

# The World of Snacks

## Discussion

How do you prepare for the class?

I see the PPT. I pay attention to the new words, I checked the dictionary. I need to get familiar with the topic by reading it again and again.

Why did you choose this topic?

Snacks are very common food.

I like nuts and fruits.

I am really against anything plant based.

Based on the research I have made, I think eating plants is not good for us.

Plants contain only a little usable nutrients, and they contain a lot of toxins.

Based on our stomach, on our intestine, we should eat primarily meat(98%).

I think vitamin B cannot be obtained from plant-based food.

In my country, there was a couple, with a child, a girl. They were vegetarians, so they forced their young daughter to be a vegetarian too. This girl has died from undernourishment. Parents are being sentenced for murder.

I have a balanced diet of meat and vegetables.

Have you experienced emotional eating?

Yes, I have.

Why is that the way you choose to deal with emotions?

I want to enjoy eating delicious food.

It's an easy but a wrong way. Do you realize that?

What can you do instead of emotional eating?

I would go to the gym.

Do you feel tired after eating food?

Yes, I do.

Our body needs energy to process the food, so if you eat too much or things that are not good, your body will lose the energy.

I was fasting for 72 hours. I didn't eat anything in three days. I felt great, after 24 hours, your body goes in the state of ketosis, which is a natural state in which your body uses your body fat for energy. Autophagy gets promoted, an active in high degree after 12 hours. Autophagy is a process in which old cells in our body get recycled.

I recommend that you read and educate yourself about it, then you can decide if you want it or not.

## Vocabulary

### New words

1. soothe(verb)
2. mindless(adj.)
3. hectic(adj.)
4. steer clear(verb)
5. craving(noun)
6. boost(verb) ### Useful words
7. toxin(noun):a poison, a harmful chemical.
8. vegan diet(noun):a diet based exclusively on plants.
9. vegetarian diet(noun):a diet based on plants, eggs, and dairy.
10. carnivore diet(noun):diet that is based only on meat, animal products.

## Grammar

### Modal verbs

After a modal verb(can, should, could, would, etc), don't conjugate(change) the verb, use the base form.

It harms me.

it can harm(base form) me.

I should visited you.(wrong)

I should visit(base form) you.(correct)