

Helli ۵- Top Notch ۲B - Unit ۶ - Reading

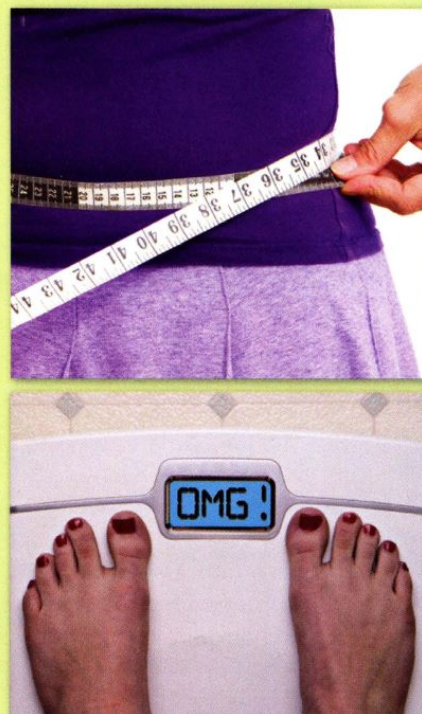
How Can It Be?

Americans gain weight ... while the French stay thin

Have you ever wondered why Americans struggle with watching their weight, while the French, who consume all that rich food—the bread, the cheese, and the heavy sauces—continue to stay thin? Now a report from Cornell University suggests a possible answer. A study of almost 300 participants from France and the U.S. provides clues about how lifestyle and decisions about eating may affect weight. Researchers concluded that the French tend to stop eating when they feel full. However, Americans tend to stop when their plate is completely empty, or they have reached the end of their favorite TV show.

According to Dr. Joseph Mercola, who writes extensively about health issues, the French see eating as an important part of their lifestyle. They enjoy food and, therefore, spend a fairly long time at the table. In contrast, Americans see eating as something to do quickly as they squeeze meals between the other activities of the day. Mercola believes Americans have lost the ability to sense when they are actually full. So they keep eating long after the French would have stopped. In addition, he argues that, by tradition, the French tend to shop daily, walking to small shops and farmers' markets where they have a choice of fresh fruits, vegetables, and eggs as well as high-quality meats and cheeses for each meal. In contrast, Americans tend to drive their cars to huge supermarkets to buy canned and frozen foods for the whole week.

Despite all these differences, new reports show that recent lifestyle changes may be affecting French eating habits. Today, the rate of obesity—or extreme overweight—among adults is only 6%. However, as American fast-food restaurants gain acceptance, and the young turn their backs on older traditions, the obesity rate among French children has reached 17%—and is growing.



Check all the items that make the statements true, according to the article. It's possible that two options are correct.

1. Americans eat ____.

everything on their plates

canned and frozen foods

high-quality meats and cheeses

2. The French eat ____.

fresh foods

quickly

rich foods

3. Americans stop eating when _____.

- their plates are empty they are full they are watching TV

4. The French stop eating when _____.

- they feel full they travel their plates are empty

According to the article, are these statements definitely true or probably true?
Circle the best answer.

5. Americans struggle to keep their weight under control.

- Definitely true Probably true

6. When Americans are young, they are taught to eat all the food on their plates.

- Definitely true Probably true

7. Americans watch more TV than the French.

- Definitely true Probably true

8. The French sit at the dining room table longer than Americans do.

- Definitely true Probably true

9. Americans keep eating even though they are full.

- Definitely true Probably true

10. The French usually don't drive to supermarkets.

- Definitely true Probably true

11. The obesity rate among French children is growing.

- Definitely true Probably true

Choose the best answer.

12. _____ means
to experience difficulty and make a very great effort in order to do something

