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The 4 page 60 minute ESL British English lesson – 25/11/14

Is the Mediterranean diet best?

Is the Mediterranean diet best? Ask any Greek, Spanish or Italian person and they'll tell you yes, it is! Eating a Mediterranean diet on a regular basis certainly helps tackle obesity.

Doctors writing in the latest edition of the *Postgraduate Medical Journal* said recently that a Mediterranean diet quickly reduces the risk of heart attacks and strokes. They also said it may be better than low-fats diets for sustained weight loss.

The Mediterranean diet typically has an abundance of vegetables, like celery, carrots, leafy greens like lettuce and spinach. It also includes fresh fruit, wholegrain cereals, olive oil and nuts, as well as fresh fish and poultry. The Mediterranean diet has long been associated with good health and fit hearts! Red meats, butter and animal fats are definitely off the menu!

According to scientists the combination of olive oil and leafy salad or vegetables is what gives the Mediterranean diet its healthy edge. When these two food groups are eaten together a chemical reaction occurs in the stomach. This creates compounds called nitro acids, which react with an enzyme to lower high blood pressure. The scientists also said that eating nuts with avocados along with vegetables should also work.

Cardiologist and lead author of the findings Dr Aseem Malhotra said, "What's more responsible is that we tell people to concentrate on eating nutritious food."

Doctors have also said that adopting a Mediterranean diet after a heart attack is almost three times as effective at reducing deaths as taking cholesterol-lowering statin medication. Spanish researchers have said a Mediterranean diet may also help prevent depression.

SPEAKING – WARM UP

Think of three things you about the Mediterranean diet. Go round the room swapping details with others.

LISTENING – WRITING - DICTATION

The teacher will read some lines of the article slowly to the class.

READING

Students should now read the article aloud, swapping readers every paragraph.

SPEAKING - UNDERSTANDING

1) The article – Students check any unknown vocabulary or phrases with the teacher.

2) The article - Students should look through the article with the teacher.

- 1) What is the article about?
- 2) What do you think about the article?
- 3) Was this an easy or difficult article to understand?
- 4) Was this a boring or interesting article?
- 5) Discuss the article.

3) Article quiz - Students quiz each other in pairs. Score a point for each correct answer. Score half a point each time you have to look at the article for help. See who can get the highest score!

Student A questions

- 1) Name the nationalities.
- 2) Name the cardiologist.
- 3) What is a cardiologist?
- 4) What did the cardiologist say?
- 5) Name the journal.

Student B questions

- 1) Where and what is the Mediterranean?
- 2) Name three of the vegetables in the article.
- 3) What is off the menu?
- 4) Name three things on the Mediterranean menu.
- 5) What is obesity?

**Category: Health / Food / Mediterranean Diet
Intermediate / Upper Intermediate**

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WRITING / SPEAKING

In pairs. On the board write as many words as you can to do with '**Mediterranean diet.**' *One-two minutes.* Using your words compile a short dialogue together.

WRITING / SPEAKING

In pairs – Choose three different vegetables you like to eat. Write them below. Discuss together.

- 1) _____
- 2) _____
- 3) _____

Add three fruits you eat. Discuss together.

- 1) _____
- 2) _____
- 3) _____

Add three types of meat or fish you eat. Which is healthiest? Why? Discuss together.

- 4) _____
- 5) _____
- 6) _____

Which is healthiest choice above? Why?

WRITING / SPEAKING / GAME

On the board as a class / In groups / In twos or threes – In three columns list as many different types of fruit, vegetable and meat/fish as you can! Which are your favourites? Which don't you like? *5 mins.*

The teacher will choose some students to hear their findings.

DISCUSSION

Student A questions

- 1) Does drinking a glass of red wine go well with a Mediterranean diet?
- 2) What is your favourite meal?
- 3) Is your favourite meal healthy?
- 4) Are you obese? Why?
- 5) Are you at risk of getting a heart attack from eating the wrong food?
- 6) Have you ever tried the Mediterranean diet?
- 7) Do you eat a lot of fresh vegetables?
- 8) Are you a vegetarian?
- 9) Do you eat a lot of red meats, butter and animal fats?
- 10) Would you consider going on a diet? Explain.

