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| **Reading Lesson Plan** |
| **Topic : Going on a Diet** |

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| **Instructor:**  Yujin | **Level:**  Intermediate | **Students**:  16 | **Length:**  45 Minutes |

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| **Materials:**  -Board and markers  - Worksheet 1 (What Kind of Diet), Worksheet 2 (Successful Dieting), Worksheet 3 (After Reading Questions)-(17 copies each)  -Blank sheet (4 papers for post activity and 17 papers for s.o.s activity) |

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| **Aims:**  Main aim  -At the end of this lesson, students should have improved reading skills by reading texts and doing worksheets.  **Secondary aim**  -At the end of this lesson, students should have  - improved their scanning and skimming skills by answering questions on worksheets and learned vocabularies on the text.  - improved speaking skills by talking about their diet, discussing and responding to teacher’s questions.  **Personal aim**  -I would like to improve my time management |

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| **Language Skills:**  -Listening Skills – Teacher ‘s instruction and explanation, discussion.  -Writing Skills - Writing a work sheet of pre activity “What kind of diet have you tried?”.  -Reading Skills – Reading a text and situation cards.  -Speaking Skills – Group discussion, answering to teacher’s questions. |

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| **Language Systems**  -Phonology – Learning pronunciation of new words.  -Lexis – Vocabularies about diet and health.  -Function – Expressing diet , sharing experiences and exchanging opinions.  -Discourse - Discussing their ideas related to topic and situations with partners  -Grammar – General observation |

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| **Assumptions**  Students already know  -how the class usually runs and teacher’s style of teaching and the pace of the course  -all students are women and most of them are aware of many kinds of diet. |

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| **Anticipated Errors and Solutions**  Students may not easily understand the meanings of new vocabularies.  -Teacher will explain with simple and easy words and give examples if necessary.  Students might have troubles in activities.  -Monitor students and give some demonstrations.  If some of the students are too shy to participate during the group discussion.  -Encourage students to participate and give positive feedback  If activity finishes too soon  - Go to S.O.S activity. |

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| **References**  **-**Active Skills for Reading : Book 3, Neil J. Anderson 2008.  -www.breakingnewsenglish.com  ESL / EFL Lesson Plan on Dieting |

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| **Lead-In** |
| **Materials**: Board and marker. |

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| **Time** | **Set Up** | **Procedure** |
| 3 min | Whole  class | -Greeting.  -Elicit a word ‘fidgeting’ by demonstrating it.  (Ask students to spell the word ‘fidget’ and write down the word on the board)  -Tell students briefly about an article ‘Fidgeting’.  -Tell students about today’s main topic ‘going on a diet’. |

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| **Pre-activity** |
| **Materials**: Board and marker, Worksheet 1 (What Kind of Diet). |

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| **Time** | **Set up** | Procedure |
| 5 min  5 min | Individual  Groups | Instruction  -Ask them to read and complete the worksheet 1 individually.  -Hand out worksheet 1 (What Kind of Diet) to students.  -Divide students into 4 groups of 4 members.  -Let student talk about their answers and compare each with a rank from 1 to 5.  -Ask them to talk about their diet experiences.  CCQ  *“What will you do?”*  *“Who are you working with?”* |

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| **Main-activity** |
| **Materials** Board and marker, Worksheet 2 (Successful Dieting), Worksheet 3 (After Reading Questions) |

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| **Time** | **Set up** | **Procedure** |
| 8 min  6 min  5 min | Individual  Pairs  Whole | Instruction  -Hand out Worksheet 2 (Successful Dieting), Worksheet 3 (After Reading Questions) to students.  -Tell students to read it through and find out the answers.  Monitoring  -Monitor discreetly and answer if students ask questions.  -Ask students to work in pairs and check each other’s answers.  CCQ  *“Will you do it by yourself?”*  *“How long will it take?”*  -Give time warning. Be flexible with time. Give students 1 more minute if they need it.  Error correction  -Go through Worksheet 3 (After Reading Questions) with students and check the answers. |

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| **Post-activity** |
| **Materials**: Board and marker, Blank Sheet |

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| **Time** | **Set up** | **Procedure** |
| 5 min  6 min  2 min | Groups  Whole | Instruction  -Divide students into 4 groups of 4 members.  -Ask students to brainstorm the ideas for many ways of losing weight by drawing or writing on the blank sheet.  (about diet menu, diet program, exercises and so on)  -Hand out the blank sheet to students.  CCQ  *“What will you write on the sheet?”*  *“Are you working alone or are you working in your groups?”*  Presentation  -Let 1 student in each group come out and present.  Conclude lesson |

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| **S.O.S Activity** |
| **Materials**: Blank sheet. |

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| **Time** | **Set up** | **Procedure** |
| 10 min | Individual  Whole | Instruction  -Ask students to pretend to be a ‘veteran dieter’ and write a letter to ‘Judy Girl’ on Worksheet 3 (Successful Dieting).  -Collect them and select 2 or 3 papers randomly and let the writer of the letter come out and read aloud. |

