

# Topic

Conversation  
for Intermediates



E3

Describe  
the  
pictures.



Today's Topic

# Diets

**Diet is the food and drinks usually eaten or drunk by a person.**



# TARGET LANGUAGE

- In this lesson, we will **talk about diets**:
  - learn words/expressions/phrases related to the topic;
  - make sentences related to the topic;
  - answer questions and share ideas related to the topic.

## Key phrases:

regimen

nutrition

nourishment

put on weight

lost a lot of weight

## Key Sentences

Read and share your opinions.

### 1. Patients maintain a strict dietary regimen.

Q1. Why do you think sick people need a dietary regimen?

Q2. What kind of dietary regimen do you follow?



## I Key Sentences

Read and share your opinions.

### 2. **Nutrition** and exercise are essential to fitness and health.

- Q1. Do you think people who go on strict diets get the proper nutrition their body needs?
- Q2. Which nutritious food do you include in your diet?



## I Key Sentences

Read and share your opinions.

### 3. She collapsed due to lack of proper **nourishment**.

Q1. What types of food have less nourishment?

Q2. How can a pregnant woman ensure that her baby gets the proper nourishment?



## I Key Sentences

Read and share your opinions.

### 4. Dolly has **put on weight** after giving birth.

Q1. Were you worried when you put on weight?

Q2. What is the best thing to do to avoid gaining too much weight?





## I Key Sentences

Read and share your opinions.

### 5. I saw Peter yesterday, he's **lost a lot of weight**.

Q1. Which do you think is better putting on weight or losing a lot of weight? Why?

Q2. If a friend of yours had lost a lot of weight and is looking sickly, what would you advise him to do?



## Vocabulary

Sum up and make sentences with the words.



### regimen

a special plan of food, exercise etc. that is intended to improve your health



### nutrition

the process of giving or getting the right type of food for good health and growth

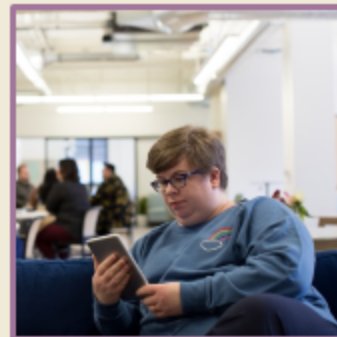


### nourishment

the food and other substances that people and other living things need to live, grow, and stay healthy

### put on weight

to gain weight or get fat



### lost a lot of weight

describes someone who becomes thin



## Vocabulary Check

Choose the correct words to complete the sentences.

nutrition

regimen

nourishment

puts on weight

lost a lot of weight

1. I would get sick if I did not provide my body with the proper \_\_\_\_\_.
2. \_\_\_\_\_ and exercise are essential to fitness and health.
3. After his illness, the doctor put him on a strict \_\_\_\_\_.
4. She eats a lot and never \_\_\_\_\_.
5. She \_\_\_\_\_ when she stayed in the hospital.

## Review

Fill in the blanks with the given letter.

Dieting seems to be part of our lives at this age, especially for people who only care about their weight. They are crazy about l\_\_\_\_<sup>1</sup>\_\_\_\_. Some would go on an unhealthy diet when they feel they have p\_\_\_\_<sup>2</sup>\_\_\_\_. This type of dieting can cause several illnesses in the long run.

Dieting for better health is more important than solely for looking attractive.

The healthy dietary r\_\_\_\_<sup>3</sup>\_\_\_\_ is getting the right n\_\_\_\_<sup>4</sup>\_\_\_\_ in the food you eat and doing regular exercise. The body needs the right n\_\_\_\_<sup>5</sup>\_\_\_\_ to maintain a healthy weight.

Losing weight and losing your health at the same time does not benefit any individual. Health itself matters.

## Free Talk

Read and share your opinions.

# Types of Diets

## Low-Carb Diet

### How it works:

Limiting the amount of carbs to eat which are found in sugary foods, pasta, and bread.

## Vegan Diet

### How it works:

Not eating all animal products, including meat, eggs, and dairy. They only eat fruits, vegetables, nuts, etc.

## Intermittent Fasting

### How it works:

Skipping breakfast and limiting daily eating period and then fasting for the remaining 16 hours of the day.

## My Regular Diet

### How it works:

### Food:

Q1. Why did you have this diet plan?

Q2. Do you think you have a healthy diet?

## Free Talk

Read and share your opinions.

# Why do people go on a strict diet?

### Health

- to reduce risks of illnesses
- 
- 

### Appearance

- to have healthier skin and hair
- 
- 

### Other Purposes

- to support animal rights movements etc.
- 
- 

Q1. What is your main reason for dieting?

If none, would you consider going on a strict diet in the future?

Q2. When can dieting be dangerous to one's health?