

## LESSON PLAN

JULY 2019

## DUBIOUS DIETING



JUST ENGLISH MAGAZINE VOL.16 ISSUE 5  
A WISH FOR PEGASUS

UPPER INTERMEDIATE

| Stages                     | Procedure  | Time           |
|----------------------------|--|----------------|
| <b>Objectives</b>          | <ol style="list-style-type: none"> <li>1. To practice               <ol style="list-style-type: none"> <li>a. previewing</li> <li>b. predicting</li> <li>c. scanning for specific information</li> <li>d. identifying causes and effects</li> <li>e. guessing meaning of words in context</li> </ol> </li> </ol>   |                |
| <b>Warmer/<br/>Lead-in</b> | <ol style="list-style-type: none"> <li>1. Teacher asks the class to state the best way to improve one's health.</li> <li>2. Teacher leads into the topic of the day.</li> </ol>  | <b>3 mins</b>  |
| <b>Pre-reading</b>         | <ol style="list-style-type: none"> <li>1. Teacher arranges the students into small groups.</li> <li>2. Teacher asks students to preview the <b>title, pictures, and headings</b> on <b>pages 18 to 21</b>. Teacher asks questions based on these items.</li> <li>3. In groups, students predict               <ol style="list-style-type: none"> <li>a. what they expect to read in the article, and</li> <li>b. if the article reports on the positive or negative aspects of diets.</li> </ol> </li> <li>4. Teacher informs students to check their predictions later.</li> <li>5. Teacher distributes <b>Task 1</b>. Teacher explains that the words in the box are found in the article.</li> <li>6. In groups, students complete <b>Task 1</b>.</li> <li>7. Teacher checks answer.</li> </ol> | <b>8 mins</b>  |
| <b>While-Reading</b>       | <ol style="list-style-type: none"> <li>1. Teacher distributes <b>Task 2</b>.</li> <li>2. In pairs, students read the article, discuss, and complete <b>Task 2</b>.</li> <li>3. Teacher checks answer.</li> <li>4. Teacher arranges students in pairs and distributes <b>Task 3</b>.</li> <li>5. Teacher asks students to read the article again to identify the effects of the types of diet mentioned in the article.</li> <li>6. In pairs, students discuss and complete <b>Task 3</b>.</li> <li>7. Teacher checks and discusses the answers.</li> </ol>   | <b>15 mins</b> |

|                     |  |                |
|---------------------|--|----------------|
| <b>Post-reading</b> | <ol style="list-style-type: none"> <li>1. Teacher distributes <b>Task 4</b>.</li> <li>2. Teacher draws students' attention to the box of words. These are words commonly found in health, food, and diet articles. Each word contains the root word <i>weight</i>.</li> <li>3. In pairs, students discuss and complete <b>Part A</b>.</li> <li>4. Teacher checks answer.</li> <li>5. Teacher asks students to complete <b>Part B</b> in pairs.</li> <li>6. Teacher checks answer.</li> </ol> | <b>10 mins</b> |
| <b>Wrap</b>         | <ol style="list-style-type: none"> <li>1. Teacher does a concept check of the word "dubious" and "fad diets". Teacher also reviews students' earlier predictions.</li> <li>2. Teacher elicits students' opinions on the best way to lose weight.</li> </ol>  | <b>4 mins</b>  |

**TASK 1**

These are words found in the article. Write the words in the correct group name.

protein   grapefruit   heart attack   vitamins   coffee   muscles   meat   kidney  
cabbage   high blood pressure   junk food   osteoporosis   bread   gout   liver  
calcium   eggs   heart   diabetes   carbohydrate   dairy products   kidney stones

| Food | Diseases |
|------|----------|
|      |          |

| Essential Nutrients | Parts of a Body |
|---------------------|-----------------|
|                     |                 |

## TASK 2

Answer True (T) or False (F) to the statements below.

