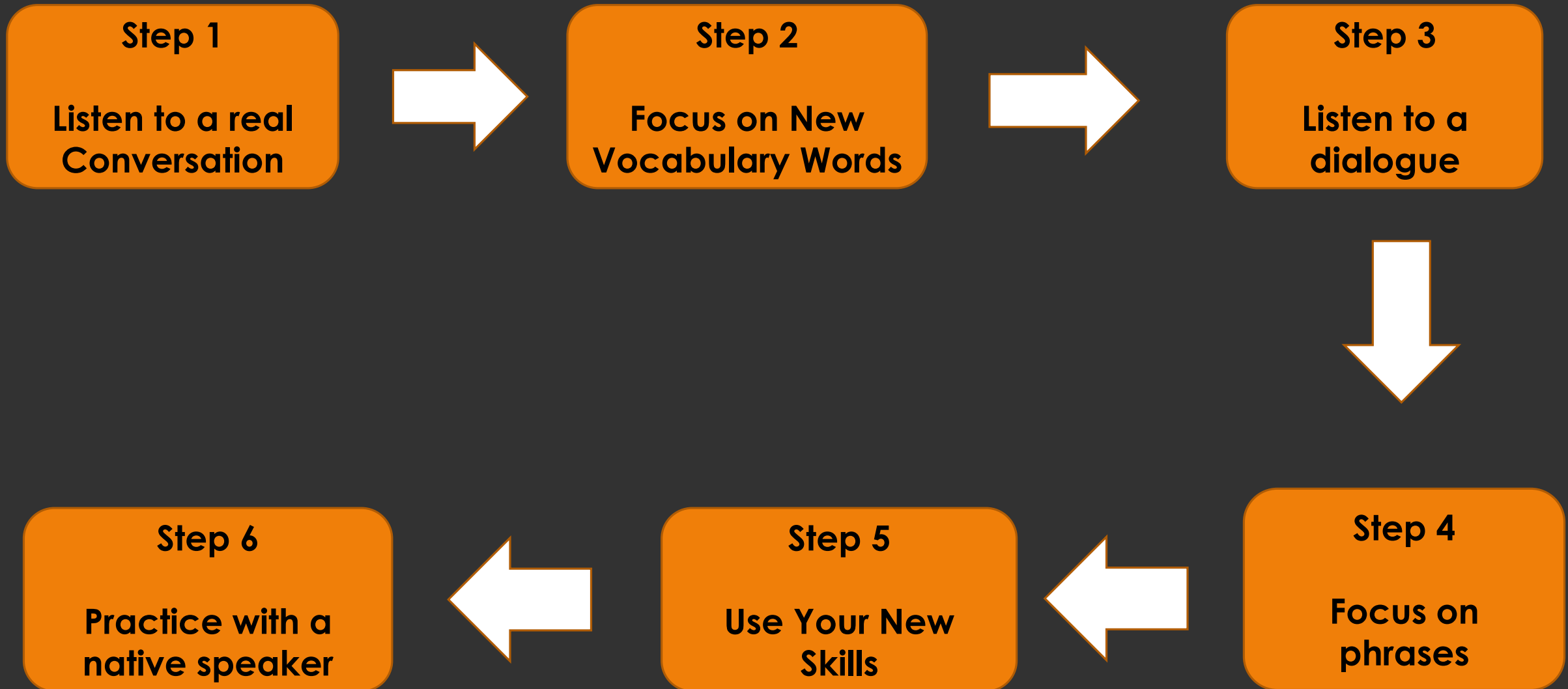




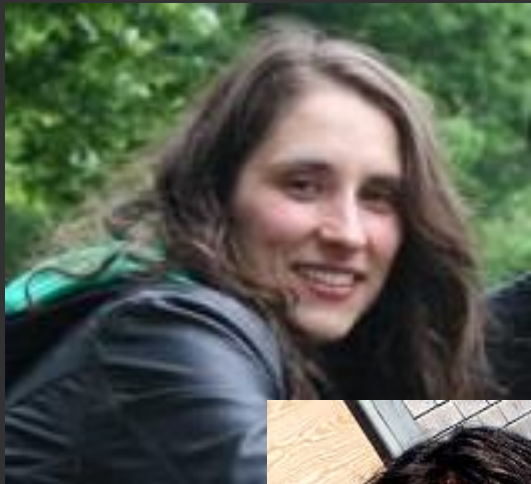
How NOT to Gain Weight in the United States

A Vocabulary Lesson

Our Method



Step 1: Five Ways to Stay Slim in the US



**Please listen to Audio Step 1-
Five Ways to Stay Slim in the US**

Many Americans are overweight or obese. Why?