SPEAKING – ROLEPLAY 1

In groups. You are one of the following four guests or are the interviewer. You are in the *Food FM* studio in London. Today's interview is: *Is the Mediterranean diet best? 10 mins.*

- 1) You are a vegetarian.
- 2) You are a good cook.
- 3) You are an obese person.
- 4) You are someone on a Mediterranean diet.

The teacher will choose some groups to roleplay their interview in front of the class.

SPEAKING - ROLEPLAY 2

In pairs - *Student A* likes junk food. *Student B* is vegetarian. Start a conversation about what each of you eats. How will a Mediterranean diet help you both? *5 mins.*

SPEAKING – DISCUSSION

Allow 5-10 minutes – As a class.

Is the Mediterranean diet best?

The teacher can moderate the session.

DISCUSSION

Student B questions

- 1) Are tomatoes good for you? Explain.
- 2) Do you like avocados and nuts?
- 3) Do you eat many salads?
- 4) Do you have a strong healthy heart?
- 5) Do you eat lots of olive oil, salads and wholegrain cereals?
- 6) Does eating a Mediterranean diet help prevent depression?
- 7) Do you know anyone who has suffered from a heart attack? Who?
- 8) If the answer to No 7 above was yes, did the person affected change their diet to a Mediterranean diet?
- 9) What type of fish do you eat? Are these freshwater or saltwater fish?
- 10) Did you like this discussion?

GAP FILL: READING

Is the Mediterranean diet best?

Is the Mediterranean diet best? Ask any Greek, Spanish or Italian person and they'll tell you yes, it is! Eating a Mediterranean (1)___ on a regular basis certainly helps tackle (2)___.

Doctors writing in the latest edition of the *Postgraduate Medical Journal* said recently that a (3)___ diet quickly reduces the risk of (4)___ and strokes. They also said it may be better than low-fats diets for sustained weight loss.

The Mediterranean diet (5)___ has an (6)___ of vegetables, like celery, carrots, leafy greens like lettuce and (7)___ . It also includes fresh fruit, wholegrain cereals, olive oil and nuts, as well as fresh fish and poultry. The Mediterranean diet has long been associated with good health and fit hearts! Red meats, butter and animal fats are (8)___ off the menu!

spinach / obesity / diet / definitely / typically / heart attacks / Mediterranean / abundance

According to scientists the (1)___ of olive oil and leafy (2)___ or vegetables is what gives the Mediterranean diet its healthy edge. When these two food groups are eaten together a chemical reaction occurs in the stomach. This creates compounds called nitro acids, which react with an enzyme to lower high (3)___ . The scientists also said that eating (4)___ with (5)___ along with vegetables should also work.

Cardiologist and lead author of the findings Dr Aseem Malhotra said, "What's more responsible is that we tell people to (6)___ on eating nutritious food."

Doctors have also said that adopting a Mediterranean diet after a heart attack is almost three times as (7)___ at reducing deaths as taking cholesterol-lowering statin medication. Spanish researchers have said a Mediterranean diet may also help prevent (8)___ .

depression / combination / salad / concentrate / avocados / effective / blood pressure / nuts

GAP FILL: GRAMMAR

Is the Mediterranean diet best?

Is the Mediterranean diet best? Ask (1)___ Greek, Spanish or Italian person (2)___ they'll tell (3)___ yes, it is! Eating a Mediterranean diet on (4)___ regular basis certainly helps tackle obesity.

Doctors writing in the latest edition of the *Postgraduate Medical Journal* said recently that a Mediterranean diet quickly reduces the risk of heart attacks and strokes. They also said it (5)___ be better than low-fats diets (6)___ sustained weight loss.

