

Imaginary eating

▶ 38



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National Geographic News

Obesity rates are climbing fast, so we need to find new techniques to help people control overeating. According to new research, "imaginary eating" could be one such technique. It's based on the idea that if you are less interested in a certain food, you will eat less of it. But how do you reduce your interest? A psychologist in the United States reports that if you just imagine eating a specific food, your interest in it will drop. Often people try not to think about food when they need to lose weight. But avoiding these thoughts might not be a good strategy. With imaginary eating, if you force yourself to think about chewing and swallowing food, you'll actually reduce your desire to eat.

Comments



Rpineapple23

This study is just more proof of how powerful our brain is. The better we are at using that power when making decisions and controlling certain behaviors, the healthier we will become.

REPLY

RECOMMEND

3 ▶ 39 Listen to two people discussing the news article. Are these sentences true (T) or false (F)?

- | | | |
|----------------------------------------------------------|---|---|
| 1 Jack believes the claims in the article. | T | F |
| 2 Lin is open-minded about the idea of imaginary eating. | T | F |
| 3 Both of them agree that willpower is important. | T | F |
| 4 Jack plans to try out the technique. | T | F |
| 5 Lin eats too many chips and snacks. | T | F |
| 6 Jack is going to buy some chocolate. | T | F |

4 ▶ 39 Listen to the conversation again.

Match the beginnings of the sentences (1–6) with the endings (a–f).

- | |
|-----------------------------------------------|
| 1 I'll believe it ____ |
| 2 If you don't train your mind, ____ |
| 3 I won't find out ____ |
| 4 When I want to eat a snack, ____ |
| 5 I'll never need to buy chocolate again ____ |
| 6 As soon as it starts working, ____ |
| a if this technique works. |
| b I'll let you know. |
| c I'll try imagining that I'm eating it. |
| d unless I try. |
| e when I see it. |
| f you won't be able to lose weight. |