



DIETS

Discussion

Basic questions

1 Do you usually have breakfast?

**Yes, I do... / No, I don't...*

2 How many meals do you have a day?

**I have....meals a day.*

3 What is your favorite food?

**My favorite food is...*

4 How often do you eat fast-food?

**I eat fast-food every...*

5 Can you name some kinds of healthy food? Do you usually eat them?

**Some kinds of healthy food are... Yes, I usually eat them. / No, I don't...*

6 Why do people go on diets? Have you ever been on a diet?

**People go on diets because... Yes, I've been in a diet. / No, I've never been in a diet.*

Extended questions

1 How do you know if you have gained or lost weight?

**I know if I've gained/lost my weight by...*

2 Do you try to maintain a balanced diet? Why?

**Yes, I try to maintain a balanced diet because.. / No, I don't try to...because...*

3 Do you think being slim equals being beautiful?

**I think being slim...being beautiful because...*

4 What is the best way to diet?

**The best way to diet is...*

5 Do you think dieting can be dangerous?

**Yes, I think dieting can be dangerous because... / No, I don't think...*

Vocabulary

1 diet /'daiət/

[noun] an eating plan in which someone eats less food, or only particular types of food, because they want to become thinner or for medical reasons

Ex. My doctor gave me an advice on a good diet.

[verb] to limit the food and/or drink that you have, especially in order to lose weight

Ex. You should be able to reduce your weight by careful dieting.

2 protein /protein/

[noun] one of the many substances found in food such as meat, cheese, fish, or eggs, that is necessary for the body to grow and be strong

Ex. Peas and beans and are a good source of vegetable protein.

3 slim /slim/

[adj] thin, in a way that is attractive

Ex. She was tall and slim.

4 balanced /'bælənst/

[adjective] containing an equal amount or number of similar things

Ex. You should eat a balanced diet.

5 poultry /'poultri/

[noun] the meat from birds such as chickens

Ex. He eats plenty of fish and poultry.

Useful Expressions

- 1 **to put on weight/gain weight** : become heavier
Ex. I need put on a bit of weight.
- 2 **To be on a diet** : to be trying to lose weight by eating less food
Ex. I have been on a diet for two months now.
- 3 **To go on a crash diet** : start a radical diet to lose weight quickly
Ex. He was advised to go on a crash diet as soon as possible.
- 4 **To cut down on something** : to reduce the amount of smt (fatty or sugary foods, for example)
Ex. You need to cut down on fast-food.

Idioms

- 1 **To eat like a bird** – to eat only a small amount of food
Ex. The girl eats like a bird and is very slim.
- 2 **To eat like a horse** – to eat large amounts of food
Ex. No wonder he's so fat. He eats like a horse.
- 3 **You are what you eat** - a common expression meaning that your body shape is directly related to what or how much you eat.
Ex. Ninety per cent of the diseases known to man are caused by cheap foodstuffs. You are what you eat!