The Mediterranean diet typically has an abundance of vegetables, like celery, carrots, leafy greens like lettuce and spinach. It also includes fresh fruit, wholegrain cereals, olive oil and nuts, (7)___ fresh fish and poultry. The Mediterranean diet has long been associated with good health and fit hearts! Red meats, butter and animal fats are definitely off (8)___ menu!

a / may / as well as / the / you / any / for / and

According to scientists the combination of olive oil and leafy salad or vegetables is (1)___ gives the Mediterranean diet its healthy edge. When (2)___ two food groups are eaten together a chemical reaction occurs in the stomach. (3)___ creates compounds called nitro acids, (4)___ react with an enzyme to lower high blood pressure. The scientists also said that eating nuts with avocados along with vegetables should also work.

Cardiologist and lead author of the findings Dr Aseem Malhotra said, "What's (5)___ responsible is that we tell people to concentrate on eating nutritious food."

Doctors have also said (6)___ adopting a Mediterranean diet after a heart attack is (7)___ three times as effective at reducing deaths as taking cholesterol-lowering statin medication. Spanish researchers have said a Mediterranean diet may (8)___ help prevent depression.

almost / this / these / that / which / also / more / what

GAP FILL: LISTENING

Is the Mediterranean diet best?

Is the Mediterranean diet best? Ask any Greek, Spanish or Italian person and they'll tell you yes, it is! Eating a _____ on a regular basis certainly helps tackle obesity.

Doctors writing in the latest edition of the _____ said recently that a Mediterranean diet quickly reduces the risk of heart attacks and strokes. They also said it may be better than _____ sustained weight loss.

The Mediterranean diet typically has an abundance of vegetables, like celery, carrots, leafy greens like lettuce and spinach. It also includes fresh fruit, _____, olive oil and nuts, as well as fresh fish and poultry. The Mediterranean diet has long been associated with good health and fit hearts! Red meats, butter and animal fats are _____!

According to scientists the combination of olive oil and leafy salad or vegetables is what gives the Mediterranean diet its healthy edge. When these two food groups are eaten together _____ occurs in the stomach. This creates compounds called nitro acids, which react with an enzyme to lower high blood pressure. The scientists also said that eating _____ along with vegetables should also work.

Cardiologist and lead author of the findings Dr Aseem Malhotra said, "What's more responsible is that we tell people to concentrate on eating _____." Doctors have also said that adopting a Mediterranean diet after _____ almost three times as effective at reducing deaths as taking cholesterol-lowering statin medication. Spanish researchers have said a Mediterranean diet may also help _____.

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WRITING/SPELLING

WRITING / SPEAKING

1) On the board - In pairs / As a class - write down **20 different healthy things you eat**. Talk about them all! 5 mins.

2) Sentence starters - Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- 1) Obesity _____
- 2) I prefer to eat _____
- 3) The Mediterranean diet _____

3) Homework - Write and send a 200 word email to your teacher about: **Is the Mediterranean diet best?** Your email can be read out in class.

GAP FILL READING

- 1) diet
- 2) obesity
- 3) Mediterranean
- 4) heart attacks
- 5) typically
- 6) abundance
- 7) spinach
- 8) definitely

ANSWERS

- 1) combination
- 2) salad
- 3) blood pressure
- 4) nuts
- 5) avocados
- 6) concentrate
- 7) effective
- 8) depression

SPELLING

The teacher will ask the class individually to spell the following words that are in the article. Afterwards check your answers.

- 1) Mediterranean
- 2) weight
- 3) scientists
- 4) combination
- 5) vegetables
- 6) healthy
- 7) edge
- 8) reaction
- 9) stomach
- 10) enzyme

SPELLING

Use the following ratings:

Pass = 12

Good = 15

Very good = 18

Excellent = 20

- 11) cardiologist
- 12) responsible
- 13) concentrate
- 14) nutritious
- 15) effective
- 16) cholesterol
- 17) depression
- 18) regular
- 19) obesity
- 20) tackle

Is the Mediterranean diet best? - *25th November 2014*