

Big breakfasts help us burn double the calories

23rd February, 2020



Researchers have revealed what might be a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet fad ever for those wishing to shed a few kilos. Scientists in Germany conducted a study on how a hearty breakfast affected the body's metabolism in a laboratory experiment. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and reversed this with a high-calorie breakfast and low-calorie dinner the next. Eating a larger breakfast and a smaller dinner boosted a process called diet-induced thermogenesis (DIT). This is the generation of heat in the body that burns up calories. This happened even when the total calories consumed throughout the day remained the same.

Eating a big breakfast led to 2.5 times higher rates of DIT. Researcher Dr Juliane Richter spoke about the findings of her investigation. She said: "Our results show a meal eaten for breakfast, regardless of the amount of calories it contains, creates twice as high DIT as the same meal consumed for dinner. This finding is significant for all people as it underlines the value of eating enough at breakfast." She added: "Eating more at breakfast instead of dinner could prevent obesity and high blood sugar. We recommend that patients with obesity as well as healthy people eat a significant breakfast rather than a large dinner to reduce body weight and prevent metabolic diseases."

Sources: healthline.com / metro.co.uk / medicalxpress.com

Writing

Children should have daily lessons on healthy eating at school. Discuss.

Chat

Talk about these words from the article.

researchers / popular / lose weight / diet / fad / metabolism / breakfast / calories / investigation / results / dinner / significant / obesity / eating / blood sugar / healthy

True / False

- Eating a big breakfast could be a highly popular way of losing weight. T / F
- The article said a shed is the best place to lose a few kilos. T / F
- Researchers looked at how meals affected the metabolism of 160 men. T / F
- DIT is where the body generates heat to burn up calories. T / F
- Breakfast DIT rates are 2.5 times higher than those for other meals. T / F
- Researchers underlined the value of having enough to eat for breakfast. T / F
- The article said a big breakfast could lead to high blood sugar. T / F
- A big breakfast could help to reduce metabolic diseases. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|-----------------|
| 1. revealed | a. serious |
| 2. fad | b. lose |
| 3. shed | c. production |
| 4. experiment | d. craze |
| 5. generation | e. disregarding |
| 6. findings | f. eaten |
| 7. regardless | g. disclosed |
| 8. consumed | h. avert |
| 9. significant | i. test |
| 10. prevent | j. conclusion |

Discussion – Student A

- What do you think of your weight?
- How important is a big breakfast?
- Have you ever been on a diet?
- Is a big breakfast or big dinner better?
- What is the best breakfast?
- Do you worry about the number of calories you consume?
- Should we eat what we want to and be happy?
- Why are high-calorie foods so tasty?

Phrase Match

- | | |
|---|-------------------------------|
| 1. a highly popular new way | a. burns up calories |
| 2. It could become the biggest diet | b. it contains |
| 3. boosted a process called | c. metabolic diseases |
| 4. heat in the body that | d. of eating enough |
| 5. the total calories consumed | e. to lose weight |
| 6. Richter spoke about the findings | f. blood sugar |
| 7. regardless of the amount of calories | g. diet-induced thermogenesis |
| 8. it underlines the value | h. throughout the day |
| 9. prevent obesity and high | i. of her investigation |
| 10. reduce body weight and prevent | j. fad ever |

Discussion – Student B

- What do you think about what you read?
- Is it better to diet or exercise to lose weight?
- Has what you eat for breakfast changed over the years?
- Why is obesity such a problem these days?
- Why is it that a big breakfast is better than a big dinner?
- What do you know about metabolic diseases?
- What do you know about breakfasts around the world?
- What questions would you like to ask the researchers?

Spelling

- Researchers have rveelaed what might be
- a rotylboraa experiment
- reesverd this with a high-calorie breakfast
- a smaller dinner teobosd a process
- called diet-idudcne thermogenesis
- the total srioecla consumed
- the findings of her tnanstgiviioe
- esrasrelgd of the amount of calories
- This finding is ciniifgsant
- We rcmeenomd that
- patients with bisotey
- prevent eclatomib diseases

Answers – Synonym Match

1. g	2. d	3. b	4. i	5. c
6. j	7. e	8. f	9. a	10. h

Role Play

Role A – Fruit Diet

You think a fruit diet is best to lose weight. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the least effective of these diets (and why): vegan diet, low-carb diet or liquid diet.

Role B – Vegan Diet

You think a vegan diet is best to lose weight. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the least effective of these diets (and why): fruit diet, low-carb diet or liquid diet.

Role C – Low-Carb Diet

You think a low-carb diet is best to lose weight. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the least effective of these diets (and why): vegan diet, fruit diet or liquid diet.

Role D – Liquid Diet

You think a liquid diet is best to lose weight. Tell the others three reasons why. Tell them what is wrong with their diets. Also, tell the others which is the least effective of these diets (and why): vegan diet, low-carb diet or fruit diet.

Speaking – Diets

Rank these with your partner. Put the best diets at the top. Change partners often and share your rankings.

- | | |
|----------------------|-----------------|
| • Fruit diet | • Low-carb diet |
| • Vegan diet | • Low-fat diet |
| • Vegetarian diet | • Fasting diet |
| • Mediterranean diet | • Liquid diet |

Answers – True False

a	T	b	F	c	F	d	T	e	T	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.