



THE SIDE-EFFECTS OF LOSING WEIGHT QUICKLY

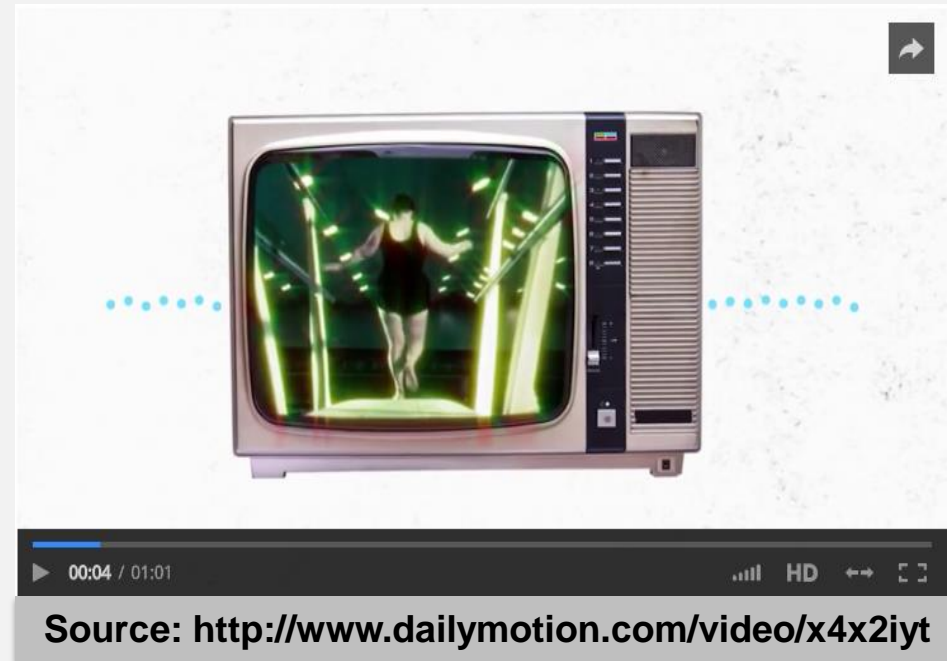
In 30 seconds, answer the following questions:

- Do you think losing weight is the most common New Year's resolution?
- In what ways does the fashion industry contribute to body image issues?

Watch the video and answer the given questions in 60 seconds:

1. What do people usually do to lose weight?
2. In your opinion, what is the best way to lose weight?
Why?

Video



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

Wear Your Words

Listen and repeat. Then, choose a word to define.

1. **Dizzy (adj)** /'dɪzi/

2. **Craving (n)** /'kreɪvɪŋ/

3. **Obese (adj)** /oʊ'biːs/

4. **Metabolism (n)** /mə'tæbəlaɪzəm/

5. **Self-esteem (n)** /,self ɪ'stiːm/

6. **Rebound (v)** /rɪ'baʊnd/

Make a sentence using that word.

Example: *She was not just overweight; she was clinically **obese**.*



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

Wear Your Words

Explanation of useful phrasal verbs:

Pass out

to become unconscious



Trim (sth) down

to become smaller in size; to make something smaller



Examples:

- ✓ *I **passed out** after being hit on the head.*
- ✓ *He managed to **trim down** from 90 kilos to 70.*

Make a sentence using one of the given phrasal verbs.



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

Structure:

It's no use + V-ing.

Example: *It's no use trying to escape - no one ever gets out of here.*

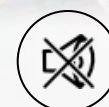
Make a sentence using the given structure.



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

Pair Work: In 180 seconds, discuss “The risks of rapid weight loss” with your partner.

Suggestions

- ✓ Rapid drop in blood glucose levels and hypo events
- ✓ Loss of energy leads to a reduction in physical activity
- ✓ Loss of muscle mass even with ongoing exercise
- ✓ Damage to the liver
- ✓ Etc.



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

Assessment Form

Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker

- ✓ Vocabulary related to losing weight

- ✓ **Two phrasal verbs:**

Pass out

Trim (sth) down

- ✓ **Structure:**

It is no use + V-ing.



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support




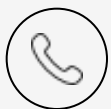
Use headphones



No speaker

Complete your mission and find more in related lessons.

Your mission	<ul style="list-style-type: none">✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)✓ Search for related lessons in the course browser here (It doesn't apply to all students)✓ Take those lessons
Recommendation	<ul style="list-style-type: none">✓ 141-healthcare (#0374)✓ 50-test your use of contractions (#0127)
 <p>Excellence</p> <p>Click on the star to rate I am most satisfied</p> <p>Teacher Technical quality Material</p>	<ul style="list-style-type: none">✓ Please don't forget to rate our lesson today



Vietnam: 1800 6885/ 1800 6086
Thailand: 021 054 346
Indo: +622 129 223 068
Technical support



Use headphones



No speaker