

# **FD01**

## **Health and Wellness**

### **Beginner**

Diets and weight loss are common topics these days. People want to talk about staying healthy when dieting to lose weight, so Let's talk about losing weight in English. First, some common mistakes when talking about diets:

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Mistake :You've lost a weight.

Correct :You've lost weight.

Mistake :I want to reduce my fat.

Correct :I want to get in shape.

### **Intermediate**

## Diet and exercise health discussion class

Discussing health, diets, and exercise is interesting but difficult: *If I go on a diet, I'll lose weight* or *If I exercise more I'll lose weight*. This class will look at some sentences about diets, exercise, and losing weight with the word "if". You will be asked to finish each sentence correctly. The wrong answers are errors that I have heard English learners make while talking about going on a diet.

I have heard people say:

If I quit dieting, I might gain a weight.  
If I quit dieting, I might lose slender.  
If I quit dieting, I might become less weight.

Those are wrong. Correct ways to say it would be:

If I quit dieting, I might gain weight.  
If I quit my diet, I might not lose weight.

Note that "If I quit my diet,..." is just as correct as "If I quit dieting,...". That's because *diet* can be a noun or a verb.

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**Can coconut oil help in wieght loss?**

**How can I have a flat and nicely shaped abdomen?**

**I cant stop eating. Help!**

**What herbal remedies helpful and effective?**

**Do detox diets help you lose weight?**

**Are vitamin supplements really effective on health?**