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Digital fork helps you lose weight

10th January, 2013

<http://www.breakingnewsenglish.com/1301/130110-hapifork.html>

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

A new product has come on the market for those wanting a digital solution to losing weight – a fork. A Hong Kong company, HAPILABS, has showcased its HAPIfork at the Consumer Electronics Show in Las Vegas, USA. The wireless fork keeps track of your dining habits, including your eating speed, and then downloads data via USB or Bluetooth to your iPhone or PC. The purpose of the fork is to help you eat more slowly. It tells you how long it took to eat your meal, the amount of "fork servings" taken per minute, and the intervals between "fork servings". If you are eating too fast, the fork will vibrate to let you know to slow down. The HAPIfork weighs 65 grams and is on sale for \$99.

HAPILABS was founded by former French pole vaulter Fabrice Boutain. He explained the benefits of his new product, saying: "What is important is you take enough time to chew the food well." He added: "By chewing well, you will help the digestion. There was a study in the United States in 2006 showing that people eating more slowly will eat 11 per cent fewer calories. So this is how we can help us lose weight." HAPILABS spokesman Andrew Carton said: "Eating too fast, and insufficient mastication has been tied to all sorts of problems, including...weight gain." The company's website says there are many scientific studies that highlight the negative effects related to eating meals too quickly.

Sources: <http://blog.sfgate.com/techchron/2013/01/08/bluetooth-fork-toothbrush-debut-at-ces/>
<http://www.pcmag.com/article2/0,2817,2413988,00.asp>
<http://www.hapilabs.com/>

WARM-UPS

1. FORKS: Walk around the class and talk to other students about forks. Change partners often and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

new product / digital solution / electronics / eating speed / dining habits / intervals / benefit / chew / digestion / fewer calories / mastication / weight gain / negative effects

Have a chat about the topics you liked. Change topics and partners frequently.

3. LOSING WEIGHT: What are the pros and cons of these ways to lose weight? Complete this table with your partner(s). Change partners often and share what you wrote.

	Pros	Cons
Diets		
Exercise		
Fasting		
Liposuction		
Vegetarianism		
No sweets		

4. HEALTHY WEIGHT: Students A **strongly** believe the issue of a healthy weight should be taught in schools; Students B **strongly** believe maths is more important. Change partners again and talk about your conversations.

5. EATING HABITS: Which of these are worst? Rank them and share your rankings with your partner. Put the worst at the top. Change partners and share often.

- eating too quickly
- eating with your mouth open
- slurping
- leaving food on your plate
- talking while eating
- eating with the TV on
- leaving the table before finishing
- belching

6. DIGITAL: Spend one minute writing down all of the different words you associate with the word 'digital'. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|--|-------|
| a. A new fork has been shown to the world in Hong Kong. | T / F |
| b. The idea behind the fork is for people to eat more slowly. | T / F |
| c. The fork vibrates to shake too much high calorie food off. | T / F |
| d. The \$65 fork weighs 99 grams. | T / F |
| e. A French athlete is the brains behind the HAPIfork. | T / F |
| f. The company's founder said eating slowly can cut calories by 11%. | T / F |
| g. A company spokesman said there was plenty wrong with eating fast. | T / F |
| h. The company said it would do a study on eating speed and weight. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|-----------------|-----------------|
| 1. product | a. linked |
| 2. solution | b. shedding |
| 3. losing | c. one-time |
| 4. amount | d. inadequate |
| 5. vibrate | e. commodity |
| 6. founded | f. shake |
| 7. former | g. consequences |
| 8. tied | h. answer |
| 9. insufficient | i. volume |
| 10. effects | j. started |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|----------------------------|
| 1. those wanting a digital solution | a. of your dining habits |
| 2. The wireless fork keeps track | b. know to slow down |
| 3. downloads data | c. all sorts of problems |
| 4. the intervals | d. calories |
| 5. the fork will vibrate to let you | e. to losing weight |
| 6. take enough time | f. effects |
| 7. By chewing well, you | g. via USB or Bluetooth |
| 8. 11 per cent fewer | h. will help the digestion |
| 9. insufficient mastication has been tied to | i. to chew |
| 10. studies that highlight the negative | j. between "fork servings" |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

