

THE KETOGENIC DIET



Watch the Youtube video and fill in the blanks with the necessary details. Your answer must not be more than 3 words.

1. What is a keto diet?

The keto diet is actually a strict _____ diet.

2. How does the ketogenic diet work?

When the body runs out of _____ to generate energy, it will start to use _____ to generate energy.

3. Why does the ketogenic diet work?

- It promotes weight loss without _____.
- You _____ all the time even when you are sleeping.
- You feel energetic.

4. How is it done?

- Avoid _____ like sugar, processed junk food, bread, pasta, rice and etc.
- Eat _____, fish, eggs, vegetables and natural fats like _____.

5. People enjoy this diet as a lifestyle for long-term _____ and staying fit all year round.

Listen to the audio again and find a word or a phrase to replace the meaning.

Meaning	Word / Phrase
6. The kinds of food that one eats	
7. Felt full and satisfied	
8. A state of little or no change after changing a diet	