**What Kind of Diet Worksheet**

1. **How effective do you think each diet idea would be for losing weight? Rank them from 1(most effective) to 5(least effective)**
2. \_\_\_\_\_\_\_ The Meat Diet: By eating mainly meat and avoiding carbohydrates you will eventually lose weight.
3. \_\_\_\_\_\_\_ The Chicken Soup Diet: You eat breakfast every day, and then you eat as much chicken soup as you want during the rest of the day.
4. \_\_\_\_\_\_\_ The Cabbage Soup Diet: Some days vegetables are allowed, on other days beef is allowed, but whenever you are hungry have all the cabbage soup you want.
5. \_\_\_\_\_\_\_ The Slow Chew Diet: Chew each mouthful of food 50 times before you swallow it. This will help you enjoy food more and you will need to eat less of it.
6. \_\_\_\_\_\_\_ The One Meal Diet: You can have only one meal a day. You can eat whatever you want for that meal and as much as you want.
7. **What kind of diet have you tried? You can either draw or write.**

***Successful Dieting Work Sheet***

**ASR Diet Forum**

Hi,

A question for you **veteran** dieters out there: What's the best way to lose weight and keep it off? I've tried all kinds of **fad** diets: low fat, low **carbohydrate**, grapefruit, cabbage soup, you name it. I've always lost some weight, but I've never been able to keep it off. How do you it?

JudyGirl, Spokane, Washington

Hi Judy girl,

Fad diets haven't **done the trick** for me, either. The problem is that either you eat too much of one kind of food and get **fed up with** it, or you don't get enough of the foods that your body needs. So when you stop, you eat too much of the foods that weren't on the diet and the weight comes back. For me the solution has been **portion** control. I eat less but enjoy it more. For example, for dinner, I'll fix a nice, attractive meal and put everything in front of me. I'll have a piece of meat, a cooked vegetable, and a salad. Everything is in **moderate** amounts but it looks great. I sit down and eat the meal slowly, and I stop when it's finished. No seconds! And no eating between meals! This method has really worked for me.

Drew T, Chicago

Hi Judy Girl,

My secret to weight control has been "no white foods". You know, no white bread, pasta, potatoes, or desserts made with white flour and refined sugar. These foods have a lot of calories but don't contain much nutrition. You can still eat foods made with whole grains like whole wheat bread, crackers, and oatmeal. These foods are better for you, and they fill you up because they contain a lot of **fiber.** So think brown foods, not white!

QueenMother, London

Hi JudyGirl,

In your message you didn't say anything about exercise. As I'm sure you're aware, food is only part of the problem for overweight people. Many of us just don't exercise enough. That was my problem, anyway. I always had a pretty good diet, but I never exercised. Then I went to a weight-loss clinic, and they asked us about our diet and exercise patterns. A counselor there said I should start exercising regularly, both for my weight and general health. So I joined a gym and started to lift weights several times a week. Now I **alternate** lifting weights, swimming, and jogging. Exercise has made a huge difference in my life. I was able to lose 30 pounds, and I haven't changed my diet very much (though I eat fewer desserts). Also, I've kept off the weight for three years now.

JimGym, Sydney

Hi Judy Girl,

Have you thought about becoming a vegetarian? I used to eat a lot of meat. Actually, I just ate a normal American diet, but I ate too much junk food. I loved fast-food hamburgers! I wasn't terribly overweight - maybe 25 to 30 pounds, but I still felt too heavy. Then a friend told me about the health benefits of a vegetarian diet, and I decided to try it. I didn't lose a lot of weight right away, but I kept losing slowly, maybe a couple of pounds a month. Now I'm down to my ideal weight (about 145 pounds). I have to say that it isn't always easy to be a vegetarian. Sometimes it's hard to get a good meal in restaurants, and you have to plan your meals more carefully. But, it's been worth it for me. I look better, and I feel great!

Minjoo, San Francisco

Hi, everybody,

Many thanks to all of you for your great ideas. DrewT and QueenMother, I'm definitely going to try portion control and cut down on white foods. And a special appreciation to you, JimGym. You've reminded me that I really need to exercise more. Well, everyone, thanks to you I'm ready to try again.

Wish me luck!

Love

JudyGirl

**After Reading Questions Worksheet**

1. **Which person gave JudyGirl these pieces of advice?**

**Advice**   **Person**

1. no white food
2. portion control
3. a vegetarian diet
4. exercise

1. **Choose the best answer to complete each question or statement below.**
2. DrewT doesn’t eat \_\_\_\_\_\_.
3. meat b. slowly c. between meals
4. Which is not an example of a “white food”?
5. Refined sugar b. oatmeal c. white bread
6. What did a counselor at a weight-loss clinic recommend to JimGym?
7. Start exercising b. eliminate desserts c. stop smoking
8. What kind of fast food did Minjoo used to love?
9. French fries b. hamburgers c. chicken sandwiches
10. Whose advice did JudyGirl not decide to follow?
11. QueenMother’s b. JimGym’s c. Minjoo’s
12. **Look at the list of words and phrases from the reading. Match each with a definition on the right.**
13. alternate \_\_\_\_\_\_\_ a. sugar or starch found in foods
14. carbohydrate \_\_\_\_ b. to be effective
15. do the trick \_\_\_\_\_\_ c. an experienced person
16. fad \_\_\_\_\_\_\_\_ d. the amount of a food served
17. fed up with \_\_\_\_\_\_ e. to change from on thing to another
18. fiber \_\_\_\_\_\_\_ f. tired of: disgusted with
19. moderate \_\_\_\_\_\_\_ g. medium or average in amount
20. portion \_\_\_\_\_\_\_\_ h. a fashion or trend, usually short lived
21. veteran \_\_\_\_\_\_\_ i. part of plants that is healthy to eat, yet cannot actually be digested

**BLANK SHEET**