

Reading

DIETS

Are they good for you?

1. Have you ever gone on a diet? How long did your diet **last**? Weight loss is the number one reason people have for dieting. The weight-loss industry is worth billions of dollars globally. There are hundreds of diets on the market. Some diets require you to pay money for special food. Others charge for food **tracking** services. Most dieters have trouble keeping weight off **regardless** of the program they choose.
2. Every year, a new **fad** diet claims to be the #1 weight-loss solution. One diet (South Beach) recommends eating before getting hungry. Another (**Intermittent Fasting**) focuses on time-restricted eating (no food between 8:00 pm and 2:00 pm). The Paleo (caveman) diet limits food intake to anything that was available half a million years ago. What **processed** foods have you **struggled** to give up?
3. Not all dieters have weight-loss goals. Some make dietary changes to improve their overall health. Others change their diet in response to a health scare or allergy in the family. Becoming a weekday vegetarian is a popular new diet that addresses environmental and economic concerns. Have you ever gone on a **raw** food diet?
4. The “see food diet” may be a joke, but there is also some truth to it. We are more likely to eat what’s in front of us than to go searching for food. We’re also more likely to eat **visible** food even when we aren’t hungry. Keeping a bowl of fruit on the kitchen counter may be the best diet idea anyone has ever tried.

Comprehension

Discuss these questions in pairs and write the answers in your notebook.

1. According to the reading, what industry is worth a lot of money?
2. Why does the reading mention tracking?
3. What is paragraph 2 mainly about?
4. Where would the following sentence fit best between two sentences in the reading?

*If you eat a lot of pre-packaged food,
you could not last long on this diet.*

5. Besides weight loss, what other reasons for dieting are mentioned?

Vocabulary Review

A. Complete the Sentence

Find a word from the vocabulary on page 1 to replace the words in parentheses in the following sentences.

1. The kids prefer carrots that are _____ rather than cooked.
(fresh)
2. I _____ with sticking to my diet when I'm away on business.
(battle)
3. I continue to put on weight _____ of how much I exercise.
(no matter)
4. _____ foods like chips and crackers are usually high in salt.
(Pre-packaged)
5. I prefer _____ my steps than my calories.
(recording)

Vocabulary Review cont.

B. Phrase Match

Match the sentences on the left with their opposites on the right.

- | | | | |
|----------|-----------------------------------|----|--------------------------------|
| _____ 1. | It's just a fad! | a) | It lasted all day. |
| _____ 2. | It was an intermittent problem. | b) | They were nowhere to be found. |
| _____ 3. | It was a real struggle. | c) | It's a classic. |
| _____ 4. | They're tracking your every move. | d) | Nobody pays any attention. |
| _____ 5. | They were clearly visible. | e) | It was a piece of cake. |

Discussion

1. In your opinion, what's the best way to lose weight and keep it off?
2. Do you think fasting is dangerous? Explain your reasoning.
3. Which is more important for good health, diet or exercise?
4. Do you often eat when you're not hungry?
When are you more likely to do this?
5. Why are we so addicted to processed foods?

Grammar Review

GO ON

A. Introduction

The present perfect form is used to express a finished past action. You can use “have gone on” (+ *noun*) to describe things you have tried in the past with no specific time in mind.

B. Class Survey

The verb “go on” is used with many other things besides diets. Walk around the class and ask your classmates questions to find out if they have “gone on” the following things. Answer your classmates in complete sentences. Try to follow up with at least one question.

Have you ever...?	Classmate	Yes	No
a diet			
a shopping spree			
a cruise			
strike			
a blind date			
an airplane			
a roller coaster			
a guided tour			
a trip overseas			
a waterslide			

Reminder

To form the present perfect tense, use **have/has + past participle**.

- She **has gone on** a diet before.
- I **have never gone on** a shopping spree.

Example #1

Q: Have you gone on a diet?

A: Yes, I've gone on a diet.

Q: Which diet have you gone on?

A: I've gone on a sugar-free diet.

Example #2

Q: Have you ever gone on a diet?

A: No, I have never gone on a diet.

Q: Why not?

A: I love food too much.

Listening

Fill in the blanks as you listen to the recording.

DIETS

Are they good for you?

1. Have you ever gone on a diet? How long did your diet _____? Weight loss is the number one reason people have for dieting. The weight-loss industry is worth billions of dollars globally. There are hundreds of diets on the market. Some diets require you to pay money for special food. Others charge for food tracking services. Most dieters have trouble keeping weight off _____ of the program they choose.
2. Every year, a new _____ diet claims to be the #1 weight-loss solution. One diet (South Beach) recommends eating before getting hungry. Another (Intermittent Fasting) focuses on time-restricted eating (no food between 8:00 pm and 2:00 pm). The Paleo (caveman) diet limits food intake to anything that was available half a million years ago. What _____ foods have you struggled to give up?
3. Not all dieters have weight-loss goals. Some make dietary changes to improve their overall health. Others change their diet in response to a health scare or allergy in the family. Becoming a weekday _____ is a new popular diet that addresses environmental and economic concerns. Have you ever gone on a _____ food diet?
4. The “see food diet” may be a joke, but there is also some truth to it. We are more likely to eat what’s in front of us than to go searching for food. We’re also more likely to eat _____ food even when we aren’t _____. Keeping a bowl of fruit on the kitchen counter may be the best diet idea anyone has ever tried.

Answer Key

LESSON DESCRIPTION:

Students read about fad diets and why people go on them. They discuss dieting and practice asking questions using the present perfect.

LEVEL: Int

TIME: 1.5–2 hours

TAGS: discussion, diet, diets, dieting, health, food, weight, body, fad diets, fasting, present perfect, go on

Pre-Reading

A. WARM-UP QUESTIONS

Have students work in small groups or as a class. Discuss the bad joke and how it relates to dieting.

B. VOCABULARY PREVIEW

- | | | | | |
|------|------|------|------|-------|
| 1. j | 3. i | 5. h | 7. d | 9. f |
| 2. a | 4. b | 6. g | 8. e | 10. c |

Reading (and/or Listening)

Read individually, in small groups, or as a class. You can also play the listening as your students read along. A gap-fill version of the reading is available on page 6. Help your students with vocabulary and expressions that they are unfamiliar with.

Comprehension

- According to the reading, the weight-loss industry is worth a lot of money.
- The reading mentions food tracking as a type of service some diet programs offer if you pay.
- Paragraph 2 is mainly about different types of fad diets.
- Paragraph 2, between lines 5 and 6: The Paleo (caveman) diet limits food intake to anything that was available half a million years ago. If you eat a lot of pre-packaged food, you could not last long on this diet. What processed foods would you struggle to give up?
- Besides weight loss, people go on diets for health reasons, allergies, and environmental or economic concerns.

Vocabulary Review

A. COMPLETE THE SENTENCES

- | | | |
|-------------|---------------|-------------|
| 1. raw | 3. regardless | 5. tracking |
| 2. struggle | 4. Processed | |

B. PHRASE MATCH

- | | | | | |
|------|------|------|------|------|
| 1. c | 2. a | 3. e | 4. d | 5. b |
|------|------|------|------|------|

Grammar Review

Review the present perfect tense with your students. Help them formulate questions using “Have you ever gone on...?” Invite students to walk around the room and complete the class survey. Help them with their sentence formation if necessary.

Discussion

Answers will vary.

Listening

- | | |
|---------------------|--------------------|
| 1. last, regardless | 3. vegetarian, raw |
| 2. fad, processed | 4. visible, hungry |