



Lesson 22: Going On a Diet

Exercise 01

Vocabulary

slim	(ADJ)	thin, not fat	How do you stay so slim ?
make an effort	(PHASE)	try hard to do something	She's making an effort to study hard.
lose weight	(PHASE)	become thinner	She's happy that she lost weight .
go on a diet	(PHASE)	to eat less or specific kind of food in order to lose weight	Maybe I should go on a diet .
doubt	(V)	to think that something may not be true or is unlikely to happen	I doubt that I will succeed.

Exercise 02

Dialogue Practice

Read the dialogue aloud with your teacher.

Celine meets an old classmate.



Celine

Hi, Jess! How are you? Do you remember me?



Jess

Hi, Celine. Of course I do. We were classmates in high school, weren't we?



Celine

Yes, we were. I'm happy to see you again. You look slimmer than ever.





Jess

Thank you so much! I made a great effort to lose weight.



Celine

Did you go on a diet?



Jess

I did.



Celine

I want to be as slim as you are. What did you do?



Jess

I slept for eight hours and drank eight glasses of water every day.



Celine

You're kidding! I doubt that alone made you look slim.



Jess

Actually, I've eaten only fresh fruits and vegetables for the past three years.



Celine

No rice? No cakes or donuts?



Jess

No, none of that for the past three years.





Celine

Three years, wow! I don't think I could do that.

Check your understanding:

- How does Celine know Jess?
- What did Jess do to make herself slim?
- Will Celine try to go on a diet?

Exercise 03

Role Play

Role-play the following situation with your teacher.

Situation:

- You want to lose some weight.
- Your teacher will act as a physician.
- Ask your teacher about ways to lose weight.

Exercise 04

Discussion

- 1) Have you ever tried going on a diet? How successful were you?
- 2) What do you think is the most difficult thing about dieting?
- 3) Do you pay a lot of attention to what you eat? Why? Why not?
- 4) Which do you think is more important if you want to lose weight, eating healthy or exercising? Why?
- 5) Why is it important to lead a healthy lifestyle?

