

Lesson: *Four fad diets for losing weight!*

This is a quick, easy, ready-to-go lesson that will inspire your students. It'll also give them opportunities to improve their speaking, listening, reading and writing skills. This lesson comes with Teacher's Notes, a Resource Sheet, a PDF of the lesson, and an audio file. Simply follow the lesson ideas for a fantastic class that'll really motivate your students.

1 Warm-up

Discussion: weight loss + **RESOURCE SHEET**

Students have a discussion about weight loss. Print off the questions on the Resource Sheet (see the end of this document) for students to ask in pairs, or ask them to students in general as part of a class activity. Remind students that they can answer any questions they like (and in any order), and that the objective of these questions is to get them talking. If a question appears a bit "personal", they can just ignore it or invent the answer:



2 Lesson activities

Go through the activities for the lesson on the sheet: the Pre-reading, Reading I and Reading II activities. You could do this lesson as a *listening* activity. In order to do this, tell your students to turn over the sheet so they can't see the text as they do the exercises.

If your students' listening level is low, stop the recording after each paragraph and check their understanding.

After finishing that, and if you've done this as a listening activity (not a reading), let your students read the text as you play the recording again. This is good for developing their listening skills as they can see the connection between the written and spoken language.

3 Follow-up activities

Retell it!

Assign a paragraph (or two, etc.) to each student. Students have a minute or two to try to remember the text. When they're ready, students try to recount the information, using as much of the language as possible. Or, ask for volunteers to retell the information, using as much of the original language as possible (or even by heart if they can).

Debate it!

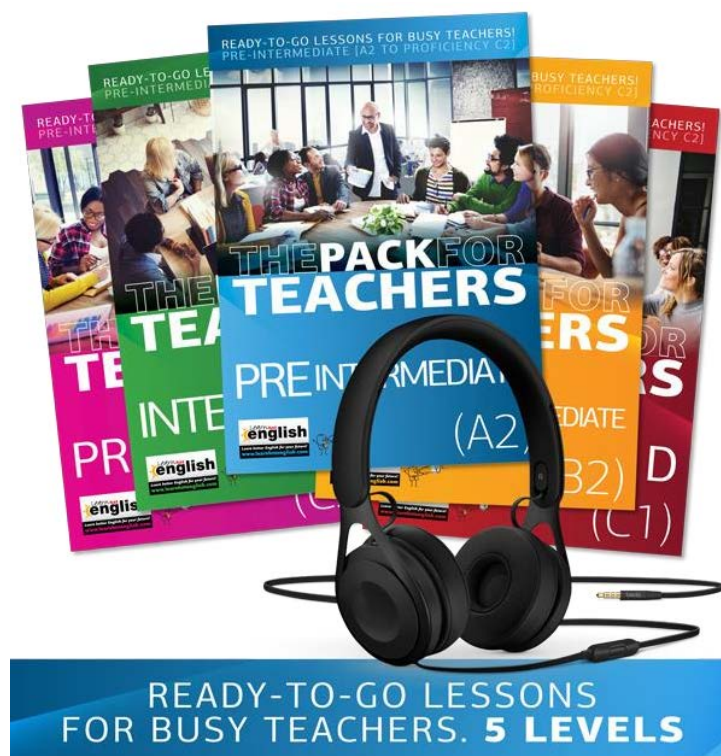
Hold a debate! Divide the class into two. Half the class believes dieting is the best way to lose weight; the other half thinks there are better alternatives. In their groups (or in pairs or smaller groups), students prepare arguments either in favour of or against the proposal (even if they don't agree with it personally). When they're ready, allow representatives from each group to stand up and present their arguments. When both sides have finished, open up the debate so anyone can make comments, respond to previous points, etc. At the end (after a few minutes), hold a vote and see which idea is the most popular. Tell students they can vote either way and that they don't have to vote according to their initial group and the stance that they were representing.

Invention & presentation

Students invent a new type of diet. Then, they give a one- or two-minute presentation on it, explaining what it is, what it's called, how it works, what it consists of, how it can help, how you should follow it, etc. When they're ready, ask for volunteers to give their presentations (using notes, not reading it out word-for-word). Other students vote on the most interesting ones.

Dialogue

In pairs, students write up notes for a dialogue between a reporter and someone who is following a diet, or someone who has invented a diet. Tell your students to make the dialogue as funny, silly or serious as they like. When they're ready, ask for volunteers to read or act out their dialogues (from memory or by using notes, not reading it out word-for-word). Other students listen and vote on the best ones, or ask and answer questions.



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Resource Sheet

Ask and answer the questions in pairs. If any question makes you feel “uncomfortable”, just invent the information. Remember, the aim is to practise speaking – what you say doesn’t really matter, it’s how you say it!

- What type of food do you eat on a regular basis?
- How would you describe your diet?
- How healthy is the food you eat?
- What sweet treats do you allow yourself? How often do you have them?
- Why do some people put on weight?
- What’s the best way of dealing with excess weight?
- Which diets have you heard about?
- Which diets do you think are the most effective? Why?
- Have you ever been on a diet? What was it? How effective was it?
- What is the best way to lose weight?
- In what way can dieting be dangerous?
- What’s your definition of a balanced diet?
- What do you eat if you’re feeling hungry between meals?
- What should the government do about the obesity crisis?
- What junk food or fast food do you like? How often do you eat it?
- What processed food do you eat? How often do you eat it?