| Statements   | T/F |
|--|-----|
| 1. Most people think that being fat is unattractive.   |     |
| 2. Young people won't suffer from diseases such as heart attack, high blood pressure, and diabetes.                                  |     |
| 3. People are impatient when it comes to losing weight.  |     |
| 4. Fad diets promote quick weight loss with an exercise programme.   |     |
| 5. A balanced diet comprises nutrients, vitamins, and minerals that a body needs.  |     |
| 6. People who adopt the Grapefruit Diet mainly eat grapefruit for their meals.   |     |
| 7. Ketosis happens when the metabolic rate and fat levels are reduced.   |     |
| 8. Fad diets are proven by science to be effective.  |     |
| 9. Everybody needs different types of balanced diet.   |     |
| 10. Professor Marion Nestle advised that people should binge on their favourite food and junk food, and enjoy a sedentary lifestyle. |     |

### TASK 3

The speech bubbles on the right show the effects of certain diets. Read the article again and match the effect(s) of each diet. Note that a diet plan can result in multiple effects.

| <u>CAUSE</u>         | <u>EFFECT</u>   |
|----------------------|---|
| 1. Cabbage Soup Diet | <b>(a)</b> Oh, no! I have gained 4kg. I know I shouldn't have started eating butter with everything again, but I missed butter so much. |
| 2. Grapefruit Diet   | <b>(b)</b> My doctor said that my bones are weak, and there are stones in my kidney.  |
| 3. Protein Diet      | <b>(c)</b> I always feel tired, and I can't seem to focus. Sometimes I feel the room spinning.  |
| 4. Alkaline Diet     | <b>(d)</b> I have been having sleepless nights. And it doesn't help that I often go to the toilet in the daytime and at night.          |
| 5. Blood Type Diet   |   |

## TASK 4

### A. Match the words to the correct meaning.

weight issues    weight loss    weight    weight range  
 ideal weight    weight training    weighing scale    weight gain

| Definition   | Word |
|--|------|
| 1. An increase in body weight.   |      |
| 2. A decrease in body weight.  |      |
| 3. Problems associated with to how heavy one’s body is.  |      |
| 4. The appropriate body weight in relation to one’s height.                                      |      |
| 5. Physical training that involves lifting weights.  |      |
| 6. The heaviness of a person.  |      |
| 7. A device to measure weight.   |      |
| 8. The upper and lower limits of a healthy person’s weight according to age, gender, and height. |      |

### B. Fill in the blanks with the correct word or phrase from Part A.

1. A \_\_\_\_\_ is useful to check a person’s weight.
2. Obesity is considered as one of the most serious \_\_\_\_\_ among youths.
3. People generally want quick results from \_\_\_\_\_ diets.
4. \_\_\_\_\_ is an effective way to build muscles.
5. Women are generally more concerned about maintaining their \_\_\_\_\_.
6. Doctors constantly advise dieters to stick within a healthy \_\_\_\_\_ when dieting.
7. Binging on junk food can lead to \_\_\_\_\_.
8. The growth of dubious diets stem from people’s unhappiness about their \_\_\_\_\_.

## ANSWERS

### Task 1

**Food:** grapefruit, dairy products, coffee, meat, cabbage, junk food, bread, eggs.

**Diseases:** diabetes, kidney stones, gout, heart attack, high blood pressure, osteoporosis.

**Essential Nutrients:** protein, calcium, carbohydrate, vitamins.

**Parts of a Body:** heart, liver, muscles, kidney.

### Task 2

1. T
2. F
3. T
4. F
5. T
6. T
7. F
8. F
9. F
10. F

### Task 3

1. Cabbage Soup Diet **(c,d)**
2. Grapefruit Diet **(c,d)**
3. Protein Diet **(b)**
4. Alkaline Diet **(a)**
5. Blood Type Diet **(a)**

### Task 4A

1. weight gain
2. weight loss
3. weight issues
4. ideal weight
5. weight training
6. weight
7. weighing scale
8. weight range

### Task 4B

1. weighing scale
2. weight issues
3. weight loss
4. weight training
5. ideal weight
6. weight range
7. weight gain
8. weight