Are you concerned about gaining weight while you are in the US? In this conversation you will learn about Vin's new diet and some common strategies to stay thin while you are in the US.

Please view Transcript Step 1- Five Ways to Stay Slim in the US

Step 2: Focus on New Vocabulary Words

**To put on
weight**

**To lose a
few pounds**

Label

Doggie bag

**Obese,
obesity**

To slim down

Ingredients

Preservatives

**Obese
(adjective),**

**obesity
(noun)**



Meanings:

Obese: To be extremely overweight

Obesity: A medical condition in which body fat is so excessive that it becomes dangerous

That woman is obese. Obesity is a major problem in the United States.

To put on
weight

expression

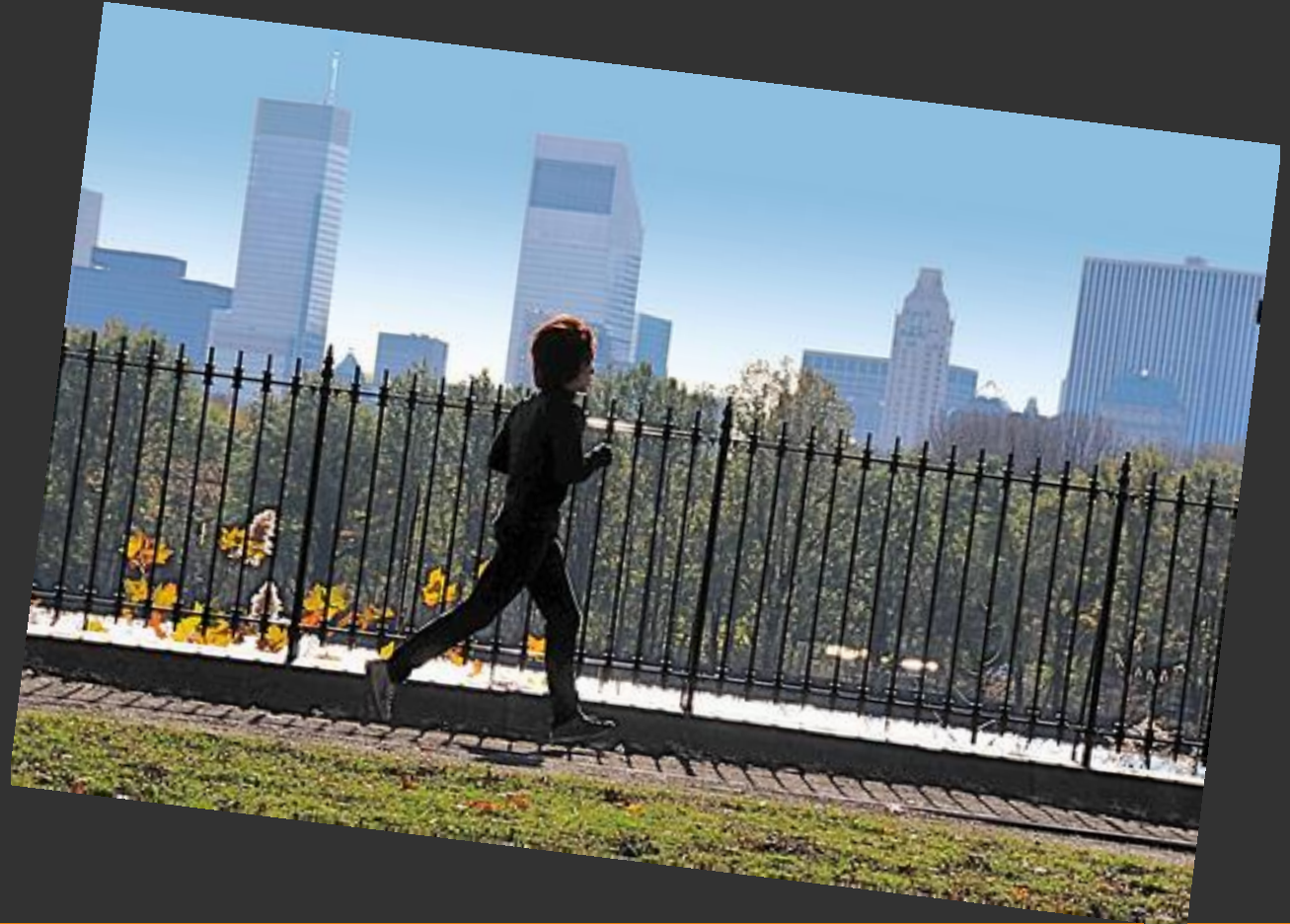


Meaning: To gain weight.

I have put on some weight over the last few months.

**To lose a few
pounds**

expression



Meaning: To reduce your body weight by a small amount

You have lost a few pounds by running in the park every morning.

To slim down expression



Meaning: To become thinner, less heavy, to lose weight

She really slimmed down when she cut soda out of her diet.

Doggie bag

noun



Meaning: A bag or package that is used to carry extra food home from a restaurant

If you can't finish your dinner, ask for a doggie bag.

Ingredients

noun



Meaning: The items that are used to create a dish

What are the ingredients in a pancake?

Label

noun



Meaning: The packaging on the outside of the food product which contains ingredient information

Don't forget to read the label before you buy that product.

Preservatives

noun



Meaning: A chemical added to foods to make them last longer

This product has a lot of preservatives.

Step 3: You've Put On Some Weight

In this conversation, one friend talks about why he has gained weight and he says what his plan is to slim down.

**Listen to Audio Steps 3 and 4-
You've Put On Some Weight**



Step 4: Focus on the Vocabulary Phrases

Learn the new vocabulary in context!

Please open Transcript Steps 3 and 4-You've Put On Some Weight

1. "I've put on some weight."
2. "I guess you could lose a few pounds."
3. "Most people really slim down..."
4. "It's not like I'm obese or anything."
5. "Get into the habit of asking for a doggie bag."
6. "I need to be more careful about ingredients..."
