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
	consume rich foods, but stay thin
"clean their plates"	
	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 the way you eat or to lead a more active lifestyle, you know it isn't easy. Making a lifestyle change is challenging—and it's especially difficult to make changes that last. Often people try to make many big changes all at once without a clear idea of how they will accomplish their goals. They may struggle, get disappointed, and give up after a short period of time. Here are some tips to help you make healthy changes that become lifelong habits:

1 Make one change at a time. Replacing unhealthy behaviors with healthy ones takes time. 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 fruit with every meal. When a new 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 they are small. Don't expect yourself to go from lying on the sofa watching TV every night to spending an hour a night at the gym. Instead, take "baby steps." For example, you could start by exercising twice a week for 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, figure out how you will schedule it into your week and put it on your calendar. If you want to eat healthier, write down meals and snacks for the week. Keep the foods you'll need on hand, and consult your plan before you eat. Make sure the plan you create is achievable and that it works for your lifestyle. For example, if you're a big meat eater, a plan to eat only vegetables is not going to happen! Likewise, if you're not a morning person, don't plan daily workouts at 5:00 A.M.!

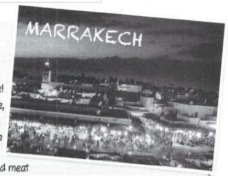
13 Complete the statements with words and phrases from the box.

"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.



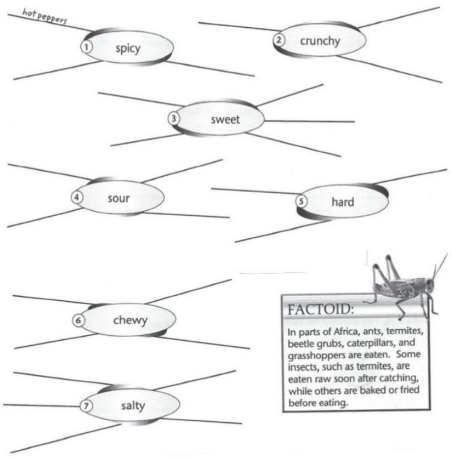
Hi Reiko,

I'm having a great time in Marrakech! Yesterday I walked in the main square, and it _____ 1. like a scene from a movie! People in long, beautiful robes were everywhere, and there was so much food! I saw some fish that _____ 2. 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 _____ 3. terrific. I found it, but didn't know it! I should try it. It _____ 4. kind of strange, but I bought some anyway. It was delicious! It _____ 5. 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.



FACTOID:

In parts of Africa, ants, termites, beetle grubs, caterpillars, and grasshoppers are eaten. Some insects, such as termites, are eaten raw soon after catching, while others are baked or fried before eating.

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 . . .

LIVEWORKSHEETS