UNIT 2: YOUR BODY AND YOU - INTEGRATED SKILLS

BIG BREAKFASTS HELP US BURN DOUBLE THE CALORIES

Researchers have revealed what might be a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet fad ever for those wishing to shed a few kilos. Scientists in Germany conducted a study on how a hearty breakfast affected the body's metabolism in a laboratory experiment. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and reversed this with a high-calorie breakfast and low-calorie dinner the next. Eating a larger breakfast and a smaller dinner boosted a process called diet-induced thermogenesis (DIT). This is the generation of heat in the body that burns up calories. This happened even when the total calories consumed throughout the day remained the same.

Eating a big breakfast led to 2.5 times higher rates of DIT. Researcher Dr Juliane Richter spoke about the findings of her investigation. She said: "Our results show a meal eaten for breakfast, regardless of the amount of calories it contains, creates twice as high DIT as the same meal consumed for dinner. This finding is significant for all people as it underlines the value of eating enough at breakfast." She added: "Eating more at breakfast instead of dinner could prevent obesity and high blood sugar. We recommend that patients with obesity as well as healthy people eat a significant breakfast rather than a large dinner to reduce body weight and prevent metabolic diseases."

Word meaning:

diet-induced thermogenesis (DIT): Ăn uống làm kích thích các quá trình sinh học và dẫn đến sự gia tăng lượng calo bị đốt cháy tạo nên hiệu ứng nhiệt

lose >< gain weight

metabolism = the chemical processes t hat cause food to be used for energy and growth

generate = create : to produce energy

shed (v.) = to lose a covering, such as leaves, hair, skin or weight

Paragraph 1

1. revealed	a. An intense and widely shared enthusiasm for something, especially one that is short-lived and without basis in its qualities.
2. fad	b. Of food: healthy and in a larger amount.
3. shed	c. Ate, drank or used.
4. hearty	d. Lose something, like weight.
5. metabolism	e. Helped or encouraged something to increase or improve.
6. boosted	f. Made previously unknown or secret information known to others.
7.consumed	g. The chemical processes that happen inside a living organism in order to maintain life.

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Paragraph 2

8. rate	h.	A conclusion reached as a result of an inquiry, investigation, research or trial.
9. findings	i.	Without considering or paying attention to the present situation.
10.regardless	j.	Stop from happening.
11.underline	k.	The condition of being very, very fat or overweight.
12.obesity	l.	Emphasize something; show that something is important.
13.significant	m.	A measure, quantity, or frequency - usually one measured against some other quantity or measure.
14.prevent	n.	Sufficiently great or important to be worthy of attention.

Put these words into the spaces in the paragraph below.

hearty ***boosted*** ***fad*** ***reversed***

consumed ***revealed*** ***generation*** ***laboratory***

Researchers have (1) _____ what might be a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet (2) _____ ever for those wishing to shed a few kilos. Scientists in Germany conducted a study on how a (3) _____ breakfast affected the body's metabolism in a (4) _____ experiment. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and (5) _____ this with a high-calorie breakfast and low-calorie dinner the next. Eating a larger breakfast and a smaller dinner (6) _____ a process called diet-induced thermogenesis (DIT). This is the (7) _____ of heat in the body that burns up calories. This happened even when the total calories (8) _____ throughout the day remained the same.

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