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|  Speaking Lesson Plan96WD\_Rosa |
| "Don't be too ambitious when dieting " \_Article of The Korea Times |
| Teacher | Student Level& Age | No of Students | Length |
| Rosa  | High-intermediate15~17 | 12 students | 50 mins |
| Materials:- 14 copies of the worksheet- Whiteboard and markers- Dictionary- Projector and computer |
| Aims: At the end of this lesson, students will have ..- Practiced speaking skills using several technical words by talking about the certain topic of article with their peers. |
| Language Skills:Speaking: Talking with peers about the topicListening: Teacher Talk, Conversation.Writing: Meaning of words.Reading: Reading an article  |
| Language Systems:Phonology: Pronouncing new words Lexis: Learning new words Grammar: By writing words' meanings, Ss can practice structure of sentencesFunctions: Asking, AnsweringDiscourse: Conversation with peers in a group |
| Assumptions: They know how to read phonetic alphabets. |
| Anticipated Errors and Solutions: |
| References:http://www.koreatimes.co.kr/www/news/culture/2014/01/319\_149998.htmlhttp://awesomeculture.com/wp-content/uploads/2011/08/Troublesome-Dieting.jpg |
| Notes: |

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| Pre Task or Warmer |
| **Pronouncing new vocabularies**  | Aims:To meet new words and their pronunciation by reading them and writing the meanings of them. To introduce today's topic indirectly by showing them a picture on screen. | Materials: Worksheet of pronunciation(2 kinds)White board and markers.Projector and computer |
| Time | Set Up | Students | Teacher  |
| 5mins |  | - Practice pronunciation- Find meanings by searching it in the dictionary or asking each other. - Write the English translation of the words next to the phonetic symbols.  | - Explain the word's pronunciation and make Ss repeat.- Give them time to find the meaning of the words on the list. ( Ss can ask each other freely.)- Give them an answer sheet.- Show them a picture of dieting and introduce our topic today. (PPT 1) |
| Notes:  |

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| Task Preparation or Presentation |
| Read and talk with the article : Don't be too ambitious when dieting. | Aims:To practice new words and pronouncing by reading the article.To get Ss attention by giving them a life relevant issue to talk. To broaden Ss' knowledge by reading a trendy issue. To enhance English expressing skill by sharing their opinions about some questions given below the topic. | Materials: Worksheet of topic. |
| Time | Set Up | Students | Teacher  |
| 25mins | Whole classGroups | - Read one sentence by one - Talk with a partner and fill the blank of the box(they can use English dictionary to find out the meanings)- Talk each other. | - Explain the title of the article.- Short asking about the topics.- Get them to read article. - ICQ- Make 3 groups(4 people in each group)- Get them to fill the "new words of the article" - Get them to talk with questions below the topic freely.(While Ss talking, monitor them)  |
| Notes: If time is left, let them to make some questions each other and talk freely. |

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| Task Realization or Practice |
| Leading the group ! | Aims:To give them chance to use some words of the article by getting them to talk as a leader of the group one by one.  | Materials: Worksheet (short talk) |
| Time | Set Up | Students | Teacher  |
| 15mins | Groups | - listen to the T- In a group, choose a first, second, third leader.- The first leader choose a word from the list.- The leader talk using the word and lead the talk with group members by asking one question.- Group talk.- Conversation goes on until third leader's talk finishes. | - Make 4 groups (3people in a group) - Explain the rule of talk.- Give them 5 minutes for each topic- Monitor while they are talking and help them if necessary. |
| Notes: If they have new words that they don't know, use the worksheet given. |

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| Post Task or Production |
| Review & Check | Aims:To check whether they know the new words by giving them a word worksheet and letting them solve it. To ensure that they understood the topic by asking what they have thought about the topic.  | Materials: Worksheet  |
| Time | Set Up | Students | Teacher  |
| 5mins | Whole class | - solve word worksheet - answer to the TT  | - Give them word worksheet and get them to write Korean meaning of the words next to it- If done, give them an answer sheet.- Ask how they responded to the questions below the topic. |
| Notes: Give them homework. (Write short essay about your experience about dieting) |

**Words Pronunciation**

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| **Word** | **Pronunciation** | **Meaning** |
| Anaemia | [əní:miə]  |  |
| Carbohydrate | [|kɑ:bəʊ|haɪdreɪt] |  |
| Exacerbate | [ɪg|zӕsəbeɪt] |  |
| Appetite | [|ӕpɪtaɪt] |  |
| Constipation | [|kɒnstɪ|peɪʃn] |  |
| Osteoporosis | [|ɒstiəʊpə|rəʊsɪs] |  |
| gastritis | [gӕ|straɪtɪs] |  |

* Take time to find words' meanings in your dictionary or by talking with your group members.

**Words Pronunciation**

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| **Word** | **Pronunciation** | **Meaning** |
| Anaemia | [əní:miə]  | A lack of red blood cellsAfter a lengthy examination, she was found to be suffering from anaemia. |
| Carbohydrate | [|kɑ:bəʊ|haɪdreɪt] |  an essential structural component of living cells and source of energy for animals; includes simple sugars with small molecules as well as macromolecular substances |
| Exacerbate | [ɪg|zӕsəbeɪt] | To make worsePollution and natural disasters exacerbate the situation. |
| Appetite | [|ӕpɪtaɪt] | Strong desire for eatingBilly has a huge appetite. |
| Constipation | [|kɒnstɪ|peɪʃn] | a medical condition which causes people to have difficulty getting rid of solid waste from their body. |
| Osteoporosis | [|ɒstiəʊpə|rəʊsɪs] | a condition in which your bones lose calcium and become more likely to break. |
| gastritis | [gӕ|straɪtɪs] | inflammation of the lining of the stomach |

* Take time to find words' meanings in your dictionary or by talking with your group members.

