



Diet and Exercise:

Warm-up Discussion

1. What kind of food do you like to eat?
2. Do you think you have a healthy diet?
3. Do you exercise? What do you do? How often do you do it?

Vocabulary/Expressions: Diet and Exercise

Fat	Carbohydrate(Carb)	Protein
Calories	Vitamins	Whole food
Carbonated drink	Preservatives	Processed food
Fasting	Small/Big Portion	Metabolism
To work out	Cardio	Strength training
Weightlifting	Treadmill	Work up a sweat
Couch potato	Steroid	Flexibility
Hit the gym	Get fit/jacked	Stamina
Endurance	X sets of X reps	Sore muscles

Expressions:

(something) is good/bad for (something).

Carrots are good for your eyes.
Milk is good for your bones.
Sugar is bad for your teeth.

Too much (something) is not good for you.

Too much sugar is not good for you.
Too much fat is not good for you.
Too much of anything is bad for you.

You should eat...servings of... a day.

You should eat 2 servings of fruits a day.
You should eat 3 servings of veggies a day

Expressing Routine: Always, Often, Usually, Sometimes, Rarely, Never

How often do you eat something?

I *always* eat something.
I *sometimes* eat something.
I *never* eat something.

I eat something (once/twice a day/a week/a month).

I eat something (three/four/five times a day/a week/a month).

Examples:

- I always work out in the morning.
- I sometimes do cardio at the gym.
- I run 10kms once every three months.
- I go hiking once a month.
- I never eat junk food at night.
- I rarely run on the treadmill.

Practice: You are a personal trainer/nutritionist. Create a plan for the following person.

Bob (age: 35) wants to reduce body fat percentage and increase muscles. He is working full time (9-5) with occasional overtime work. Free on weekends. Usually skips breakfast, lunch at work cafeteria, dinner (junk food with alcohol).

- Current height: 175 cms
- Current weight: 82 kgs.
- Body fat percentage: 30%

More Discussion:

1. Have you ever tried a fad diet? What was it?
2. What did you eat today? Yesterday? Last weekend?
3. What do you want to eat tonight?
4. What activities or hobbies are good/bad for your health?
5. Do you exercise? What kind of exercise do you do? How often do you exercise?
6. What are common exercises in your country?
7. What would be your perfect size/shape? Use a famous person to make a comparison if necessary.