

English B2 Saturday 11th April: Health & Lifestyle

The "**Health Myth**": Read three statements and to discuss in pairs if they are Fact or Fiction.

1. "You need to drink 8 glasses of water a day to stay healthy."
2. "Frozen vegetables are less nutritious than fresh ones."
3. "Eating late at night causes weight gain."
4. "Drinking coffee dehydrates you"
5. "Carbs are the enemy"

Cut down on - I need to cut down on smoking

Cut out (to remove)- I need to cut out sugar from my diet

To be on a diet (to lose weight)- I'm on a diet

I'm on a special diet to increase my weight.

I'm on a specific diet to control my blood sugar.

Maintain a healthy lifestyle

Maintain a good level of fitness

Maintenance

Have a healthy diet / to eat healthily

Vice - smoking is my only vice/ drinking/

Metabolism - fast metabolism, slow metabolism

Dehydrated - If you don't drink enough water you can suffer from dehydration.

Diuretic effect

Hydrated - It's important to be hydrated.

Heart palpitations

Carbohydrates (pasta, bread, rice)

Gluten free

Lactose free

Guilty pleasure - something you keep secret that you enjoy (but is considered bad/low grade)

Eliminate (remove totally)- I need to eliminate refined sugar / carbs from my diet

Increase intake of vegetables in my diet

Reduce intake of salt in my diet

Diet - good diet, bad diet, mediterranean diet

Eating habits

Wholesome (good for you), healthy, hearty

Filling food

Nutritious

Lacks nutrition

Processed food

Habit

Harmful (dangerous / bad for you). Harm, self harm.

Ultra processed foods

Avoid / limit / reduce / cut down
Sedentary lifestyle - lazy lifestyle
Active lifestyle
Health benefits
Detrimental to our health (damaging to our health)
Mental wellbeing / state
Mental illness (adhd, depression...)
Mental health problems
Good mental health / bad health
Psychologically well
Physical wellbeing / physical state
Emotional wellbeing / emotional state
Increase the risk of..
Decrease the risk of....
Doom scrolling
Infinity pool
The happiness is short lived
Batch cooking

Harm / harmful
Obese / obesity (very overweight)
Stress / stressful
Fit / fitness

The long term effects of weight loss injections
In the short term, it seems to work

Genetic
Genetically predisposed to a certain illness
To have discipline
To be disciplined