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Level 0

Smaller plates help reduce obesity

17th September, 2015

<http://www.breakingnewsenglish.com/1509/150917-obesity.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1509/150917-obesity.html>

Using smaller plates helps stop people overeating. Many people use a large plate and they fill it with food. This means they eat too much. Cambridge University says if people use smaller plates, they will eat less. Americans could cut their calories by up to 29 per cent.

The researchers looked at many people. There was not a lot of research on food sizes and how much people eat. It is wrong to think that people who eat too much have no self-control.

Restaurants can help to stop over-eating by using smaller plates. People can also do this at home.

Sources: <http://www.belfasttelegraph.co.uk/breakingnews/offbeat/smaller-tableware-could-help-reduce-overeating-and-obesity-31525875.html>
<http://www.medicaldaily.com/how-stop-overeating-starting-plates-cut-over-500-calories-day-using-smaller-tableware-352484>
<http://www.webmd.boots.com/diet/news/20150914/smaller-plates-tackle-obesity>

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1509/150917-obesity.html>

PARAGRAPH ONE:

- | | |
|----------------------|-------------------|
| 1. helps stop people | a. large plate |
| 2. Many people use a | b. calories |
| 3. they fill it | c. too much |
| 4. hey eat | d. eat less |
| 5. if people use | e. to 29 per cent |
| 6. they will | f. overeating |
| 7. cut their | g. smaller plates |
| 8. by up | h. with food |

PARAGRAPH TWO:

- | | |
|---------------------------|-------------------|
| 1. The researchers looked | a. eat too much |
| 2. not a lot of research | b. at many people |
| 3. how much people | c. eating |
| 4. It is wrong to think | d. eat |
| 5. people who | e. this at home |
| 6. have no self- | f. on food sizes |
| 7. help to stop over- | g. control |
| 8. People can also do | h. that |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1509/150917-obesity.html>

Using smaller plates (1) _____ people overeating. Many people (2) _____ plate and (3) _____ food. This means (4) _____ much. Cambridge University says if people (5) _____, they will eat less. Americans could cut their calories (6) _____ per cent.

The researchers (7) _____ people. There was not a lot (8) _____ food sizes and how much people eat. It is (9) _____ that people who eat too much have (10) _____. Restaurants can help to stop (11) _____ using smaller plates. People can also do (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1509/150917-obesity.html>

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a large plate and they fill it with food. This means they eat too much. Cambr

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many people. There was not a lot of research on food sizes and how much p

eople eat. It is wrong to think that people who eat too much have no self-

control. Restaurants can help to stop over-eating by using smaller pla

tes. People can also do this at home.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

