Reading Lesson Plan

Topic : Diet

Length:

25 minutes

es

Students:

19

Level:

Intermediate

Instructor:

Ms. Kim, Tiffany

**Materials:**

* Idioms and word worksheet (4 copies), 4 articles for each groups
* Blown-up pictures of diet for Prediction
* White board, board markers & tape
* Huge paper which explained some lexis for reading
* 2 boxes for drawing lots

**Aims:**

-Primary sentence: Teacher enables to develop reading skills by having a variety materials regarding “Diet”

-Secondary sentence: Students will read some article about diet by having student match idioms, present about topic with group

-Personal aim: Speak loudly and clearly, well prepared time management

 Be an energetic teacher

**Language Skills:**

* Reading: Students will read some articles regarding topic
* Listening: Students will listen about other groups presentations
* Speaking: Students will present their topics and give an answer by drawing lots
* Writing: Student will make sentences by homework

**Language Systems:**

* Discource : Discuss and prepare for group presentation
* Function : Question & Answer by drawing lots
* Grammar : adjective, noun, verb from learning some new words
* Lexis : Binge ,huff and puff obese ,saturated fat, asthma, Threshold
* Phonology : Binge ,huff and puff, obese ,saturated fat, asthma, Threshold

**Assumptions:**

Students already know:

* Main system is reading
* All students are female (Age 22 and up)
* Lesson time is limited in 25minutes

**Anticipated Problems and Solutions:**

* Students may not fully understand text words

🡪 Try to re confirm student’s understanding

* If students finish their tasks earlier than anticipated,

🡪 Ask as many students as possible about their idea of today’s lesson and use SOS

* Students may not get involved the task

🡪 Speak louder and give some chocolates who is participating well

**References:**

* <http://esl.cerebralideas.com/2-vocabulary-worksheets/diet/>
* <http://au.reachout.com/What-is-binge-eating-disorder>
* <http://www.ehow.com/how_4736700_diet.html>
* http://www.acu-cell.com/btd.html

|  |
| --- |
| **Lead-In**  |
| Materials: **N/A** |
| Time1 min | Set UpWhole Class | **Procedure:**Lead in )*Hello everyone, how are you today ?* What kinds of sports do you like? ( ask 3 students)What's your favorite dessert*? ( ask 3 students)* |

|  |
| --- |
| **Pre-Activity**  |
| Materials: **2 pictures, 4 copies of topics and descriptions , board, marker** |
| Time2 min5 min | Set UpWhole classGroup Activity | **Procedure:**Eliciting )Show 2 pictures for eliciting and ask questionshttp://imgnews.naver.com/image/018/2013/01/29/PS13012900109_59_20130129153622.jpgWhat can you see in this picture?What can you guess about this picture?*Alright, students* *today, we will talk about “diet”* *Most people usually think that a goal of diet is only for losing their weights, but it can be also meaning of cleaning and purifying our body*CCQ* Except losing weight what else can be a goal of diet?

**Match each topic with correct description**Instructions – “ learn idioms and words regarding a topic “*“ I will give you 7 topics and descriptions, Please match main idea properly with each of descriptions.**I will give 2 minutes, if you finish it ,Write answers on the board , Also I want you to start at the same time, please don’t look at your paper before I say start”***Explicit ICQ’s***What should you do?**How much time you have?**Group member will discuss and write the answer on the board*  |
| **Main Activity**  |
| Materials: **7 pieces of main sentence& paragragh, board, marker** |
| Time2 min10min | Set UpWhole ClassGroup activity | **Procedure:** 1. Explaining some blocking words

- Learning lexis, basic grammarExplain some blocking words for next main activityPrepare huge paper which is prepared for introducing to students1. Scanning script and present for

