


# 41 Dieting and Exercise

The aim of this lesson is to make the students use the key vocabulary and target expressions in a more natural manner.

## Language Point

<p><b>I'm getting fat.</b></p>	<ul style="list-style-type: none"> <li>- I'm gaining weight.</li> <li>- I'm putting on weight.</li> <li>- I'm putting on extra pounds.</li> </ul>	
<p><b>Gaining back the weight</b></p>	<ul style="list-style-type: none"> <li>- gaining all the weight back</li> <li>- regaining</li> <li>- putting weight back on</li> </ul>	
<p><b>You need to have willpower.</b></p>	<ul style="list-style-type: none"> <li>- You need to be strong-willed.</li> <li>- You need to be determined.</li> <li>- You need to be uncompromising.</li> </ul>	

## Key vocabulary

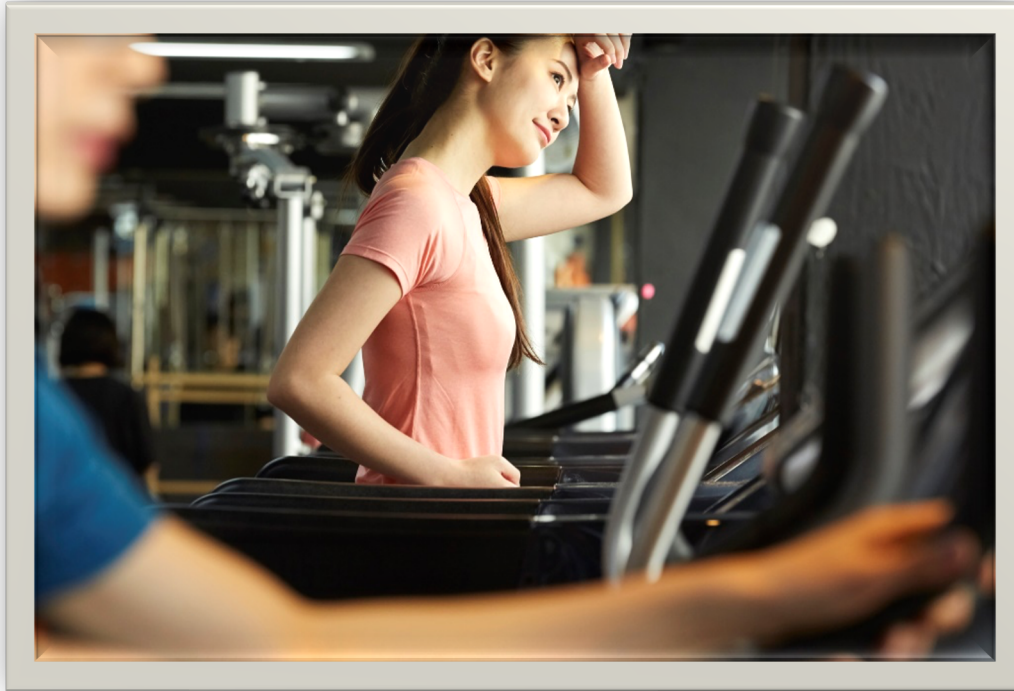
willpower	end up -ing	crucial	take better care of
count	jog	how about if	gain back the weight

Part 1

**I. INTRODUCTION**

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Maintaining a healthy body is essential. Eating a **balanced diet** and adopting a **good exercise program** are great ways to keep fit and feel happy about life.



**II. PRESENTATION**

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**A. Expressions**

	Questions:
<b>I'm getting fat.</b>	<ul style="list-style-type: none"><li>▪ Should people be concerned about their weight?</li></ul>
<b>Gaining back the weight</b>	<ul style="list-style-type: none"><li>▪ Do you pay attention to what you eat? Are you careful about what you eat?</li></ul>
<b>You need to have willpower.</b>	<ul style="list-style-type: none"><li>▪ Do you have the willpower to exercise on a regular basis?</li></ul>

## B. Dialogue

Practice the dialogue with your teacher.