Other?

READ & LISTEN I

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YOU'LL LOSE POUNDS!

Dr. Atkins Diet Revolution

Objective To learn to talk about diets and weight loss.

Think about it Have you ever been on a diet? What did it involve? What effects did it have? What are your top tips for losing weight?

Exams This reading and listening activity will help prepare you for English exams such as CAE, IELTS and TOEFL.

FOUR FAD DIETS FOR LOSING WEIGHT

Trying to lose weight? Easy! Try one of these **fad diets**.

1 The 7-day cabbage soup diet

This diet consists of... cabbage soup. Basically, you can eat as much of it as you like over a period of a week, and you're guaranteed to lose between four and five kilos. You lose weight quickly because the food is very low in **calories** and has nearly no fat content. The problem is that the soup is so **tasteless** that many people **struggle** to complete the week. And once the week is **up**, most people **put** the weight on again anyway.

2 The Warrior Diet

As part of this diet, you eat very little during the day, but then **pig out** at night. Apparently, it's based on primitive times when humans would **hunt** during the day and eat at night. Many experts claim that breakfast is the most important meal of the day. However, as part of the Warrior Diet, you shouldn't eat anything for breakfast. From morning till evening, you drink water, or have some raw fruit or vegetables (a bit of carrot or cucumber, etc.) if you're hungry. You can also have a little green salad for lunch, but without any **dressing**. However, in the evening, the fun starts and you can eat whatever you like.

3 The Banana Diet

As part of the banana diet you just have a banana for breakfast. If you're still hungry 15 or 30 minutes after

your banana, you can have a little **snack**, but not more than 200 calories worth. Then, you eat normally for lunch and dinner. However, dinner must be eaten by 8pm at the latest (6pm is better), and you shouldn't have a dessert with dinner or any of your meals. You should only drink water, you should chew your food thoroughly, and you should aim for a four-hour period between your last meal or snack and bedtime (which is why 8pm is the latest you should eat dinner). Apparently, the Banana Diet once caused a **banana shortage** in Japan.

4 The Atkins Diet

This diet was created by Dr Robert Atkins, and was described in his book *Dr Atkins' Diet Revolution* (1972). However, it wasn't until 2003 that the diet became really popular. That year, it was estimated that one in 11 North Americans was on the diet. There are few limits on the **amount** of food you eat, but there are restrictions on **what** you can eat. Basically, you can consume a lot of **protein**: meat (beef, pork, etc.), fish (salmon, plaice, etc.), cheese, eggs and poultry (chicken, turkey, etc.); but very little in the way of **carbohydrates**: not much rice, wheat, cereals, bread, flour, cakes, and things that are high in sugar, such as sweets, juice, fruit, potatoes or alcohol. Many people like it because you can eat things that are traditionally regarded as "rich", such as meat, eggs and cheese. You can

also cook with butter, have mayonnaise with your tuna, and put olive oil on your salads.

As with many diets, the fact you've decided to go on a diet **tends** to make you more aware of what you're eating, how much of it you're consuming and how healthy it is. And in many cases, it works because it makes you eat less.

Happy dieting! ✨

[Warning: this is a very general overview. For more specific information on any of these diets, please consult your physician.]

GLOSSARY

a fad *n*
something that is popular for a short time
a diet *n*
a plan for eating less food (or special food) in order to lose weight
calories *n*
"calories" are used to measure the energy value of food. For example, a bar of chocolate has about 500 calories. The average person needs between 2,000 and 3,000 calories a day
tasteless *adj*
with no flavour or taste
to struggle *vb*
if you "struggle" to do something, you find it difficult to do
up *adj*
if a certain period of time is "up", it has finished
to put on (weight) *phr vb*
to become fatter / heavier
to pig out *phr vb inform*
to eat a lot of food in a short amount of time
to hunt *vb*
when people "hunt", they look for animals to eat or to kill as a sport
dressing *n*
a mixture of oil and vinegar (and other things) that you put on a salad
a snack *n*
a small amount of food that you eat between meals (between breakfast and lunch, for example)
a shortage *n*
if there's a "shortage" of something, there isn't enough of that thing
protein *n*
a substance found in food such as meat, fish and eggs. "Protein" helps you grow and be healthy
carbohydrates *n*
"carbohydrates" are substances found in certain kinds of food (bread, sugar, rice, pasta, etc.) that give you energy
to tend *vb*
if something "tends" to happen, it usually happens

Answers on page 44

1 Pre-reading

What diets have you heard of or tried? What do they involve? How effective were they?

2 Reading I

Read the article once. Which diet would you like to try? Why? Which diet do you think would be the most effective? Why?

3 Reading II

Read the article again. Then, write the name of a diet next to each statement. Use the following words: Cabbage, Warrior, Banana, Atkins.

- You can eat whatever you like in the evening.
- You should only drink water.
- You're guaranteed to lose between four and five kilos.
- You can eat as much protein as you like.
- You shouldn't eat anything for breakfast.
- If you're still hungry after breakfast, you can have a little snack.
- It became really popular in 2003.
- The food you eat has practically no fat content.