- wonder consume participants affect struggle conclude provide
 clue obesity

13. _____ means

to eat or drink something

- wonder consume affect struggle conclude participants provide
 clue obesity

14. _____ means

a person who takes part in or becomes involved in a particular activity

- wonder participants affect struggle conclude provide consume
 clue obesity

15. _____ means

to have an influence on someone or something

- wonder participants affect struggle conclude provide consume
 clue obesity

16. _____ means

to decide something, after you have studied or thought about it

- wonder participants affect struggle conclude provide consume
 clue obesity

17. _____ means

Very fat, in a way that is dangerous for health

- wonder participants affect struggle conclude provide consume
 clue obesity

18. _____ means

to ask yourself questions or express a wish to know about something

- wonder participants affect struggle conclude provide consume
 clue obesity

19. _____ means

to give something to someone who needs it

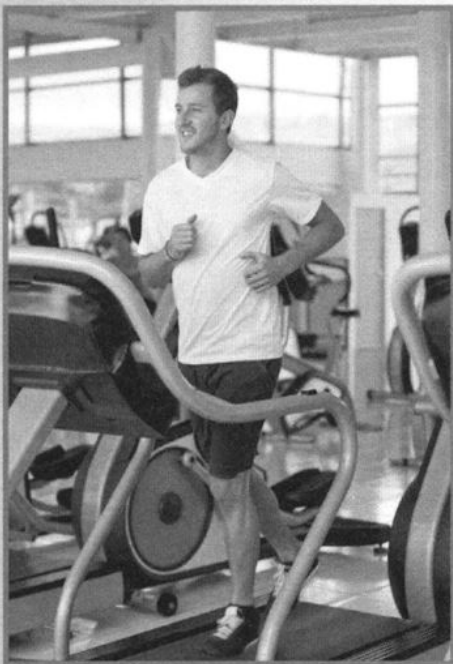
- wonder participants affect struggle conclude provide consume
 clue obesity

20. _____ means

a sign or some information that helps you to find the answer to a problem, question, or mystery

- wonder participants affect struggle conclude provide consume
 clue obesity

How to make healthy lifestyle changes that last



If you've ever tried to change the way you eat or to lead a more active lifestyle, you know it isn't easy. Making a lifestyle change is challenging—and it's especially difficult to make changes that last. Often people try to make many big changes all at once without a clear idea of how they will accomplish their goals. They

may struggle, get disappointed, and give up after a short period of time. Here are some tips to help you make healthy changes that become lifelong habits:

1 Make one change at a time. Replacing unhealthy behaviors with healthy ones takes time. If you try to change too much too fast, you won't be successful. Focus on one change you'd like to make. If your goal is to improve your eating habits, choose one thing

to cut back on or add to your diet. Maybe resolve to stop drinking soda or eat some vegetables or fruit with every meal. When a new healthy behavior becomes part of your normal daily routine, you can take on another change.

2 Start small. Changes are often easier to make if they are small. Don't expect yourself to go from lying on the sofa watching TV every night to spending an hour a night at the gym. Instead, take "baby steps." For example, you could start by exercising twice a week for 30 minutes. Then, when you've done this successfully for a few weeks, try three times a week for 45 minutes.

3 Make a realistic plan. When you decide to make a lifestyle change, you need to plan what you will do and when, where, how often, etc. If more exercise is your goal, figure out how you will schedule it into your week and put it on your calendar. If you want to eat healthier, write down meals and snacks for the week. Keep the foods you'll need on hand, and consult your plan before you eat. Make sure the plan you create is achievable and that it works for your lifestyle. For example, if you're a big meat eater, a plan to eat only vegetables is not going to happen! Likewise, if you're not a morning person, don't plan daily workouts at 5:00 A.M.!

Complete the statements with a suitable word.

21. If you want to stop drinking coffee, you could start by drinking two cups every morning instead of three. This is a _____

- baby step challenging habits realistic struggle successful

22. You want the changes you make to become _____ which you do regularly without thinking.

- baby step challenging habits realistic struggle successful

23. If you try to make many big changes all at once, you probably won't be _____

- baby step challenging habits realistic struggle successful

24. It's difficult to make lifestyle changes. You may _____, but don't give up.

- baby step challenging habits realistic struggle successful

25. Trying to change the way you eat is _____. It takes a lot of effort.

- baby step challenging habits realistic struggle successful

26. When you plan to make a change, be _____. Set goals you can accomplish and that work for your lifestyle.

- baby step challenging habits realistic struggle successful

27. Often people try to make many big changes all at once without a clear idea of how they will **accomplish** their goals.

- to finish something successfully or to achieve something
 unhappy because something did not happen

28. If your goal is to improve your eating habits, choose one thing to **cut back** on or add to your diet. **Cut back means** _____

- eating or drinking something more eating or drinking something less