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UNIT #1

PRONOUNCING [i]

- **Lips:** Tense and in a "smile" position
- **Jaw:** Almost completely raised
- **Tongue:** High, near the roof of the mouth

Listen and repeat.

[i] At the Beginning of Words		
eat	eel	each
eel	even	even
east	equal	equal
easy	eagle	eagle

[i] In the Middle of Words		
mean	need	seal
need	keep	leave
scene	reach	reach
these	scene	scene

[i] At the End of Words		
he	fee	be
be	tree	knee
key	tea	free
tea	free	

[i] Spelled

e	ee	ea		ea		ie or ie	
he	see	east	lean	east	lean	niece	brief
we	feel	feel	team	lean	team	piece	bleef
me	deed	deed	heel	team	cheap	belief	either
scene	these	scene	peach	cheap	peach	either	

PRONOUNCING [ɪ]

- **Lips:** Relaxed and slightly parted
- **Jaw:** Slightly lower than for [i]
- **Tongue:** High, but lower than for [i]

Listen and repeat.

[ɪ] At the Beginning of Words		
is	ill	itch
ink	itch	inch
instant	inch	issue

[ɪ] In the Middle of Words				
pin	miss	simple	winter	minute
lift	simple	timid	give	
lift	sift	winter		

The vowel [ɪ] does not occur at the end of words in English.

[ɪ] Spelled

y		ui		i		i	
gym	syrup	build	quick	sin	lips	sin	lips
symbol	system	quilt	guilty	with	gift	with	differ
rhythm	rhythm	guitar		differ			

LIVEWORKSHEETS

DIET TRENDS

Pre-Listening Activity

1. What do you think is a healthy diet?
2. Have you ever followed a special diet?
3. Why do people change their eating habits?
4. Do you think diet trends are helpful? Why or why not?
5. What foods do you think are good for your health?

Diet Trends Around the World

Listen and repeat.

Today, many people are interested in healthy lifestyles, and diet trends are becoming more popular. A diet trend is a way of eating that many people follow for health, weight loss, or personal reasons.

One popular diet trend is the plant-based diet. People who follow this diet eat mostly fruits, vegetables, grains, and nuts. They do not eat much meat or animal products. Many people choose this diet because they want to be healthier or protect the environment.

Another common trend is intermittent fasting. This means people eat only during certain hours of the day. For example, they may eat between 12:00 p.m. and 8:00 p.m., and not eat at other times. Some people say this helps them control their weight.

The keto diet is also popular. In this diet, people eat foods that are high in fat and low in carbohydrates, such as meat, eggs, and cheese. The goal is to help the body burn fat for energy.

However, not all diet trends are good for everyone. It is important to choose a diet that is healthy and balanced. Experts say people should always talk to a doctor or nutritionist before making big changes to their diet.

In conclusion, diet trends can be helpful, but people need to be careful and choose what is best for their body.

Post-Reading Conversation Questions

1. What is a diet trend? Share ideas (about the video) with your classmates.
2. Why do you think diet trends are popular today?
3. Why do some people choose a plant-based diet?
4. What is intermittent fasting?
5. Do you think intermittent fasting is easy or difficult? Why?
6. What foods are common in the keto diet?
7. Why do people follow the keto diet?
8. Do you think diet trends are good for everyone? Why or why not?
9. Why is it important to have a balanced diet?
10. Have you ever tried a diet trend? What happened?
11. Would you like to try any of these diets? Why or why not?
12. In your opinion, what is the best way to eat healthy?

WATCH VIDEO

LIVEWORKSHEETS