

UNIT #1

PRONOUNCING [i]



- **Lips:** Tense and in a "smile" position
- **Jaw:** Almost completely raised
- **Tongue:** High, near the roof of the mouth

Listen and repeat.

[i] At the Beginning of Words

eat • eel • each
eel • even • even
east • equal • equal
easy • eagle • eagle

[i] In the Middle of Words

• mean • need • seal
• need • keep • leave
• scene • reach • reach
• these • scene • scene

[i] At the End of Words

• he • fee • be
• be • tree • knee
• key • tea • free
• tea • free

[i] Spelled

e	ee	ea	ea	ie or ie
he	• see	• east	• lean	• niece • brief
we	• feel	• feel	• team	• piece • bleef
me	• deed	• deed	• heel	• belief • either
scene	• these	• scene	• peach	• either

PRONOUNCING [ɪ]



- **Lips:** Relaxed and slightly parted
- **Jaw:** Slightly lower than for [i]
- **Tongue:** High, but lower than for [i]

Listen and repeat.

[ɪ] At the Beginning of Words

is • ill • itch
ink • itch • inch
instant • inch • issue

[ɪ] In the Middle of Words

• pin • miss • simple • winter • minute
• lift • simple • timid • give
• lift • sift • winter

The vowel [ɪ] does not occur at the end of words in English.

[ɪ] Spelled

y	ui	i	i
• gym • syrup	• build • quick	• sin • lips	• sin • lips
• symbol • system	• quilt • guilty	• with • gift	• with • differ
• rhythm • rhythm	• guitar	• differ	

DIET TRENDS

Pre-Listening Activity

1. What do you think is a healthy diet?
2. Have you ever followed a special diet?
3. Why do people change their eating habits?
4. Do you think diet trends are helpful? Why or why not?
5. What foods do you think are good for your health?



Diet Trends Around the World

 Listen and repeat.

Today, many people are interested in healthy lifestyles, and diet trends are becoming more popular. A diet trend is a way of eating that many people follow for health, weight loss, or personal reasons.

One popular diet trend is the plant-based diet. People who follow this diet eat mostly fruits, vegetables, grains, and nuts. They do not eat much meat or animal products. Many people choose this diet because they want to be healthier or protect the environment.

Another common trend is intermittent fasting. This means people eat only during certain hours of the day. For example, they may eat between 12:00 p.m. and 8:00 p.m., and not eat at other times. Some people say this helps them control their weight.



The keto diet is also popular. In this diet, people eat foods that are high in fat and low in carbohydrates, such as meat, eggs, and cheese. The goal is to help the body burn fat for energy.

However, not all diet trends are good for everyone. It is important to choose a diet that is healthy and balanced. Experts say people should always talk to a doctor or nutritionist before making big

changes to their diet.

In conclusion, diet trends can be helpful, but people need to be careful and choose what is best for their body.

Post-Reading Conversation Questions

1. What is a diet trend? Share ideas (about the video) with your classmates.
2. Why do you think diet trends are popular today?
3. Why do some people choose a plant-based diet?
4. What is intermittent fasting?
5. Do you think intermittent fasting is easy or difficult? Why?
6. What foods are common in the keto diet?
7. Why do people follow the keto diet?
8. Do you think diet trends are good for everyone? Why or why not?
9. Why is it important to have a balanced diet?
10. Have you ever tried a diet trend? What happened?
11. Would you like to try any of these diets? Why or why not?
12. In your opinion, what is the best way to eat healthy?