7. "I need to be more careful about reading labels..."
8. "I need to be more careful about checking for preservatives."

Bonus! Say It Another Way!

Learn how to say the phrases in a different way!

Click on the file “Say It Another Way”

Step 5: Use Your New Skills

**Obese,
obesity**

Doggie bag

**To put on
weight**

Ingredients

**To lose a
few pounds**

Preservatives

To slim down

Label

1. What are the _____ (contents) that you need to bake a cake?
2. Everyone _____ (to lose weight) in the summer months.
3. Do you want _____ (package for food) to take your food home?
4. When I got a car I _____ (gained weight)
5. If your Body Mass Index (BMI) is 30 or greater, you are _____ (extremely overweight)
6. There are a lot of _____ (artificial additives) in packaged food in the US
7. Read the _____ (paper with nutrition facts) before you choose a type of cheese.
8. If you walk more in your everyday life you will _____ (to lose weight)

**Obese,
obesity**



Prepare Your Vocabulary Cards



Doggie bag



**To put on
weight**



To slim down



Preservatives



Label

**To lose a
few pounds**

Step 6: Practice with a Native

- Is **obesity** a major health problem in your home country? If so, why? What factors contribute to the problem? Do you know anyone who is **obese**? Please describe the person and their lifestyle.

Bonus: Please use the phrases from Say It Another Way

A: (student) Why is it that there are so many more _____ (obese) people now than there were 30 years ago?

B: Good question. It's probably a combination of factors.

A: Such as?

B: I think _____ (obesity) can be prevented at home with parents teaching their kids good habits, but these days parents don't have time.

A: Yeah, you're right. We're all so busy these days.

- Did you **put on weight** at a specific time in your life? (college, pregnancy, middle age, etc.) Why do you think that happened? What daily habits tend to make you **put on weight**? What specific foods make you **put on weight**?

Bonus! Please Use the phrases from Say It Another Way:

A: (student) Hey how was your break?

B: Not bad, yours?

A: Fine. Wow, you look a bit different. It looks like you have _____ (put on weight).

B: Yeah, I guess I need to _____ (slim down) but I have been so busy at work that there is no time to go to the gym.

