

## Staying Healthy Part I: Diet

### 9:30-9:45 Ice Breaker

What was the best thing that happened this last week?

What was the worst thing that happened this last week?



It's no secret that Americans are fat -- and getting fatter by the burger. Nearly one-third of U.S. adults are overweight, and another third are technically obese, as defined by a body-mass index of more than 30 (Forbes, updated 4/13/2005 by Leah Hoffmann and Lacey Rose). And Americans aren't happy about it. Last year, we spent an estimated \$46 billion on diet products and self-help books. Much of that money is wasted. Indeed, a government review found that two-thirds of American dieters regained all the weight they had lost within a year, and 97 percent had gained it all back within five years. And following these regimes is significantly more expensive than the tried and true technique of eating less and exercising more.

Obesity is one of the factors causing heart disease, stroke, and diabetes. First lady Michelle Obama launched a program in February 2010 called Let's Move to fight childhood obesity. According to Obama, *"the physical and emotional health of an entire generation and the economic health and security of our nation is at stake."*

### 9:45-10:05 Vocabulary and Conversation

Directions: Explain and give examples of any new vocabulary. Complete and practice the conversation below using **should**, **ought to** or **had better**. Check your answers with the conversation at the end of the lesson.

1. avoid	8. fit
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2. calories	9. low-fat
3. carbohydrates	10. maintain a healthy lifestyle
4. concerned about	11. nutritious/nutrition
5. crave/craving	12. overweight
6. diet	13. processed meat
7. fattening	14. protein
	15. stay away from

Betty: I'm gaining a lot of weight. I'm really concerned about it. Most of my clothes are too tight. I (1. \_\_\_\_\_) (go) on a diet.

Sally: I'm overweight, too. But my doctor gave me some good advice about maintaining a healthy diet. He said I (2. \_\_\_\_\_) (eat) a nutritious, low-fat diet, for example, lean protein and vegetables. He also said I (3. \_\_\_\_\_) (avoid) food that has a lot of animal fat.

Betty: Like what? All the good stuff, right?

Sally: Well, foods like butter and processed meat, such as bacon, sausage, and bologna. They're high in calories and have limited nutrition. Of course, red meat is high in animal fat.

Betty: My favorite meat is steak – all cuts – which is high in fat.

Sally: Yes, also chicken and turkey can be high in fat if we don't remove the skin.

Betty: My problem is healthy snacks. What snacks (4. \_\_\_\_\_) (I eat)?

Sally: We all know we (5. \_\_\_\_\_) (avoid) sugar – so no cookies, cakes and candy. Have you tried grapes, carrots and celery for snacks?

Betty: No, but maybe I (6. \_\_\_\_\_) (try) them. What other advice did your doctor give you?

Sally: To lose weight we (7. \_\_\_\_\_) (not eat) such large portions.

Betty: I (8. \_\_\_\_\_) (be) more careful about what I eat and also how much!

Betty: I agree. Staying fit isn't easy! It takes discipline, but it's worth the effort!

## 10:05-10:40 Questions and Practice

### Part I: Questions

- What's your advice for anyone who wants to diet?
- Have you ever been on a diet?
- How do you know if you are fat?
- How much weight would you like to lose or put on?
- Do you think dieting can be dangerous?

- Do you think fiber is important in your diet?
- What kind of fiber is the best when you are trying to lose weight?
- Do you think protein is important in a balanced diet?
- What is a good source of protein?
- Do you think people who are fat can be happy?
- Do you think people in general are gaining weight or losing weight?
- What kind of diet would you recommend to your friend?
- Is there a difference between being thin and being healthy? Which one is better?
- Do you think being slim equals beautiful?
- Do you think there is more pressure now for teens to look slimmer?
- In what way can diet influence our appearance and personality?
- Are dietary habits in your country changing?
- Do you know anyone who is obsessed with their weight and their figure?
- Do you think it's possible to lose weight and enjoy eating?

## *Part II. Practice*

- A. At your table, one person states the problem. Other people at the table give advice using **should** or **ought to**. Include **maybe** to soften the advice if you wish.

*Example:*

Person A: I'm sleepy

Person B: (Maybe) You should/ought to drink a cup of coffee.

Problem 1: I'm starving.

Problem 2: Someone stole my lunch from the refrigerator in the staff lounge at work.

Problem 3: I don't like vegetables.

Problem 4: I try new diets, but I can't stay motivated. What should I do?

- B. Give advice using **had better**. What are some possible bad consequences if your advice is not followed?

*Example:*

*I haven't paid my electric bill.*

*You'd better pay it by tomorrow. If you don't pay it, the electric company will turn off the power.*

1. Betty overeats a lot. This week she ate three boxes of cookies and two boxes of donuts.
2. I can't remember if I locked the front door when I left for work.
3. My ankle really hurts. I think I've sprained it.
4. I study, but I don't understand the assignments. We have a test next week.

## Grammar: Expressing Advice: Should, Ought To, Had Better

<b>should, ought to</b>	<p><b>Should</b> and <b>ought to</b> indicate the speaker thinks something is a good idea, but the listener has a choice to follow the suggestion or not</p> <p>You can make advice more indirect by using <b>maybe, perhaps, or do you think...</b></p>	<p><i>Advice:</i></p> <p>a. You <b>shouldn't do</b> that.</p> <p>b. You <b>ought to</b> eat fewer calories.</p> <p>c. <b>Perhaps</b> you <b>should eat</b> smaller portions.</p> <p><i>Opinion:</i></p> <p>d. A healthy diet <b>should include</b> fruits and vegetables.</p> <p>e. Children <b>should avoid</b> fast food.</p> <p>f. A child <b>ought to</b> have a supervised diet.</p>
<b>had better</b>	<p>Had better implies that something bad will happen if you don't act. It is not appropriate to say had better to someone who has more status or power than you do (for example, someone older than you). It is used more in spoken English than written English.</p>	<p>g. You'd <b>better</b> ask your doctor before you do that.</p> <p>h. <b>Hadn't</b> you <b>better</b> check with your doctor first?</p> <p>i. You'd <b>better</b> not do that! You'll get in a lot of trouble.</p>

## Completed Conversation with Answers

Betty: I'm really concerned about my weight. Most of my clothes are too tight. **I'd better go on** a diet.

Sally: I'm overweight, too. But my doctor gave me some good advice about maintaining a healthy diet. He said I **should eat** a nutritious, low-fat diet, for example, lean protein and vegetables. He also said I **should avoid** food that has a lot of animal fat.

Betty: Like what? All the good stuff, right?

Sally: Well, foods like butter and processed meat, such as bacon, sausage, and bologna. They're high in calories and have limited nutrition. Of course, red meat is high in animal fat.

Betty: My favorite meat is steak – all cuts -- which I know is high in fat.

Sally: Yes, but also chicken and turkey can be high in fat if we don't remove the skin.

Betty: My problem is healthy snacks. What snacks **should I eat**?

Sally: We all know we **should avoid** sugar – so no cookies and candy. Have you tried grapes, carrots and celery for snacks?

Betty: No, but **maybe I should try** them. What other advice did your doctor give you?

Sally: To lose weight we **shouldn't eat** such large portions.

Betty: I **had better be** more careful about what I eat and also how much!

Betty: I agree. Staying fit isn't easy! It takes discipline, but it's worth the effort!