**Topic : Don't be too ambitious when dieting**



Shedding some kilos is many peoples’ New Year’s plan, but dieting should be planned carefully. Overly ambitious dieting can produce diverse side effects, doctors warn.

“When you try to lose weight in a short period of time, you will lack essential nutrients such as vitamins and minerals. Muscle tissue will decrease, and immunity levels will fall,” said Prof. Shim Ki-nam at the department of internal medicine at Ewha Womans University Mokdong Hospital in southwestern Seoul. “Trendy diets such as a one food diet or a one meal a day diet can cause gastritis[[1]](#footnote-2), anaemia[[2]](#footnote-3) as well as loss of hair,” she added.

The following are some of the risks involved in excessive dieting.

**-Anemia**

The sudden cut in carbohydrate and protein reduces blood sugar and essential minerals in the body, which can cause anaemia accompanied by headaches. If you suffer these symptoms while on a diet, respond by eating abundant protein, carbohydrates and vegetables.

**-Hair loss**

Following a decrease in the intake of vitamins and protein, people can suffer hair loss, which can be exacerbated by a suppression of appetite, nervousness and stress. To prevent this, it is advisable to eat food with protein and essential fatty acid, including black beans.

**-Binge eating[[3]](#footnote-4)**

People suppressing their appetite too much to achieve their goal in short period of time may end up losing self-restraint and indulge in binge eating, which stresses the internal organs. Never forget to eat balanced meals when dieting instead of suppressing your appetite too much.

**-Constipation[[4]](#footnote-5)**

When you are dieting, you take in less fiber. Moreover, as you take in less food, the internal organs minimize activity to lower the basal metabolism. Hence intestinal movements aren’t smooth, and this causes constipation. To prevent this, don’t forget to take enough vegetables and fruit that are abundant in fiber.

Prof. Won Chang-won at the department of family medicine at Kyunghee University Hospital stresses having breakfast. “If you skip breakfast when dieting, it can worsen constipation. The stomach which empties in the night moves actively after breakfast, and it also activates the intestinal movement. Hence, it is most important to eat breakfast regularly,” he said.

**-Osteoporosis[[5]](#footnote-6)**

As fat in the body decreases, female hormone levels also fall, causing osteoporosis which is becoming common among young females in their 20s or 30s here, who should have a high bone density. Don’t forget balanced meals and exercise.

**-Aging of the skin**

Fat gives elasticity to the skin. As the intake of protein decreases and fat suddenly diminishes, skin loses elasticity and wrinkles form. Thus, eat abundant minerals and proteins even when dieting.

**-Gastritis**

As the stomach continues to be empty, the protective lining is damaged. “People generally think gastritis is mainly caused by overeating. However, too little food also leads to this,” Prof. Shim said. “Instead of cutting down drastically on food, set a long term plan based on taking in enough nutrients and getting regular exercise,” she said.

**New words of the Article**

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| **Words** | **English Translation** |
| ambitious | To have strong desire to be successful , rich, or powerful |
| shed | To lose weight |
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* If you fine some new words, write the word and English translation of the word next to it.
* If the word has several meanings, write the word's contextual meaning of this article.

**Questions**

1. Have you ever gone on a diet in your life, then how did you feel?
2. What kind of problems can happen to "heavy dieters" except for those of above?

3. If you were a famous celebrity, what would you do as a diet method to stay your shape?

4. Do you know anyone who succeeded dieting? How could they achieve their goal?

5. If your family or friends told you to lose some weight, what would you say to them?

6. What do you think is the most effective dieting way? Could you recommend it for everyone?

7. Why do you think many people are obsessed with dieting in their 20's and 30's?

8. Which country's people are skinniest or fattiest, and what do you think the reason for that?

**Short Talk**

Pick one of these topics and lead the conversation.

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| 1. vegetables
 | 1. fiber
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| 1. indulge in
 | 1. exercise
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| 1. breakfast
 | 1. skip
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| 1. elasticity
 | 1. protein
 |
| 1. headache
 | 1. side effects
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* Choose first leader in your group.
* The leader picks one of words above.
* The leader lead the group by talking his or her story related to the word and make one question to ask.
* Group members talk about the matter freely by answering the question.
* Change turns and second leader choose one word from the list and talk with peers about it.
* Keep talking until the last leader's talk.

***(Each leader has 5 minutes for leading a talk. It doesn't need to be related to our topic.)***

* If you have some new words while you are talking with peers in English, write the word and English translation of the word.

**New words**

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| **Words** | **English Translation** |
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1. Inflammation of the lining of the stomach [↑](#footnote-ref-2)
2. a medical condition in which there are too few red cells in your blood, causing you to feel tired and look pale. [↑](#footnote-ref-3)
3. If you go on a binge, you do too much of something, such as drinking alcohol, eating, or spending money. [↑](#footnote-ref-4)
4. Constipation is a medical condition which causes people to have difficulty getting rid of solid waste from their body. [↑](#footnote-ref-5)
5. Osteoporosis is a condition in which your bones lose calcium and become more likely to break. [↑](#footnote-ref-6)