

## LISTENING COMPREHENSION



### IS THE FOLLOWING TRUE OR FALSE?

1. Keto is short for ketogenic.
2. The keto diet is characterized by eating a high amount of protein and little fat and few carbs.
3. The keto flu can result in fatigue and mental fuzziness.
4. Jennifer Aniston helped popularize the Sirtfood diet.
5. The most popular method of the Intermittent Fasting Diet is the 16:8 method.
6. By abstaining from snacking, we can reduce insulin.
7. People with a history of eating disorders should avoid the Intermittent Fasting Diet at all costs (under all circumstances).
8. According to the audio, Sirtfoods help with hair growth.
9. The Sirtfood diet lasts 4 weeks.
10. Critics and advocates of the Sirtfood diet agree on one thing:  
Everyone should do the Sirtfood diet accompanied by a nutritionist.



## WORD DISCOVERY



CHOOSE THE BEST DEFINITION FOR THE BOLDED WORD.

1. Although everyone on keto is required to **cut back** drastically **on** carbs, some dieters, choose to cut out carbs entirely.
  - a. to stop
  - b. to shorten
  - c. to reduce
  
2. The puzzle is, how can weight gain be reversed? How can we lose the extra pounds we put on during those **sedentary** winter months?
  - a. freezing, ice-cold
  - b. inactive, still, stationary
  - c. long and strenuous
  
3. The biggest challenge for most is **keeping** the weight **off** long-term.
  - a. to prevent from returning.
  - b. to hold onto
  - c. to make something permanent
  
4. During the first three days, dieters must **get by on** fewer than 1,000 calories per day, consume three Sirtfood green juices and have one Sirtfood-rich meal.
  - a. survive on
  - b. to create
  - c. to cook
  
5. When the famous British singer Adele started **slimming down** back in 2016, people wanted to know how. The answer is the Sirtfood Diet.
  - a. becoming more of a minimalist
  - b. getting smarter
  - c. losing weight

***ANSWERS ARE PROVIDED AT THE END OF THE DOCUMENT***



## VOCABULARY QUIZ



COMPLETE THE FOLLOWING SENTENCES WITH ONE OF THE WORDS BELOW.

to give up

to get by on

chubby

to cut out

to abstain from

to opt for

to slim down

to rave about

to commit to

to bundle up

supplement

to keep off

1. Once she realized that she had a severe allergy to nuts, she \_\_\_\_\_ nuts \_\_\_\_\_ of her diet.
2. It's extremely chilly (cold) outside at the moment, be sure to \_\_\_\_\_.
3. Imagine if you were stranded on a desert island, you'd have to \_\_\_\_\_ on only coconuts, island fruit and rodents!
4. After starting the low-carb diet, LeBron James really started to \_\_\_\_\_.
5. There's a new restaurant in town that's all the hype (excitement). My grandma is even \_\_\_\_\_ it.
6. The hardest thing is \_\_\_\_\_ weight \_\_\_\_ after losing it.
7. The ketogenic diet requires dieters to \_\_\_\_\_ eating carbs.
8. He lost his beer belly by \_\_\_\_\_ booze.
9. If you don't have enough protein in your diet, you should really take a protein \_\_\_\_\_.
10. After spending 10 minutes looking at the menu the teenager \_\_\_\_\_ the healthiest option.
11. Before the wedding she was \_\_\_\_\_ losing at least 15 pounds
12. My thighs are much \_\_\_\_\_ than they used to be! I need to shed a few pounds..

**ANSWERS ARE PROVIDED AT THE END OF THE DOCUMENT**



## PREPOSITION QUIZ



FILL IN THE BLANK WITH THE PREPOSITION TAUGHT IN THIS LESSON.