A new (1) _____ has come on the market for those wanting a digital solution to losing weight – a fork. A Hong Kong company, HAPILABS, has (2) _____ its HAPIfork at the Consumer Electronics Show in Las Vegas, USA. The (3) _____ fork keeps track of your (4) _____ habits, including your eating speed, and then downloads data (5) _____ USB or Bluetooth to your iPhone or PC. The purpose of the fork is to help you eat more slowly. It tells you how long it took to eat your meal, the (6) _____ of "fork servings" taken per minute, and the (7) _____ between "fork servings". If you are eating too fast, the fork will (8) _____ to let you know to slow down. The HAPIfork weighs 65 grams and is on sale for \$99.

via
wireless
intervals
product
vibrate
dining
showcased
amount

HAPILABS was (9) _____ by former French pole vaulter Fabrice Boutain. He explained the (10) _____ of his new product, saying: "What is important is you take enough time to chew the food well." He added: "By (11) _____ well, you will help the (12) _____. There was a study in the United States in 2006 showing that people eating more slowly will eat 11 per cent (13) _____ calories. So this is how we can help us lose weight." HAPILABS spokesman Andrew Carton said: "Eating too fast, and (14) _____ mastication has been tied to all sorts of problems, including...weight (15) _____." The company's website says there are many scientific studies that highlight the negative effects (16) _____ to eating meals too quickly.

fewer
related
benefits
digestion
insufficient
founded
gain
chewing

LISTENING – Guess the answers. Listen to check

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

- 1) for those _____ a digital solution to _____ weight
 - a. wanted losing
 - b. want lost
 - c. who want loses
 - d. wanting losing
- 2) The wireless fork keeps track _____,
 - a. of your dining habit
 - b. of your dining habits
 - c. of your diner habits
 - d. of your dining table habits
- 3) _____ USB or Bluetooth to your iPhone or PC
 - a. downloads dates via
 - b. downloading data via
 - c. downloads data via
 - d. downloads data through
- 4) _____ "fork servings"
 - a. the interviews between
 - b. the intervals between
 - c. all intervals between
 - d. the interval between
- 5) If you are eating too fast, the fork _____ to slow down.
 - a. vibrates to let you know
 - b. vibrate two tell you know
 - c. vibration to let you know
 - d. vibrate to let you know
- 6) He explained _____ his new product
 - a. the benefits of
 - b. the benefits from
 - c. the benefit of
 - d. the benefits for
- 7) What is important is you take enough time _____
 - a. choo-choo the food well.
 - b. two chews the food well.
 - c. to choose the food well.
 - d. to chew the food well.
- 8) By chewing well, you will _____.
 - a. help the indigestion
 - b. help the digestion
 - c. help the digestive
 - d. help the digestible
- 9) Eating too fast, and insufficient mastication has been tied _____
 - a. to all types of problems
 - b. to all sorts of problems
 - c. to all kinds of problems
 - d. to all varieties of problems
- 10) there are many scientific studies that _____ related to eating meals too quickly
 - a. highlight the negative effect
 - b. lowlight the negative effects
 - c. highlife the positive effects
 - d. highlight the negative effects

Digital fork helps you lose weight – 10th January, 2013

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LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

A new product has come on the market (1) _____ digital solution to losing weight – a fork. A Hong Kong company, HAPILABS, has showcased its HAPIfork at the Consumer Electronics Show in Las Vegas, USA. The wireless (2) _____ your dining habits, including your eating speed, and then (3) _____ or Bluetooth to your iPhone or PC. The (4) _____ to help you eat more slowly. It tells you how long it took to eat your meal, the amount of "fork servings" taken per minute, (5) _____ "fork servings". If you are eating too fast, (6) _____ let you know to slow down. The HAPIfork weighs 65 grams and is on sale for \$99.

