

# WORKBOOK Unit 6

## Second part Lesson 3 and 4

### LESSON 3

10. Read the article "How Can It Be?" on page 68 of the Student's Book again. Then complete the chart.

American eating habits	French eating habits
"clean their plates"	consume rich foods, but stay thin
	spend a long time at the table
drive to the supermarket	buy fresh food daily

11 Answer the questions with information from the article on page 68 of the Student's Book.

1. How do the French see eating? How do Americans see eating?

2. Why do Americans "keep eating long after the French would have stopped"?

3. What lifestyle change has affected French eating habits recently?

12 Read the online article about making lifestyle changes.

### How to make healthy lifestyle changes that last



If you've ever tried to change how you eat, work out, or to live a more active lifestyle, you know it's not easy. Making a lifestyle change is challenging and it's especially difficult to make changes that last. Most often, people try to make many big changes all at once with a clear idea of how they want to accomplish their goals. They may struggle, get disappointed, and give up after a short period of time. Here are some tips for how you can make healthy changes that become lifelong habits:

**1. Make one change at a time.** Replace unhealthy behaviors with healthy ones. If you try to change too much too fast, you won't be successful. Focus on one change you'd like to make. If your goal is to improve your eating habits, choose one thing

to cut back on or add to your diet. Maybe resolve to stop drinking soda or eat some vegetables or fruits every day. Once that healthy behavior becomes part of your normal daily routine, you can take on another change.

**2. Start small.** Changes are often easier to make if you break them down. If you're used to going to the sofa watching TV every night, instead, take "baby steps." For example, you could turn off the TV for a week or 30 minutes. Then, when you've done this successfully for a few weeks, try three times a week for 45 minutes.

**3. Make a realistic plan.** When you decide to make a lifestyle change, you need to plan what you will do and when, where, how often, etc. If more exercise is your goal, for example, set a time and place for your workout and put it on your calendar. If you want to eat healthier, write down meals and snacks for the week. Make sure the changes you make are realistic and that you can accomplish them. Make sure the plan you create is achievable and that it works for your lifestyle. For example, if you're not a morning person, a plan to exercise at 5:00 a.m. is not going to happen! Likewise, if you're not a morning person, don't plan daily workouts at 5:00 a.m.!

13 Complete the statements with words and phrases from the box.

"baby step"    challenging    habits    realistic    struggle    successful

1. You want the changes you make to become \_\_\_\_\_ which you do regularly without thinking.
2. It's difficult to make lifestyle changes. You may \_\_\_\_\_, but don't give up.
3. If you try to make many big changes all at once, you probably won't be \_\_\_\_\_.
4. If you want to stop drinking coffee, you could start by drinking two cups every morning instead of three. This is a \_\_\_\_\_.
5. When you plan to make a change, be \_\_\_\_\_. Set goals you can accomplish and that work for your lifestyle.
6. Trying to change the way you eat is \_\_\_\_\_. It takes a lot of effort.

### LESSON 4

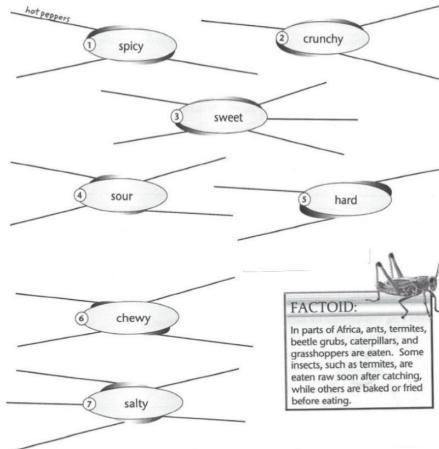
15 Complete the postcard with the correct form of taste, smell, or look.

Hi Reika,

I'm having a great time in Marrakech! Yesterday I walked in the main square, and it \_\_\_\_\_ like a scene from a movie! People in long, beautiful robes were everywhere, and there was so much food! I saw some fish that \_\_\_\_\_ like the kind we have at home. Somewhere else in the market, I couldn't see where, there was a kind of grilled meat that \_\_\_\_\_ terribly. I found it, but didn't know if I should try it. It \_\_\_\_\_ kind of strange, but I bought some anyway. It was delicious! It \_\_\_\_\_ both spicy and sweet. It wasn't at all what I expected! You should come here on your next vacation!

See you soon,  
Junko

16 Complete the word webs. Write three examples of foods that match each adjective.



17 Describe an unusual dish you have tried. Where and when did you eat it? What did it look, smell, and taste like? Would you recommend it to someone or not?

One of the strangest things I've ever eaten is ...