Improving reading and speaking skillInstruction*Please keep 4 groups, I will hand out 4 different articles regarding a diet. Please scanning each of article and discuss with your team members within 3 minutes and present about your topic to all of us* I’ll give you a piece of paper but I don’t want you to start before I say start.*ICQ : What should we do?**How much time you have?*Will you look at your paper before I say start?Each of group will present their topics |

|  |
| --- |
| **Post-Activity**  |
| Materials: drawing lots , 2 boxes  |
| Time5min | Set UpWhole Class | **Procedure:**Instructions –Drawing lots game Drawing lots – Confirm understanding from this lesson*I have two boxes , This box has student’s name, another box has some questions**First I will draw lots a student name randomly**The student who chosen will pick up 1 question and give an answer ,and she will keep drawing* *ICQ- What are we going to do?**What is in the left box?*SOS In case, prepare SOS program “ word search”**Conclude lesson:**Before finishing lesson, any question about this lesson?**Thank you for your cooperation** **[출처]** [[다이어트영어] 다이어트와 관련된 영어표현들 (On a diet)](http://blog.naver.com/jhellen7/140118083413) |**작성자** [당당한 그녀](http://blog.naver.com/jhellen7)Give homework*Please make a sentence by using 6 words which learned today* |

[SOS] -19 copies

## Junk Food Word Search

|  |  |
| --- | --- |
| Junk Food Word Search Puzzle |  |

## Junk Food Word Search

|  |  |
| --- | --- |
| Junk Food Word Search Puzzle | Word List Junk Food Word Search Puzzle |

if you find all the Junk Food and ingredients I´ve hidden in the word search

**Pre activity**

1. **Super Foods**

e. These are foods that are naturally healthier and more prone to preventing disease than the average foods. Some examples of super foods are blueberries, spinach, and turkey.

1. **Go on a diet**

g. When a person decides to start watching what he eats it is called

1. **Ideal Weight**

a. This is the weight that is considered healthy for your height and bone structure.

1. **Binge Eating**

h. This is when a person goes through a period where he overeats. It usually happens in a short period of time

1. **Junk Food**

c. These are foods that have little to no nutritional value. Potato chips and French fries are examples

1. **Empty Calories**

b. These are calories in food that give you energy, but don’t have any nutritional value.

1. **Super size it**

d. Fast food restaurants are notorious for serving junk food. Many of these establishments now give customers the option to make their order even bigger.

1. **To break your diet**

f. If you are watching your weight and one day you eat junk food it is called

Main activity 1

1. **Binge** [bɪndƷ], noun&verb - If you go on a binge, you do too much of something, such as drinking alcohol, eating, or spending money.
2. **huff and puff**

breathe heavily while making a great physical effort

1. **Obese** [oʊ**|**bi:s] Adjective

 If someone is obese, they are extremely fat.

1. **saturated fat** = trans fat
2. **asthma**, [**|**ӕzmə]

a lung condition which causes difficulty in breathing.

1. **Threshold** [**|**θreʃhoʊld] = [limit](http://endic.naver.com/search.nhn?query=limit)

Main activity 2

# What is Binge Eating Disorder?

## This might be a problem if you…

* eat heaps of food all the time
* are worried about your food intake
* feel you have to hide the amount of food you eat

## Characteristics of binge eating disorder

Some of the characteristics of binge eating include:

* feeling that your eating is out of control
* eating what most people would consider to be a large or excess amount of food on a regular basis
* eating to the point of feeling uncomfortable
* eating large amounts of food, even when you are not really hungry
* being secretive about what is eaten and when
* being embarrassed by the amount of food eaten
* feeling disgusted, depressed or guilty about overeating.

If you think you do one or a number of these things, you may want to speak to someone like a doctor, nutritionist, psychologist or counsellor

## Causes of binge eating

A number of factors can put you at risk of developing binge eating, and these factors can often affect one another. These include…

* Feeling alone or isolated from other people
* Stressful life events
* Feeling bad about yourself (negative self evaluation)
* Low self esteem, A family history of eating

# How to Go on a Diet

## Instructions

## 1 If you want to go on a diet, you'll need to gather up all your motivation!

##  Get a photo of yourself that you hate and put it on the refrigerator. Make a list of all the things you don't like about being overweight, like huffing and puffing on stairs, and put that up there with your photo where you can read it every day. You may want to put the list on your bathroom mirror as well.