HAPILABS (7) _____ French pole vaulter Fabrice Boutain. He explained the benefits of his new product, saying: "What is important is you (8) _____ the food well." He added: "By chewing well, you (9) _____. There was a study in the United States in 2006 showing that people eating more slowly will eat 11 per cent fewer calories. So this is how we (10) _____." HAPILABS spokesman Andrew Carton said: "(11) _____ mastication has been tied to all sorts of problems, including...weight gain." The company's website says there are many scientific studies that highlight the (12) _____ eating meals too quickly.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

1. What might people want a digital solution to?

2. Where is HAPILABS based?

3. What does the HAPIfork monitor?

4. What intervals does the fork measure?

5. When will the fork vibrate?

6. What was the inventor's sport?

7. What does chewing well help?

8. How many fewer calories could people eat if they chew more slowly?

9. What are one of the problems of insufficient mastication?

10. What kind of studies does the company website mention?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

1. What kind of solution is the new product?
 - a) a binary one
 - b) a digital one
 - c) an electric one
 - d) a heavy one
2. Where was the HAPIfork showcased?
 - a) at the Consumption Electronics Show
 - b) at the Consumer Electrical Show
 - c) at the Consumer Electricity Show
 - d) at the Consumer Electronics Show
3. What dining habits can the HAPIfork track?
 - a) how much you like the food
 - b) how many times you chew
 - c) your eating speed
 - d) the length of time you chew
4. Why was the HAPIfork invented?
 - a) to make people eat more slowly
 - b) to make people eat more
 - c) to make people eat faster
 - d) to make people eat good food
5. How do you know if you're eating too quickly?
 - a) the fork drops the food slowly
 - b) to make people eat more
 - c) to make people eat faster
 - d) the fork e-mails you
6. What sport did the HAPIfork inventor used to do?
 - a) the pole vault
 - b) speed hotdog eating
 - c) marathons
 - d) sumo
7. What did the inventor say chewing helps?
 - a) gesticulation
 - b) indigestion
 - c) digestion
 - d) congestion
8. How can people eat 11% fewer calories?
 - a) eat more slowly
 - b) eat quicker
 - c) put more on your fork
 - d) put less on your fork
9. What is one of the problems related to insufficient mastication?
 - a) bad teeth
 - b) stomach aches
 - c) tasteless food
 - d) weight gain
10. What do the scientific studies highlight?
 - a) positive effects of eating too quickly
 - b) positive effects of eating too much
 - c) negative effects of eating too quickly
 - d) positive effects of eating too little

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

Role A – HAPILABS owner

You think the HAPIfork is the best thing ever to help people lose weight. Tell the others three reasons why. You think the fork is more effective than diets, exercise and other weight loss products. It's also a lot of fun. You want everyone to buy it and tell their friends.

Role B – Nutritionist

You don't think the HAPIfork is a good idea. Tell the others three reasons why. The fork does not stop people eating too much. It also doesn't stop people eating the high-calorie food. The best thing is for people to know how many calories they eat and to eat lots of fruit and vegetables.

Role C – Big eater

You love eating. It is one of the most pleasurable things in the world. Tell the others three reasons why. You think a fork that tells you to eat slowly is a bad idea. Tell the others three reasons why. You want to eat without a digital product telling you about your eating speed. You will never buy it.

Role D – Overweight person

You think the HAPIfork is a great product. Tell the others three reasons why. You think at \$99, it is far too expensive. It is just a fork with a few microchips inside. Tell the HAPILABS owner you will buy it if it is \$15. Otherwise you will use your stopwatch to time your eating speed.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'digital' and 'fork'.

digital	fork
----------------	-------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• wanting• track• data• purpose• intervals• vibrate	<ul style="list-style-type: none">• benefits• time• chewing• 11• tied• studies
--	---

LOSING WEIGHT SURVEY

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

Write five GOOD questions about losing weight in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

LOSING WEIGHT DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'weight'?
- c) What do you think of the HAPIfork?
- d) Do you worry about your weight?
- e) How good an idea is the HAPIfork?
- f) Do you think the HAPIfork will make people lose weight?
- g) What's the best way of losing weight?
- h) Why are so many people overweight?
- i) Should overweight people pay more on airplanes and in hospitals?
- j) Do you think the HAPIfork will be a big success?

