

## VEGETARIANISM, A GROWING TREND

**In 30 seconds, answer the following questions:**

- **Do you like vegetarian food? Why?**

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

**What are the benefits of plant-based diets?**

## Video



**Source:**

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



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Technical support



Use headphones



No speaker

# Wear Your Words

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

1. **Nutrition (n)** /nu'triʃn/

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2. **Obesity (n)** /ou'bi:səti/

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3. **Recipe (n)** /'resəpi/

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4. **Protein (n)** /'prəuti:n/

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5. **Balanced (adj)** /'bælənst/

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6. **Fruitarian (n)** /fru:'teriən/

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**Make a sentence using that word.**

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



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# Wear Your Words

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

- ✓ Lower cholesterol
- ✓ Lower blood pressure
- ✓ Promote greater self-control
- ✓ Etc.

### Disadvantages

- ✓ A radical change
- ✓ Loss of essential vitamins and minerals
- ✓ Etc.



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# 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!**



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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

Complete your mission and find more in related lessons.

<b>Your mission</b>	<ul style="list-style-type: none"><li>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</li><li>✓ <a href="#">here (It doesn't apply to all students)</a></li><li>✓ Take those lessons</li></ul>
<b>Recommendations</b>	<ul style="list-style-type: none"><li>✓ <a href="#">141-fine dining vocabulary (#0244)</a></li><li>✓ <a href="#">35-body and health vocabulary (#0073)</a></li></ul>


Rất hài lòng

Nhấn vào ngôi sao để đánh giá

Tôi hài lòng nhất



Giảng viên



Chất lượng kĩ thuật



Học liệu

✓	Please don't forget to rate our lesson today
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