

LESSON 4

Diets



Conversation Questions

1. What are the different kinds of vegetarians?
2. What is the difference between a vegan and a vegetarian?
3. What is the most logical reason for becoming a vegetarian?
4. What are the proven benefits of eating meat?
5. Have you ever considered becoming a vegetarian?
6. What is a better reason for becoming a vegetarian; health reasons or animal rights?
7. What is the best way to diet?
8. Do you think dieting can be dangerous?
9. What kind of fiber is the best when you are trying to lose weight?
10. What kind of diet would be recommended for an older person (40's) and a younger person (teens)?
11. Is there a difference between being thin and being healthy? Which one is better?

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antibiotics escape fewer furnish likely years

It seems that in the next few a combination of with different antibacterial spectra will a "cribrum therapeuticum" from which fewer and infecting bacteria will . Alexander Fleming (1946)

coffee extremely weak

and tea are hurtful to persons who have nerves. John Wesley (1747)

be diet drink tomorrow

Eat and merry, for we ! Anon.

Reading & Discussion

A Word with the DOCTOR
by: Dr. John Winsor

A 'diet' in reverse

ON a number of occasions I have had patients who complain that they are too thin, that they are ashamed to be seen in swimwear because their bones stick out, and that they cannot **put on any weight**.

These people are not suffering from the well-known **affliction** called anorexia, but sometimes there is a medical explanation for their weight.

For example, if a patient has an overactive **thyroid gland**, then the food they eat will be burnt up so rapidly that they will stay skinny however much they eat. A patient who has a **chronic** infection, may suffer from a serious loss of weight.

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loss.

If you are going to get your appetite back and put on weight, you must rebuild your interest in food carefully. Make sure that your food is well presented, and that it looks good. An attractive plateful of food is much more likely to be eaten.

It is also important that there isn't too much on the plate to start with. An enormous mound of food will be **forbidding**.

There are also some obvious things to remember. Favorite foods are more likely to get eaten as are foods that don't need a lot of chewing, cutting or **fiddling** with.

Sometimes there isn't an explanation for a weight loss or a failure to gain weight. Some people seem to be naturally skinny.

If that is your problem, then you have to take up some of the bad habits that slimmers are always advised to avoid.

So, for example, trick your body by eating when you are doing something else. That way your appetite control center won't be able to switch off your desire to eat, and you'll eat more than you need.

Finally, never miss fixed meal times, use a bigger plate than usual, and avoid snacks that spoil your appetite.

If you still can't put on weight - see your doctor!

Vocabulary

- **put on any weight** – to add or gain weight
- **affliction** - a condition of great distress, pain, or suffering
- **thyroid gland** - an endocrine gland consisting of two lobes, one on each side of the trachea, joined by a narrow isthmus, producing hormones (thyroxine and triiodothyronine), which require iodine for their elaboration and which are concerned in regulating metabolic rate; it also secretes calcitonin.
- **chronic** - Lasting for a long period of time or marked by frequent recurrence, as certain diseases
- **influenza** - An acute contagious viral infection characterized by inflammation of the respiratory tract and by fever, chills, muscular pain, and prostration. Also called grippe.
- **appetite** - desire, especially one for food or drink
- **hepatitis** - Inflammation of the liver, caused by infectious or toxic agents and characterized by jaundice, fever, liver enlargement, and abdominal pain.
- **forbidding** - Unpleasant; disagreeable
- **fiddling** – manipulate or hold something in one's hands and move it

Reference:

<http://www.englishmed.com/>

<http://iteslj.org/questions/>