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LOSING WEIGHT DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article? Why/not?
- b) What do you think of the name "HAPIfork"?
- c) What's the most difficult thing about losing weight?
- d) Have you ever tried to lose weight? How did it go?
- e) How important is chewing?
- f) Do you ever put too much on your fork?
- g) When do you eat too quickly?
- h) Do you have any bad eating habits?
- i) Do you watch what you eat (i.e. be careful with calories)?
- j) What questions would you like to ask inventor Fabrice Boutain?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

MULTIPLE CHOICE - LANGUAGE

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

A new product has come (1) _____ the market for those wanting a digital solution to losing weight – a fork. A Hong Kong company, HAPILABS, has (2) _____ its HAPIfork at the Consumer Electronics Show in Las Vegas, USA. The wireless fork (3) _____ track of your dining habits, including your eating speed, and then downloads data (4) _____ USB or Bluetooth to your iPhone or PC. The purpose of the fork is to help you eat more slowly. It tells you how long it took to eat your meal, the amount of "fork servings" taken per minute, and the (5) _____ between "fork servings". If you are eating too fast, the fork will (6) _____ to let you know to slow down. The HAPIfork weighs 65 grams and is on sale for \$99.

HAPILABS was (7) _____ by former French pole vaulter Fabrice Boutain. He explained the benefits of his new product, saying: "What is important is you take enough time to chew the food well." He added: "By (8) _____ well, you will help the digestion. There was a study in the United States in 2006 (9) _____ that people eating more slowly will eat 11 per cent fewer calories. So this is how we can help us lose weight." HAPILABS spokesman Andrew Carton said: "Eating too fast, and (10) _____ mastication has been tied to all sorts of problems, including...weight (11) _____." The company's website says there are many scientific studies that (12) _____ the negative effects related to eating meals too quickly.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|---------------|----------------|------------------|----------------|
| 1. | (a) on | (b) at | (c) on | (d) of |
| 2. | (a) encased | (b) in case | (c) showcased | (d) cased up |
| 3. | (a) greets | (b) sees | (c) meets | (d) keeps |
| 4. | (a) up | (b) via | (c) to | (d) in |
| 5. | (a) interns | (b) travails | (c) traverses | (d) intervals |
| 6. | (a) vibration | (b) vibe | (c) vibrate | (d) vibrant |
| 7. | (a) fired | (b) founded | (c) floundered | (d) frowned |
| 8. | (a) chewing | (b) chews | (c) chew | (d) chewed |
| 9. | (a) showing | (b) shows | (c) showed | (d) shown |
| 10. | (a) suffice | (b) sufficient | (c) insufficient | (d) efficiency |
| 11. | (a) strain | (b) pain | (c) main | (d) gain |
| 12. | (a) lowlight | (b) highlight | (c) light up | (d) enlighten |

SPELLING

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

Paragraph 1

1. for those wanting a digital ousntoli
2. wsdcoeash its HAPIfork
3. The lorseswi fork
4. fork vsgsirne
5. the avlserint between
6. the fork will ibaevrt

Paragraph 2

7. pole ratevul
8. help the tsenoigdi
9. fewer ecisarlo
10. uiefinsinct mastication
11. icnicfstie studies
12. highlight the negative ffsetc

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

Number these lines in the correct order.

- () well, you will help the digestion. There was a study in the United States in 2006 showing that people
- () a fork. A Hong Kong company, HAPILABS, has showcased its HAPIfork at the Consumer Electronics Show
- () data via USB or Bluetooth to your iPhone or PC. The purpose of the fork is to help you eat more
- () mastication has been tied to all sorts of problems, including...weight gain." The company's website
- () HAPILABS was founded by former French pole vaulter Fabrice Boutain. He explained the benefits of his new
- () per minute, and the intervals between "fork servings". If you are eating too fast, the fork will
- () lose weight." HAPILABS spokesman Andrew Carton said: "Eating too fast, and insufficient
- () says there are many scientific studies that highlight the negative effects related to eating meals too quickly.
- (**1**) A new product has come on the market for those wanting a digital solution to losing weight –
- () product, saying: "What is important is you take enough time to chew the food well." He added: "By chewing
- () slowly. It tells you how long it took to eat your meal, the amount of "fork servings" taken
- () in Las Vegas, USA. The wireless fork keeps track of your dining habits, including your eating speed, and then downloads
- () vibrate to let you know to slow down. The HAPIfork weighs 65 grams and is on sale for \$99.
- () eating more slowly will eat 11 per cent fewer calories. So this is how we can help us

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

1. digital losing For a to wanting solution weight those.

