

Consumers – Obesity

Adrian Tennant

Before listening

Calories: Intake vs Output

- Write what you know in column 1.
- Write some questions in column 2.
- Leave column 3 blank

I know ...	I want to know ...	This is new! This is interesting!

While listening

Exercise 1

Listen to the recording and complete the chart from the 'Before listening' exercise.

While listening

Exercise 2

Listen to the first part of the recording again and complete the chart with the numbers in the box. Be careful! There are two extra numbers.

210	396	414	445	500	699	966
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Cola _____ ml = _____ Kcal

Burger & chips = _____ Kcal

Banana milk shake = _____ Kcal

Chocolate bar (large) = _____ Kcal

Listen to the second part of the recording again. Are the numbers correct? Correct the ones that are wrong.

How many calories do different activities burn up in 60 minutes?

Aerobic Dancing = 290

Cycling = 372

Dancing = 217

Jogging = 390

Playing football = 432

Playing tennis = 420

Running uphill = 582

Walking = 210

Follow-up

Work with a partner and ask each other these questions:

- 1 What's your favourite food?
- 2 Do you have a healthy diet?
- 3 Do you enjoy eating 'fast food'?
- 4 Would you prefer to eat a salad or a burger and chips?
- 5 How much exercise do you do every day?
- 6 What different exercise activities do you do?
- 7 Is your lifestyle healthy?

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Intermediate

Time needed

40–60 minutes (approx)

Preparation

Photocopy of the worksheet for each student.

Procedure**Before listening**

- 1 Start by writing the following words on the board: *balance, burn up, intake* and *snacks* and ask the students what they think the topic is.
- 2 Put the students in pairs, or small groups, and ask them to discuss their ideas.
- 3 Next, add the following words to those on the board: *negate, contain* and *obesity*, and repeat the process.
- 4 Ask a few students to tell you the ideas their group came up with.
- 5 Now, hand out the worksheet and focus the students' attention on the phrase: *Calories: intake vs output* and check they understand what it means – calorie intake from food vs calories used (through exercise).
- 6 Ask the students to work on their own and write two or three things they know about the topic in the first column.
- 7 Then ask them to write two or three questions they want to find out the answers to in the second column.
- 8 Finally, put the students in pairs and get them to compare what they have written.

Exercise 1**While listening**

- 1 Tell the students they will listen to two recordings: The first about calorie intake and the second about calorie output.
- 2 While they listen they should check what they know in the first column and see if any of their questions in the second column are answered.
- 3 Play both recordings through once.
- 4 Give the students a few minutes to think, and then play the recordings a second time.
- 5 Next, put the students in pairs and ask them to discuss what they have heard using their charts as a starting point for the discussion.
- 6 Then, tell them you'll play both recording again and this time they should write down any new information they hear in the third column.
- 7 Play the recording.
- 8 Put the students in pairs and get them to compare.
- 9 Finally, ask a few students which of their questions were answered and what new, or interesting, information they heard.

Exercise 2**While listening**

- 1 Hand out the worksheet and ask the students to look at the chart and see if they can complete it using the numbers in the box.
- 2 Put the students in pairs and give them a couple of minutes to discuss their ideas.

- 3 Play the first part of the recording.
- 4 Put the students in pairs and get them to check together.
- 5 Play the recording again, if necessary.
- 6 Check the answers as a class.
- 7 Next, ask the students to look at the second activity and point out that some of the numbers are correct and some are wrong.
- 8 Explain that you will play the recording and they should correct the numbers which are wrong.
- 9 Play the second part of the recording.
- 10 Put the students in pairs and get them to check together.
- 11 Play the recording again, if necessary.
- 12 Check the answers as a class.

Key

Cola 500ml	= 210 Kcal
Burger & chips	= 699 Kcal
Banana milk shake	= 396 Kcal
Chocolate bar (large)	= 445 Kcal

How many calories do different activities burn up in 60 minutes?

Aerobic Dancing	= 290 390
Cycling	= 372
Dancing	= 217 270
Jogging	= 390
Playing football	= 432 420
Playing tennis	= 420 432
Running uphill	= 582
Walking	= 210

Follow-up

- 1 Put the students in pairs and hand out copies of the questions.
- 2 Ask the students to ask their partner the questions and write down their answers.
- 3 Encourage the students to ask more questions to find out more details e.g. If someone says *Yes* to question 2 then a follow-up question would be *Why do you say your diet is healthy?*
- 4 Monitor and help where necessary.
- 5 Finally, ask a few students to report back on their discussion to the rest of the class.

Project work

Ask students to work out what their calorie intake is on a typical day and how much they burn up by exercising.

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Tapescript**Part One****Consumer hot topics: obesity**

Food intake versus energy output
 Isn't it strange? A large percentage of the world's population can't get enough to eat. But in 'advanced' societies, there's a different health problem. Obesity. And this problem is spreading to lots of different countries. Why is this happening? What does it mean? Let's look at some of the facts. Modern life is fast. Everyone is rushing. Right? So there's not much time for meals. And 'fast food' is easy to find (if you have the cash). Fast food is fashionable. Millions of dollars are spent on ads to promote fast food and snacks.

The message?

Fast food is modern! It's cool! It's fun!

The facts?

Most fast food contains a lot of calories. And if the consumers don't take a lot of exercise, those calories produce fat.

Exercise?

If you live in a big city, and travel by car or bus, you probably don't take much daily exercise. This is worse if you sit at your computer, or watch videos, in your spare time.

It takes a lot of regular exercise to balance the effects of this kind of food. Let's look at four popular fast food products. How many calories do they contain?

Cola (500ml bottle)	= 210
Burger and chips	= 699

Banana milk shake	= 396
Chocolate bar (large)	= 445

Part Two**Getting rid of the calories**

Here's what you have to do to 'negate' the effects of that food, and burn up those extra calories.

Cola:	More than 30 minutes' jogging.
Burger and chips:	Play football for more than 1 hour + jog for 43 minutes.
Milk shake:	One hour's cycling.
Chocolate bar:	Play football for more than one hour.

Surprised? Are there enough hours in the day to do these activities? Or is it easier to cut the calories?

Activity chart

Let's look at this problem in a different way. You have 60 minutes to take some exercise. What is the best activity to do? How many calories do different activities burn up in 60 minutes?

Aerobic dancing	390
Cycling	372
Dancing	270
Jogging	390
Playing football	420
Playing tennis	432
Running uphill	582
Walking	210

So... the choice is yours!