

Unit 8

I. Vocab List

Images	Vocabulary
	burn [bə:rn] v. To burn is to use something as a source of energy. <i>Running is good exercise for people who want to burn fat and lose weight.</i>
	check [tʃek] v. To check is to ask someone whether something is correct, true, or allowed. <i>Peter wants to check with the teacher to see if he is doing the assignment right.</i>
	coconut ['kəʊkənʌt] n. A coconut is a large brown fruit that has a hard shell and white flesh. <i>A coconut produces a healthy oil.</i>
	epilepsy ['epəlepsi] n. Epilepsy is a medical condition that affects the brain and can make someone become unconscious or unable to control their movement for a short time. <i>The doctor diagnosed the patient with epilepsy.</i>
	fat [fæt] n. Fat is an oily solid or liquid substance in food. <i>The fat contained in salmon, avocados, and nuts is healthy.</i>
	gain [gem] v. To gain is to gradually get more and more of a quality, feeling, etc. <i>Winning the award will help Steven gain confidence.</i>
	glucose ['glu:kous] n. Glucose is a natural form of sugar that exists in plants and fruit. <i>People with diabetes need to check their glucose levels.</i>
	high [haɪ] adj. When something is high, it is greater than usual in amount, number, or degree. <i>The thermometer shows a high body temperature.</i>

	keep [ki:p] v. To keep is to stay in a particular state, condition, or position. <i>Brian needs to keep working in order to finish his project on time.</i>
	known [noun] adj. If something is known, it is something that people are aware of or have discovered. <i>Bob is known throughout the neighborhood as a burglar.</i>
	liver ['lɪvər] n. The liver is a large organ in the body that produces bile and cleans blood. <i>The professor showed us what the human liver looks like.</i>
	low [lou] adj. If something is low, it is smaller than usual in amount, number, or degree. <i>The temperature gets very low in the winter.</i>
	management ['mænɪdʒmənt] n. Management is the act or process of controlling and dealing with something. <i>Practicing yoga is good for stress management.</i>
	metabolic [ˌmetəˈbɑ:lɪk] adj. When something is metabolic, it relates to the chemical process in which plants or animals use food and water to make energy. <i>Fish have a very high metabolic rate.</i>
	oil [ɔɪl] n. Oil is a smooth, thick liquid made from plants or some animals, and is especially in cooking. <i>The chef put the oil in the pan and heated it up.</i>
	olive ['ɒlɪv] n. An olive is a small egg-shaped black or green fruit. <i>I prepared a bowl of olives for my guests.</i>
	performance [pərˈfɔ:rməns] n. Performance is how well someone or something functions, works, etc. <i>Liam's performance in the race was not his best.</i>

	powerful ['paʊərfəl] <i>adj.</i> If something is powerful, it has a strong effect. <i>This perfume has a powerful scent.</i>
	starch [sta:rtʃ] <i>n.</i> Starch is a substance that provides your body with energy and is found in foods such as wheat, potatoes, and rice. <i>Pasta is high in starch.</i>
	summary ['sʌməri] <i>n.</i> A summary is a short statement that contains the main information about something. <i>Cindy concluded the meeting with a summary of the project.</i>

II. Exercises

A. Circle the word that fits the definition.

1. a small, oval, green or black fruit

- a. pepper b. olive c. spice d. egg

2. to get more of

- a. remember b. gain c. forget d. lose

3. a liquid substance from plants or animals that is used for cooking

- a. water b. flour c. salt d. oil

4. a large fruit that has a thick shell with white flesh

- a. coconut b. orange c. egg d. avocado

5. a condition that can cause people to become unconscious or lose control for a short time

- a. stress b. tiredness c. epilepsy d. diabetes

B. Check (✓) the sentence that makes the most sense according to the bold word.

1. ☐ a. Pizza and hamburgers have a lot of **fat**.
☐ b. The **liver** is responsible for cleaning the heart.
2. ☐ a. Mary gave a **summary** of her book by reading the whole story.
☐ b. Zack received an award for his academic **performance**.
3. ☐ a. A **high** temperature means that it is hot.
☐ b. If a person is **known**, he or she is a stranger.
4. ☐ a. Fruit contains **glucose**.
☐ b. **Starch** is naturally found in water.
5. ☐ a. Animals do not have a **metabolic** rate.
☐ b. Exercise is a great way to **burn** fat.

C. Circle the two words in each group that are most closely related.

1. a. moderate b. powerful c. weak d. strong
2. a. management b. guidelines c. control d. agenda
3. a. little b. low c. known d. significant
4. a. wait b. find out c. check d. wonder
5. a. keep b. continue c. quit d. pause

D. Match to complete the words. Then write the part of speech.

1. perform • • ment → _____
2. manage • • lic → _____
3. power • • mary → _____
4. sum • • ance → _____
5. metabo • • ful → _____

III. Reading comprehension

The Ketogenic Diet

Many diets come and go. One diet that has **gained** a significant following is the ketogenic diet. This diet is a **low**-carbohydrate, moderate-protein, **high-fat** diet. Many swear by it, claiming that it has improved their overall health. **Known** health benefits are weight loss, diabetes **management**, increased mental focus and energy, and **epilepsy** control.

An average person's main energy source is **glucose**. When food that is high in carbohydrates is consumed, the body produces glucose. Since glucose is used for energy, fats are not needed and are, therefore, stored. By lowering the intake of carbohydrates and increasing fat intake, the body goes into a **metabolic** state known as ketosis. This is when the **liver** breaks down fats and produces ketones, which then become the main energy source. The body then becomes extremely efficient at **burning** fat for energy. Therefore, the goal of a ketogenic diet is to **keep** your body in this state.

In a ketogenic diet, carbs are strictly limited and should come from vegetables, nuts, and dairy. Refined carbs, such as wheat, **starch**, and fruit, are not allowed. This means pasta, bread, potatoes, and beans as well as fruit are to be avoided. The majority of meals should include meat, fatty fish, eggs, leafy greens, dairy, and healthy **oils** such as **olive** oil, **coconut** oil, and avocado.

A ketogenic diet has a lot of positive benefit; however, there are side effects. Some include cramping, constipation, heart palpitations, and reduced physical **performance**. As a precaution, you should always **check** with your doctor before you start any form of dieting.

In **summary**, eating more fat, a moderate amount of protein, and few carbohydrates will put your body into ketosis. Your body will use fat as energy. This diet can be a **powerful** tool for good health and weight loss.

Part. A. Mark each statement T for true or F for false.

1. ____ The ketogenic diet is a low-fat diet.
2. ____ The average person gets their energy from fat.
3. ____ The liver produces ketones by breaking down fat.
4. ____ The intake of carbohydrates must be very limited on the ketogenic diet.
5. ____ Anyone can go on the ketogenic diet without a doctor's approval.

Part B. Answer the questions.

1. What is this reading about?
 - a. Side effects of dieting
 - b. Rules of a new diet
 - c. Popularity of dieting
 - d. Metabolic diseases
2. What are the health benefits of a ketogenic diet?
 - a. It improves heart health and lowers cholesterol.
 - b. It helps with weight loss, diabetes management, increases mental focus and energy, and epilepsy control.
 - c. It increases carbohydrate intake and reduces fat storage.
 - d. It enhances muscle growth and builds strength quickly.
3. What are the side effects of the ketogenic diet?
 - a. Increased energy levels and better digestion.
 - b. Weight gain and increased appetite.
 - c. Cramping, constipation, heart palpitations, and reduced physical performance.
 - d. Improved muscle strength and faster metabolism.