**Joel:** I need to lose some weight. I'm getting fat.

**Eve:** Yes, me too. Let's start dieting together!

**Joel:** Ugh, I hate dieting. I always just end up gaining back the weight anyway.

**Eve:** You need to have willpower. Also, exercise is crucial. We must do both.

**Joel:** The only exercise I get is lifting my fork.

**Eve:** Ha-ha! But that doesn't count. How about if we go jogging in the morning?

**Joel:** Can we jog to a restaurant and stop for breakfast?

**Eve:** I'm serious. We need to take better care of our health.

**Joel:** I know but I love eating so much. It's like the old joke, "I prefer a see-food diet."

**Eve:** You mean only eating seafood?

**Joel:** No, I mean I SEE FOOD and whatever it is, I eat it!

## Q & A!



- Why is having a healthy lifestyle important?
- Do you think it is easy or difficult to maintain a healthy lifestyle in this modern world? Expand on your answer.
- Is obesity becoming a problem in your country?

Part 2

**III. PRACTICE**

Use the newly learned vocabulary and expressions in the following practice exercises

**A. Which is the best exercise for me?**

*Directions:* Choose the exercise that you think is the most suitable for you. Explain why.

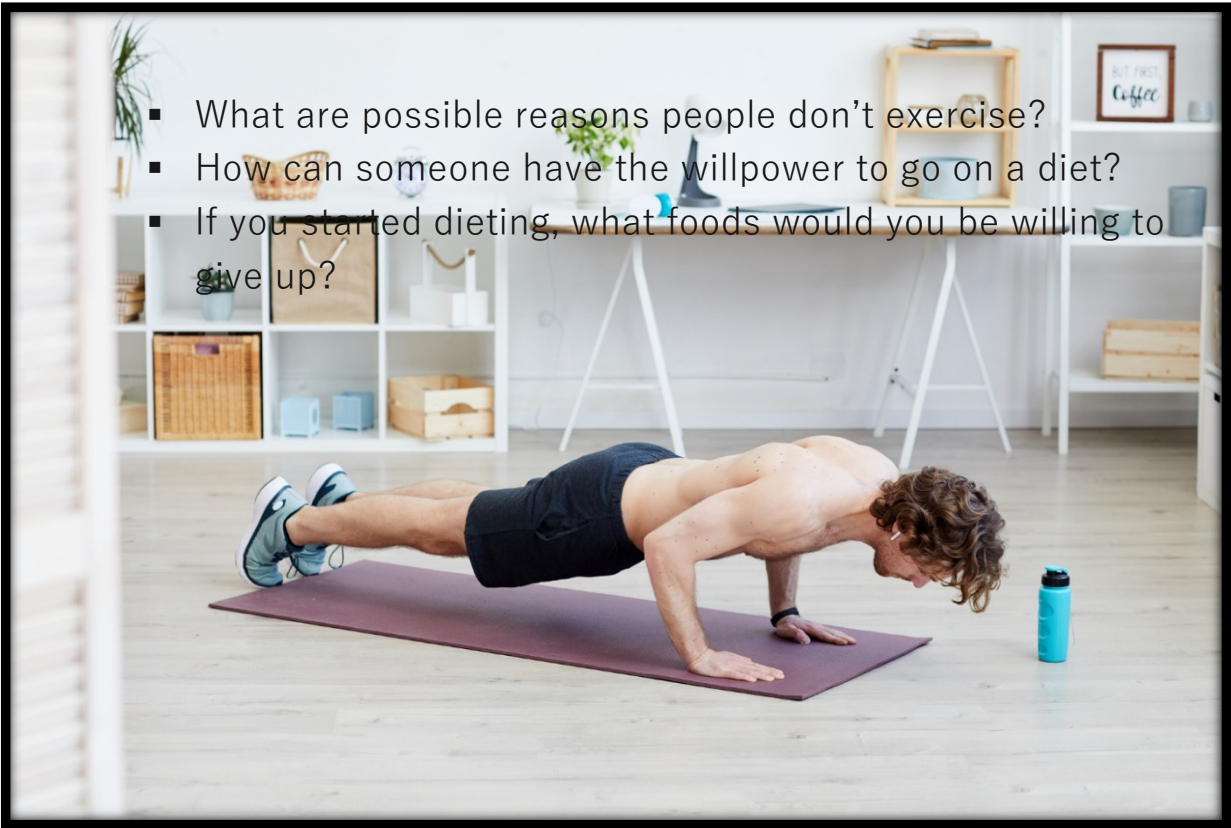


## B. Let's Talk!

Directions: Answer the questions based on your own knowledge and experience.

# Dieting and Exercise

- What are possible reasons people don't exercise?
- How can someone have the willpower to go on a diet?
- If you started dieting, what foods would you be willing to give up?



## C. Role-Play

# Role-Play



You want your friend to go to the gym with you.  
Talk to him/her about it.

Use the vocabulary and expressions you have learned.