

## Menu shows exercise needed to lose weight

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New research reveals that restaurant menus showing how much exercise is needed to burn off calories could be good for losing weight. Researchers from the Texas Christian University

say that telling customers how many minutes they must walk to burn off the calories from a hamburger is much better information than showing how many calories the hamburger has. They say people do not really understand calories but do understand they have to walk for 30 minutes. Senior researcher Dr. Meena Shah said the menu could help people make healthier choices. She said: "We need a more effective strategy to encourage people to order and consume fewer calories from restaurant menus."

The researchers looked at the restaurant orders made by 300 different people. Some used a menu without calorie information; some had a menu with calorie information; and the rest were given a menu with a guide to how many minutes of fast walking would burn off the calories in the food. Example information on the last menu suggested a woman would need to walk for two hours to burn off the calories in a double cheeseburger. The people who had the menus with the exercise information ordered food with the fewest calories. Researcher Ashlei James said: "Brisk walking is something nearly everyone can relate to, which is why we displayed...the minutes of brisk walking needed to burn food calories."

Sources: *Medical Daily.com* / *BBC*

### Writing

*All restaurant menus should have information about how much exercise you must do to burn off the calories. Discuss.*

### Chat

Talk about these words from the article.

*research / exercise / losing weight / hamburger / calories / walk for 30 minutes / restaurant orders / 300 different people / guide / everyone / relate to / minutes*

### True / False

- a) A new computer menu downloads eating and exercise information. T / F
- b) A researcher says information about walking off calories is very useful. T / F
- c) The researcher said we do not really understand calories. T / F
- d) The researcher said we have enough ways to order low-calorie food. T / F
- e) The research looked at the ordering habits of 3,000 people. T / F
- f) Different people were given one of three different menus. T / F
- g) A woman must walk for 2 hours to burn off a hamburger's calories. T / F
- h) A researcher said we all understand what it means to walk fast. T / F

### Synonym Match

- |                |                 |
|----------------|-----------------|
| 1. reveals     | a. use          |
| 2. customers   | b. plan         |
| 3. effective   | c. quick        |
| 4. strategy    | d. shows        |
| 5. consume     | e. requested    |
| 6. information | f. consumers    |
| 7. burn off    | g. eat or drink |
| 8. ordered     | h. understand   |
| 9. brisk       | i. successful   |
| 10. relate to  | j. details      |

### Discussion – Student A

- a) Do you ever think about calories before you order food?
- b) What kind of menu do you like?
- c) Should information about burning off calories be on supermarket food?
- d) Would you walk for 2 hours to burn off a cheeseburger's calories?
- e) Is the "brisk walking" idea easy to understand?
- f) How worried are you about your weight and what you eat?
- g) What advice would you give to people about how to lose weight?
- h) What questions would you like to ask the researchers?

## Phrase Match

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1. how much exercise is           | a. choices                     |
| 2. how many minutes               | b. relate to                   |
| 3. make healthier                 | c. consume fewer calories      |
| 4. We need a more effective       | d. orders                      |
| 5. encourage people to order and  | e. they must walk              |
| 6. restaurant                     | f. in a double cheeseburger    |
| 7. some had a menu                | g. strategy                    |
| 8. burn off the calories          | h. walking                     |
| 9. brisk                          | i. needed to burn off calories |
| 10. something nearly everyone can | j. with calorie information    |

## Discussion – Student B

- What springs to mind when you hear the word 'weight-loss'?
- What experience do you have with losing weight?
- What do you think of the new menu idea?
- Do you think restaurant owners will like the new menu idea?
- Would you like to know how long you have to walk to burn off calories?
- Do you understand or care about calories?
- Which information would you prefer – calories or minutes of walking?
- Would the menu change what you order in restaurants?

## Spelling

- research lverase that...
- good for lniosg weight
- much better imanntrhoio
- senior esarechrer
- We need a more effective aysetrgt
- nmcosue fewer calories
- neurrattsa orders
- a menu with a uegid
- ... tssdeguge a woman would need to walk
- the etswfe calories
- ...which is why we aldpeydis the minutes
- ikbrs walking

### Answers – Synonym Match

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

## Role Play

### Role A – Weight-loss menu maker

You think your menu will make millions of people lose weight. Tell the others three reasons why. You are sure that people will order less or healthier food if they know how much exercise they need to burn it off. You think low-calorie food is as tasty as high-calorie food.

### Role B – Diet expert

You think the new menu will have no effect on people's weight. People will always eat what tastes good, not what makes them slim. There have been hundreds of diets and strategies to lose weight. This is just another one. The only way to lose weight is to exercise a lot and eat very healthy food.

### Role C – Dieter

You are very excited about the new menu. Tell the others three reasons why. You think all restaurants and supermarkets should have information about how much exercise will burn off calories. You are sure this will change the way people buy or order food.

### Role D – Restaurant owner

You think the new menu is a bad idea. Tell the others three reasons why. You will not introduce it in your restaurant. You will lose money because people will order salads and not juicy steaks and delicious desserts. You think the menu will mean people cannot enjoy eating at restaurants.

## Speaking - Menu

Rank these and share your rankings with your partner. Put the information you most want to see at the top. Change partners often and share your rankings.

- |                     |                                 |
|---------------------|---------------------------------|
| • calories          | • pictures of food              |
| • ingredients       | • exercise to burn off calories |
| • chef's experience | • where ingredients are from    |
| • the recipe        | • vitamins and minerals         |

### Answers – True False

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