1. to give \_\_\_\_\_ = to quit; to stop; to yield possession of
2. to cut back \_\_\_\_\_ = to reduce
3. to cut \_\_\_\_\_ = to eliminate
4. to slim \_\_\_\_\_ = to lose weight
5. to bundle \_\_\_\_\_ = to wrap oneself in warm clothing
6. to get by \_\_\_\_\_ = to survive
7. to abstain \_\_\_\_\_ = to prevent
8. to rave \_\_\_\_\_ = to talk enthusiastically about
9. to stick \_\_\_\_\_ = to continue with
10. to attribute something \_\_\_\_\_ = to credit something
11. to opt \_\_\_\_\_ = to choose
12. to commit \_\_\_\_\_ = to dedicate
13. to keep \_\_\_\_\_ = to prevent from returning.
14. a risk \_\_\_\_\_ = a possibility, likelihood

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## CONVERSATION QUESTIONS



DISCUSS THESE QUESTIONS WITH A LANGUAGE PARTNER OR TEACHER.

1. Which of the three trending diets would you most like to try?
  - a. Which sounds the easiest? Why?
  - b. Which sounds the hardest? Why?
2. Have you ever **gone on a diet** before?
  - a. If so, what incentivized you? (in other words, why did you go on a diet?)
  - b. If so, describe the diet in detail.
    - i. Did you **cut back on** sugar and carbs? Did you **cut** anything **out** entirely?
  - c. What transformations did you see in your body?
    - i. Describe how you looked before and how you looked after.
    - ii. How much weight did you lose?
  - d. Were you able to **keep** the weight **off**?
3. Generally speaking, do you have an easy time **sticking to** diets?
  - a. In your opinion, what sort of mindset does one need to have in order to **follow through with** (complete until end) a diet?
4. Do you think you could **get by** on 1,000 calories a day?
5. In your opinion, what's the best way to maintain a healthy weight?
6. Do you think dieting can be dangerous?
7. What types of food would be very difficult for you to **turn down** (refuse)?
8. Could you **give up** carbs for a month?
9. Have you ever **fasted**?
10. Research indicates that the average American gains 1 to 2 pounds during winter which is largely a product of being **sedentary** and snacking. How much weight do you gain during wintertime? Why?

## ANSWERS



### LISTENING COMPREHENSION

1. **TRUE.** Keto is short for Ketogenic.
2. **FALSE.** The keto diet is characterized by eating a *high amount fat, a normal amount of protein and few carbs.*
3. **TRUE.** The keto flu can result in fatigue and mental fuzziness.
4. **FALSE.** Jennifer Aniston helped popularize the *Intermittent Fasting Diet.*
5. **TRUE.** The most popular method of the Intermittent Fasting Diet is the 16:8 method.
6. **TRUE.** By abstaining from snacking, we can reduce insulin.
7. **FALSE.** People with a history of eating disorders *should meet with a nutritionist regularly while on the diet.*
8. **FALSE.** According to the audio, Sirtfoods help with *metabolism, inflammation and lifespan.*
9. **FALSE.** The Sirtfood diet lasts 3 weeks.
10. **FALSE.** Critics and advocates of the Sirtfood diet agree on one thing: *Eating Sirtfoods can be a beneficial lifestyle change for all.*

### DISCOVERING NEW VOCABULARY

1. c
2. b
3. a
4. a
5. c



## ANSWERS



### VOCABULARY QUIZ

1. cut out
2. bundle up
3. get by on
4. slim down
5. raving about
6. keeping off
7. abstain from
8. giving up
9. supplement
10. opted for
11. committed to
12. chubbier

### PREPOSITION QUIZ

1. to give **up** = to quit; to stop; yield possession of
2. to cut back **on** = to reduce
3. to cut **out** = to eliminate
4. to slim **down** = to lose weight
5. to bundle **up** = to wrap oneself in warm clothing
6. to get by **on** = to survive
7. to abstain **from** = to prevent oneself
8. to rave **about** = to talk enthusiastically about
9. to stick **to / with** = to continue with
10. to attribute something **to** = to credit something
11. to opt **for** = to choose
12. to commit **to** = to dedicate
13. to keep **off** = to prevent from returning.
14. a risk **of** = a possibility, likelihood