

READING

A. Many people who want to lose weight or become fitter and healthier often choose to go on a diet. But is this really the best method? With celebrities speaking in magazines and on television about new diets that have helped them slim down, it is not surprising that more and more people are turning to dieting. Shops and supermarkets have noticed this trend and are stocking their shelves full of diet products such as diet milkshakes, snack bars and even diet pills in the hope of getting consumers to spend more money. But, such products and the diets they are associated with are often found to be extremely unhealthy and some are even dangerous.

B. Most of these popular diets work by cutting out a certain nutrient from your food intake. For example, there are diets that work by cutting out carbohydrates. This means the body must use its fat reserves for energy. But while this might be an effective way to lose weight, there have been some negative effects associated with such methods. By cutting a particular food group out of your diet, you are starving your body of a nutrient that it needs, which could leave you feeling weak, tired or even grumpy. Furthermore, these diets are often unsuccessful in the long run and most people who follow them eventually put the weight they lost back on.

C. Generally, following a strict diet or cutting out a particular food group is not an effective way to lose weight. The most effective way is to reduce your calorie intake. The recommended calorie intake for an adult male is 2,500. If a man consumes more than 2,500 calories each day, then he is likely to gain weight. However, if he consumes less, then he is likely to lose weight, especially if he exercises.

D. So, instead of spending money on trendy diet pills or special weight loss foods, try to eat healthy balanced meals containing foods from all the food groups. Proteins, carbohydrates, fats, vitamins and minerals all play an important role in staying healthy, which is why they all should be included in your meals each day. Of course, some foods should be eaten in moderation as an occasional snack. For example, a bar of chocolate every once in a while won't cause you any problems. So, next time a friend of yours tells you that they are going on a diet, let them know that eating a healthy balanced diet is a much better choice.

I. Read the text and match the statements to the correct paragraph of the text.

Which paragraph:

- _____ 1) suggests having unhealthy foods in small amounts?
- _____ 2) warns readers of problems associated with following a diet?
- _____ 3) explains how a person can become overweight?
- _____ 4) describes a recent trend?

II. Read the text again. For questions 1-4 choose the correct answer A, B or C.

1. What does the writer state about popular diets?

- a)** They are often promoted by celebrities.
- b)** That they are all risky.
- c)** That they are expensive to follow.

2. The writer says that not consuming a particular nutrient

- a)** reduces your fat reserves.
- b)** makes you feel hungry.
- c)** can cause a change in your mood.

3. According to the writer, the best way to lose weight is by

- a)** cutting down on the calories you consume.
- b)** eating important vitamins and minerals.
- c)** not eating a particular type of food.

4. The main idea of paragraph D is that

- a)** people shouldn't buy diet pills.
- b)** following a diet with a variety of nutrients is ideal.
- c)** snacking is unhealthy.

III. Answer the following questions based on the text.

1) Why are more people deciding to go on diets?

1) _____

2) What advice is given about calorie intake?

2) _____

IV. Answer the following questions which aren't based on the text (write no more than 6 sentences).

- What is your opinion on diets? Are you for or against diets? Why? Have you ever gone on a diet?