

VEGETARIANISM, A GROWING TREND

In 30 seconds, answer the following questions:

- Do you like vegetarian food? Why?

Speak Up

TOPICA NATIVE

Watch the video, then answer the given question in 60 seconds:

What are the benefits of plant-based diets?



Source:

<http://www.dailymotion.com/video/x5i3mo5>



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2/9

Wear Your Words

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

1. **Nutrition (n)** /nu'*t*ri*ʃ*n/ _____
2. **Obesity (n)** /o*v*'bi:*s*e*t*i/ _____
3. **Recipe (n)** /'res*ə*p*ɪ*/ _____
4. **Protein (n)** /'prout*i*n/ _____
5. **Balanced (adj)** /'bælənst/ _____
6. **Fruitarian (n)** /fru:*t*er*i*ən/ _____

Make a sentence using that word.

Example: She asked her friend for some advice on diet and ***nutrition***.



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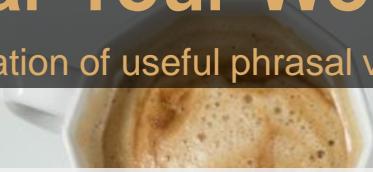


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Wear Your Words

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Explanation of useful phrasal verbs:



Cut something out

to stop doing, using or eating something



Heat something up

to make something hot or warm



Examples:

- ✓ I've been advised to **cut sugar out** of my diet.
- ✓ Just **heat up the food** in the microwave.

Make a sentence using one of the given phrasal verbs.



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Structure:

S + be + of + (adj) benefit + to + O.

Example: Following a vegetarian diet is of great benefit to our health.

Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss with your partner the advantages and disadvantages of a vegetarian diet.

Suggestions	
Advantages	Disadvantages
<ul style="list-style-type: none">✓ Lower cholesterol✓ Lower blood pressure✓ Promote greater self-control✓ Etc.	<ul style="list-style-type: none">✓ A radical change✓ Loss of essential vitamins and minerals✓ Etc.



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Assessment Form

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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!



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- ✓ Vocabulary related to vegetarianism
- ✓ **Two phrasal verbs:**
 - Cut something out**
 - Heat something up**
- ✓ **Structure:**

S + be + of + (adj) benefit + to + O.
- ✓ Discussions about the advantages and disadvantages of a vegetarian diet



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Homework

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Complete your mission and find more in related lessons.

Your mission

- ✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)
- ✓ [here \(It doesn't apply to all students\)](#)
- ✓ Take those lessons

Recommendations

- ✓ [141-fine dining vocabulary \(#0244\)](#)
- ✓ [35-body and health vocabulary \(#0073\)](#)

Rất hài lòng



Nhấn vào ngôi sao để đánh giá

Tôi hài lòng nhất



Giảng viên



Chất lượng kỹ thuật



Học liệu

- ✓ Please don't forget to rate our lesson today



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