2. fork of habits wireless track dining The keeps your.

3. is of eat to the The more help fork purpose slowly you.

4. you tells It meal your eat to took it long how.

5. down slow to know you let to vibrate will fork The.

6. the product benefits of He his explained new.

7. the enough chew well take to food You time.

8. how we can help us lose weight . So this is

9. weight including , problems of sorts all to Tied gain .

10. related meals effects eating quickly negative to too The.

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

A new *product / produce* has come on the market for those *wanting / want* a digital solution to losing weight – a fork. A Hong Kong company, HAPILABS, has *showcased / showoff* its HAPIfork at the Consumer Electronics Show in Las Vegas, USA. The wireless fork keeps *trace / track* of your dining habits, including your eating speed, and then downloads data *via / viva* USB or Bluetooth to your iPhone or PC. The *propose / purpose* of the fork is to help you eat more slowly. It tells you how long it *took / taken* to eat your meal, the amount of "fork servings" taken per minute, and the *spacing / intervals* between "fork servings". If you are eating too fast, the fork will *reverberate / vibrate* to let you know to slow down. The HAPIfork weighs 65 grams and is *on / in* sale for \$99.

HAPILABS was *founded / floundered* by former French pole vaulter Fabrice Boutain. He explained the *benefits / beneficial* of his new product, saying: "What is important is you take enough time to chew the food well." He added: "By *chewed / chewing* well, you will help the *digestion / digestive*. There was a study in the United States in 2006 *showed / showing* that people eating more slowly will eat 11 per cent *fewer / smaller* calories. So this is how we can help us *lost / lose* weight." HAPILABS spokesman Andrew Carton said: "Eating too fast, and *insufficient / suffice* mastication has been tied to all sorts of problems, including...weight *regain / gain*." The company's website says there are many scientific studies that highlight the negative effects *relation / related* to eating meals too quickly.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

_ n_w pr_d_ct h_s c_m_ _n th_ m_rk_t f_r th_s_ w_nt_ng _ d_g_t_l_s_l_t_n t_l_s_ng w__ght - _ f_rk. _ H_ng K_ng c_mp_ny, H_P_L_BS, h_s sh_wc_s_d_ts H_P_f_rk _t th_ C_ns_m_r_l_ctr_n_cs Sh_w _n L_s V_g_s, _S_. Th_ w_r_l_ss f_rk k__ps tr_ck _f y__r d_n_ng h_b_ts, _ncl_d_ng y__r __t_ng sp__d, _nd th_n d_wnl__ds d_t_v__ _SB _r Bl__t__th t_y__r Ph_n__r PC. Th_ p_r_p_s_ _f th_ f_rk _s t_h_l_p y__ __t m_r_sl_wly. _t t_lls y__ h_w l_ng _t t__k t__t y__r m__l, th_ _m__nt _f "f_rk s_rv_ngs" t_k_n p_r m_n_t_, _nd th_ _nt_rv_ls b_tw__n "f_rk s_rv_ngs". _f y__ _r__t_ng t__ f_st, th_ f_rk w_ll v_br_t_t_l_t y__ kn_w t_sl_w d_wn. Th_ H_P_f_rk w__ghs 65 gr_ms _nd _s_n s_l_f_r \$99.

H_P_L_BS w_s f__nd_d by f_rm_r Fr_nch p_l_v__lt_r F_br_c_ B__t__n. H_ _xpl__n_d th_ b_n_f_ts _f h_s n_w pr_d_ct, s_y_ng: "Wh_t_s _mp_rt_nt_s y__ t_k__n__gh t_m__t_ch_w th_ f__d_w_ll." H_ _dd_d: "By ch_w_ng w_ll, y__ w_ll h_l_p th_ d_g_st__n. Th_r_w_s _st_dy _n th_ _n_t_d St_t_s _n 2006 sh_w_ng th_t p__pl_ __t_ng m_r_sl_wly w_ll __t 11 p_r_c_nt f_w_r c_l_r__s. S_ th_s_s h_w_w_c_n h_l_p _s_l_s_w__ght." H_P_L_BS sp_k_sm_n_ndr_w C_rt_n_s__d: "__t_ng t__f_st, _nd _ns_ff_c__nt m_st_c_t__n h_s b__n t__d t__ll_s_rts _f pr_bl_ms, _ncl_d_ng...w__ght g__n." Th_c_mp_ny's w_bs_t_s_y_s th_r_ _r_m_ny sc__nt_f_c st_d__s th_t h_ghl_gh_t th_n_g_t_v__ff_cts r_l_t_d t__t_ng m__ls t__q__ckly.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

