

## INTERMEDIATE

# Breakfast helps girls stay slim



## WARM-UPS

1. Do you usually eat your breakfast everyday before going to work?
2. Do you skip breakfast?
3. What do you usually have for breakfast?
4. What usually happen to you if you skip breakfast?
5. What are your favourite foods for breakfast?
6. In your teenage years are you fat?
7. Even before are you health conscious?
8. Have you experienced to have a diet?
9. What is the perfect diet for you?
10. What do you do to keep yourself always healthy and strong?

A newly published report says that girls should eat breakfast every day if they want to stay slim. Researchers from America's Maryland Medical Research Institute followed the eating habits and weight of nearly 2,400 girls throughout their adolescence. This ten-year period is a time when "girls put on a lot of weight", according to lead researcher Bruce Barton. The conclusion of the findings was that teenage girls who ate cereal for breakfast three times a week or more were more likely to stay slim.

A press release from the Journal of the American Dietetic Association reports that "cereal consumption had positive effects on the girls". This is because cereals contain high levels of calcium and fiber and low levels of fat and cholesterol. The researchers suggest that there are other reasons why eating cereal may help girls stay slimmer. One factor is that other healthy things are usually consumed with cereal, such as milk and juice. Researchers also concluded that cereals help girls to get the right amounts of nutrients.

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#### READING / LISTENING

TRUE / FALSE: Look at the article's headline and guess whether these sentences are true (T) or false (F):

- A new diet breakfast cereal has become popular with girls.
- Researchers followed the eating habits of 2,400 girls for ten years.
- Adolescence is not a time when girls put on weight.
- Girls must eat cereal every day to stay slim.
- Cereal consumption had positive effects on the girls.
- Cereal is very high in cholesterol.
- Milk and juice must be drunk with cereal for people to lose weight.
- Cereal consumption helps girls get the right amounts of nutrients.

#### SYNONYM MATCH

Match the following synonyms from the article:

- |                |            |
|----------------|------------|
| a. newly       | tracked    |
| b. stay        | factors    |
| c. followed    | remain     |
| d. adolescence | head       |
| e. lead        | beneficial |
| f. press       | taken      |
| g. positive    | recently   |
| h. reasons     | quantities |
| i. consumed    | youth      |
| j. amounts     | media      |

#### PHRASE MATCH

Match the following phrases from the article (sometimes more than one combination is possible):

- |  |                        |
|--|------------------------|
| a. A newly                             | slim                   |
| b. they want to stay                   | of the findings        |
| c. girls put                           | amounts of nutrients   |
| d. The conclusion                      | effects on the girls   |
| e. more likely                         | eating cereal may help |
| f. press                               | high levels of calcium |
| g. cereal consumption had positive     | published report       |
| h. cereals contain                     | release                |
| i. there are other reasons why         | on a lot of weight     |
| j. cereals help girls to get the right | to stay slim           |