOUNT-U10] Anorexia nervosa is an eating disorder that involves extreme dieting.

antiangiogenesis therapy [PHRASE-U15] Antiangiogenesis therapy stops the development of new blood vessels.

antidepressants [N-PLURAL-U11] Antidepressants are prescription drugs given to people who are suffering from depression.

appetite [N-COUNT-U4] Someone's desire for food or drink is their appetite.

arthritis [N-UNCOUNT-U8] Arthritis is an inflammatory condition in the body which causes structural changes and pain in the joints.

atherosclerosis [N-COUNT-U8] Atherosclerosis is a disease where the walls of the blood vessels become thick. autoimmune disease [N-COUNT-U14] Autoimmune disease is a defense of an organism against its own cells.

10 Eating Disorders I



Pre-Reading Activity

Anorexia and Bulimia — what are these eating disorders and what are the signs?

bulimia

- Anorexia Nervosa is an eating disorder where someone beats because they believe they are overweight. In realities
 - actually underweig are afraid to put of People suffering w Generally their ext psychological procontrol, but they control, but they control.

Some warning signs spells, feeling cold, or

While- Reading Activity

Bulimia Nervosa is a life-threatening eating disorder typifi

bingeing and purging. Si with bulimia do not like

purging

anorexia

of themselves. T
deeply regret it
may abuse lax
putting on a s
periods of fas
This self-des
lasting effect
kidney failure.

New Vocabulary

Some warning signs include: eating uncontrollably followed by forced vomiting, refraining from eating specific foods, dehydration, and feeling anxious and/or depressed.

psychological problems

Get ready!

- 1 Before you read the passage, talk about these questions.
 - 1 What are some of the eating disorders you know about?
 - What do you think might be some of the causes of eating disorders?

Reading

- Read the pamphlet. Then, mark the following statements as true (T) or false (F).
 - Bulimia nervosa can result in death.
 - 2 ___ Usually bulimics are satisfied with their appearance.
 - 3 __ Anorexics have an intense fear of getting fat.

Vocabulary

- Match the words or phrases (1-5) with the definitions (A-E).
 - 1 __ fainting spell
 - 2 _ laxative
 - 3 __ fasting
 - 4 _ bingeing
 - 5 _ purging
 - A rapid consumption of food in one sitting
 - B abstaining from all or some kinds of food
 - C frequent loss of senses
 - **D** emptying the body from food
 - E pill that relieves constipation

Vocabulary Practice

- 4 Read the contences and choose the words or phrases.
 - 1 Fat / Calcium is necessary for strong bones.
 - 2 Proper nutrition can retard the development of a degenerative disease / blood cholesterol.
 - 3 Fiber / Protein can prevent constipation.
- Listen and read the magazine again. What could and a second a second

Listening

- 6 Listen to a conversation between a nutritionist and an elderly patient. Mark the following statements as true (T) or false (F).
 - 1 __ The man has high cholesterol.
 - 2 __ The nutritionist advises eating more whole grains.
 - 3 __ The nutritionist advises him to cut down on eggs.

Conversation.

Patient: My doctor suggested I see you and get some 1 ______ on eating well now that I am an older adult.

Reading & Listening Activity

___ cholesterol.
to cut down on
from 4 ____

any 2

ratient. Tunucistanu

Nutritionist: You also need more 5 _

While-Listening

Patient:

Nutritionist:

hey

an.

D in

Activities

Speaking

8 With a partner, act out the roles. based on Task 7. Then, switch roles.

USE LANGUAGE SUCH AS:

I understand.

That makes sense.

Your advice is pretty clear.

Student A: You are an older adult. Talk to Student B about:

- managing osteoporosis with healthy diet
- what
- vita

life with a
Purpose and an
Audience

Authentic, Real

Guided Speaking Activity

Guided Writing Activit.

Writing

9 Use the magazine article a conversation from Task 8 to write e nutritionist's instructions for the patient.

Patient Instructions

Name:			

Condition:

Instructions:

Studen about t



International Vocational English Examinations & Assessment

ExpressPublishing

The University of Greenwich

Unicert

The
University
of Piraeus,
Greece
which
guarantees
integrity

Certificate of Attendance



CERTIFICATE

This is to certify that

NAME

has attended and successfully completed

a course in

ENGLISH for TOURISM

The course covered the following areas:

- restaurants and lodging travel and transport
- cruise ships and travel package
 - dealing with problems and emergencies
- cultural differences
 communication
 reservations
 - customer care guided tours

Date of Issue: Course held at: Course duration: 50 hours Certificate Number:

Course Coordinator: (Signature)



(Signature)

NAME: -TITLE:

UNIVERSITY OF GREENWI









The course covered Relevant Topics

Nutrition &

Dietetics

Online Examination Certificate

Nutrition & Dietetics



CERTIFICATE

This is to certify that

NAME

has attended and successfully completed
a course in

ENGLISH for TOURISM

The course covered the following areas:

- restaurants and lodging travel and travel
 cruise ships and travel
 - · dealing with problems an
- cultural differences
 communication
 - · customer care · guided too

- Listening
- Linguistic means
- Language functions
- Reading
- Writing

Date of Issue: Course held at: Course duration: 50 hours Certificate Number:

Course Coordinator: (Signature)



NAME: TITLE: UNIVERSITY O









The Full Pack

Student's Book

Teacher's Book

Audio CD

Certificate of Attendance

8

ESP Certificate

Needs Analysis