- What strategies have you used in the past to **lose a few pounds** or **slim down**? What is the media's image of "beauty" in your culture? (For example, in the US, the media shows us that thin women are beautiful.) Is the same true in your country or are different body types also considered beautiful?

Bonus! Please Use the phrases from Say It Another Way:

A: (student) Wow you look like you have really _____ (lose a few pounds)

B: Thanks, I know. I started this amazing diet and I am only eating fruits and vegetables.

A: Well that sounds ok but don't you get tired? Don't you need some protein?

B: Well the diet's not permanent. I just want to _____ (slim down) a bit before my wedding and then I'll give it a rest.

- In your home culture, is it common or acceptable to ask for a **doggie bag** when you leave a restaurant? Do you agree with Vin (from Audio 1) that this could be a great way to lose weight while you are in the US? Do you think that portion sizes are too big in the US? How do they compare to portion sizes in your country?

Bonus! Please Use the phrases from Say It Another Way:

A: *(student- at a restaurant) I'm stuffed! That was great, but I can't eat another bite.*

B: I know, but I don't want all of this food to go to waste. What should we do?

A: *Let's_____ (ask for a doggie bag) and take it home.*

B: Great idea- tomorrow we can have leftovers and enjoy this food again!

- Do you usually read **labels** and check for **preservatives** when you are in the grocery store? Is it common for food companies to add certain **ingredients** to keep food fresh longer than it should be kept fresh in your home country? What are the **ingredients** in your favorite meal? Please describe the meal and list the **ingredients**.

Bonus! Please Use the phrases from Say It Another Way:

A: *(student) Let's pick up some groceries and cook a meal at home tonight.*

B: Ok, but I don't want to use canned food because it has a ton of _____ (preservatives).

A: Really? I didn't know that. I never read _____ (labels).

B: Well, you should. I always try to use fresh _____ (ingredients) when I cook at home.

A: Well then you should cook for me more often.

- Why do you think that obesity is such a huge problem in the United States? How do you think the problem could be solved?
- If you worked for the Ministry of Health in the US, what new laws or regulations would you pass to try to solve the obesity problem?
- Do you believe that the government should intervene when it comes to public health and obesity? (for example- New York City made it illegal for restaurants to serve large sodas (larger than 16 Oz.) Do you think that was a good decision? Does the government have the right to do that? Why or why not?

- Are eating disorders a common problem in your country? (anorexia, bulimia) If so, why do you think they have become a problem and what can be done to help people who suffer from eating disorders?
- Do you think that it would be a good idea for the government to charge a higher sales tax on food that is high in calories?
- What is your opinion about the expansion of fast food franchises such as McDonalds, KFC, Burger King, and Pizza Hut to many countries worldwide? Are those restaurants in your country? How has it affected the customs of food and eating in your country and the health of people in your country?
- Did you eat a lot of “junk food” when you were a kid? Where did you learn your eating habits? Are you happy about the eating habits that you learned when you were young? How have they shaped your adult life and health as an adult?

- Are you a vegetarian? Do you know anyone who is a vegetarian? What do you think about vegetarianism? What about veganism? Is it easy for a vegetarian or a vegan to find restaurants that accommodate their needs in your country?
- Currently in the US, “organic” foods and stores such as Whole Foods are trendy. Is your country experiencing a similar trend toward organic food? What do you think about this trend? Is it worth paying extra money for organic food?

Credits

- Obese: <http://www.flickr.com/photos/78428166@N00/>
- To put on weight: <http://www.flickr.com/photos/osseous/>
- To lose a few pounds: <http://www.flickr.com/photos/yourdon/>
- To slim down: <http://www.flickr.com/photos/donotlick/>
- Doggie bag: <http://www.flickr.com/photos/avlxyz/>
- Ingredients: <http://www.flickr.com/photos/jaredjennings/>
- Label: <http://www.flickr.com/photos/99329675@N02/>
- Preservatives: <http://www.flickr.com/photos/rjl20/>
- Step 3: <http://www.flickr.com/photos/indigotimbre/>
- Cover photo : <http://www.flickr.com/photos/mynameisharsha/>

Step 5 Quiz

- 1- ingredients
- 2- slims down or loses a few pounds
- 3- doggie bag
- 4- put on weight
- 5- obese
- 6- preservatives
- 7- label
- 8- slim down or lose a few pounds