A new product has come on the market for those wanting a digital solution to losing weight – a fork. A Hong Kong company Hapilabs has showcased its Hapifork at the consumer electronics show in Las Vegas, USA. The wireless fork keeps track of your dining habits including your eating speed and then downloads data via USB or Bluetooth to your iPhone or PC. The purpose of the fork is to help you eat more slowly. It tells you how long it took to eat your meal, the amount of "fork servings" taken per minute and the intervals between "fork servings". If you are eating too fast, the fork will vibrate to let you know to slow down. The Hapifork weighs 65 grams and is on sale for \$99.

Hapilabs was founded by former French pole vaulter Fabrice Boutain. He explained the benefits of his new product saying "what is important is you take enough time to chew the food well". He added "by chewing well you will help the digestion. There was a study in the United States in 2006 showing that people eating more slowly will eat 11 per cent fewer calories. So this is how we can help us lose weight". Hapilabs spokesman Andrew Carton said "eating too fast and insufficient mastication has been tied to all sorts of problems including...weight gain". The company's website says there are many scientific studies that highlight the negative effects related to eating meals too quickly.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1301/130110-hapifork.html>

A new product has come on the market for those wanting a digital solution to losing weight – a fork. A Hong Kong company, HAPI LABS, has showcased its HAPI fork at the Consumer Electronics Show in Las Vegas, USA. The wireless fork keeps track of your dining habits, including your eating speed, and then downloads data via USB or Bluetooth to your iPhone or PC. The purpose of the fork is to help you eat more slowly. It tells you how long it took to eat your meal, the amount of “fork servings” taken per minute, and the intervals between “fork servings”. If you are eating too fast, the fork will vibrate to let you know to slow down. The HAPI fork weighs 65 grams and is on sale for \$99. HAPI LABS was founded by former French pole vaulter Fabrice Boutain. He explained the benefits of his new product, saying: “What is important is you take enough time to chew the food well.” He added: “By chewing well, you will help the digestion. There was a study in the United States in 2006 showing that people eating more slowly will eat 11 percent fewer calories. So this is how we can help you lose weight.” HAPI LABS spokesman Andrew Cartons said: “Eating too fast, and insufficient mastication has been tied to all sorts of problems, including... weight gain.” The company’s website says there are many scientific studies that highlight the negative effects related to eating meals too quickly.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about losing weight. Share what you discover with your partner(s) in the next lesson.

3. HAPIfork: Make a poster about the HAPIfork. Show your work to your classmates in the next lesson. Did you all have similar things?

4. LOSING WEIGHT: Write a magazine article about losing weight. Include imaginary interviews with people who have succeeded and those who have failed.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to the HAPILABS founder. Ask him three questions about his HAPIfork. Give him/ three of your opinions on how best to lose weight. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c F d F e T f T g T h F

SYNONYM MATCH (p.4)

- | | |
|-----------------|-----------------|
| 1. product | a. commodity |
| 2. solution | b. answer |
| 3. losing | c. shedding |
| 4. amount | d. volume |
| 5. vibrate | e. shake |
| 6. founded | f. started |
| 7. former | g. one-time |
| 8. tied | h. linked |
| 9. insufficient | i. inadequate |
| 10. effects | j. consequences |

COMPREHENSION QUESTIONS (p.8)

1. Losing weight
2. Hong Kong
3. Your dining habits
4. Those between "fork servings"
5. If you eat too fast
6. The pole vault
7. The digestion
8. 11 per cent
9. Weight gain
10. Scientific ones

MULTIPLE CHOICE - QUIZ (p.9)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)