2 Find a diet plan that you think will work for you.

 Without a plan, it is easy to justify eating pretty much anything, which is a setup for failure. The plan doesn't have to be complicated, it can be as simple as deciding to only eat whole foods at 1500 calories a day,

3 Prepare your kitchen.

It is much more difficult to go on a diet if your kitchen is full of junk food. Get rid of anything in your refrigerator or pantry that isn't on your plan

4 It doesn't do much good to go on a diet if you're not going to include exercise.

5 Consider joining a support group

whether it's Weight Watchers or an online group, of which there are many. There are many more people who are wondering how to go on a diet effectively, and one of them could be a great weight loss buddy for you!

**What is junk food?**
Lollies, soft drink, potato chips, hot chips, ice cream, and hamburgers, hot dogs and other kinds of take away food are called junk food

**What's wrong with junk food?**

**Too much fat!** Junk foods such as hamburgers, pizza, fried chicken and chips usually contain loads of saturated fats. Too much saturated fat in the diet will cause people to put on weight and get fat or obese (very fat). Being overweight is a risk to the health of the heart and can cause other diseases.

**Too much salt!** Junk foods often have too much salt. There's a lot of salt already in foods such as bread, breakfast cereals and biscuits and cakes. So people are getting more salt than they need when they eat junk food. Too much salt is unhealthy for the heart.

**Too much sugar!** Soft drinks, cordials, biscuits, cakes and lollies all have loads of sugar. That's what makes them taste so good! But too much sugar makes people fat, rots the teeth, is bad for the blood and may cause other diseases.

**Should people eat junk food?**
Junk food does have some of the good things that the body needs for good health. And the body needs some salt, fat and sugar for energy to burn while we work and play. However too much fat, sugar and salt is bad for our health and eating lots of junk food will overload your body with these things.

**It is probably OK to eat junk food sometimes!** But people should look for foods that are low in fats and salt and sugar. Choose grilled fish and chicken rather than fried, fish burgers instead of beef, grilled lean beef burgers, and vegetarian pizza and pizza with seafood instead of fatty meat type pizza.

# Blood Type Nutrition

## What is a blood type diet?

According to naturopath Peter J. D'Adamo, N.D., in his book "Eat Right 4 Your Type", the missing link might be the four basic blood types: O, A, B, and AB.

For example, **Type Os** are the most likely to suffer from asthma, hay fever, and other allergies, while **Type Bs** have a high allergy threshold, and will react allergically only if they eat the wrong foods. **Type ABs** tend to have the fewest problems with allergies, while heart disease, cancer, and anemia are medical risks for them.

**TYPE A types**

should basically stick to fruits and vegetables (high carbs / low fat).

**TYPE B types**

should consume a balanced diet (fruits and vegetables, grains, fish, dairy, meat, but avoid chicken)

**TYPE AB types**

should consume a mostly vegetarian diet, and only on rare occasions some fish, meat (no chicken), and dairy.

**TYPE O types**

should basically stick to a high protein diet (including red meat), low carbs, and enriched with fruits and vegetables. They should limit the intake of wheat germ,

whole wheat products, corn, and avoid dairy products and most nuts.

|  |
| --- |
|  |

Mimi Kris Emily Amy

Jenny Lee Esther

Jina Jessica Diane Sophia

Jenny Park Daisy Betty

Sharon stone

Kelly Sally Yumi Maggie

Green Jenny Park Daisy Betty

Post activity – Q & A

 Have you ever been on a diet?

If yes, was it successful?

What do you think of “blood type diet”?

Do you have any special way of diet?

Can you explain?

Can you remember what “ junk food” is?

What is the meaning of “ binge”?

Can you explain “ huff and duff”?

“Obese” is adjective or noun