

Digital fork helps you lose weight

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A new product has come on the market for those wanting a digital solution to losing weight – a fork. A Hong Kong company, HAPILABS, has showcased its

HAPIfork at the Consumer Electronics Show in Las Vegas, USA. The wireless fork keeps track of your dining habits, including your eating speed, and then downloads data via USB or Bluetooth to your iPhone or PC. The purpose of the fork is to help you eat more slowly. It tells you how long it took to eat your meal, the amount of "fork servings" taken per minute, and the intervals between "fork servings". If you are eating too fast, the fork will vibrate to let you know to slow down. The HAPIfork weighs 65 grams and is on sale for \$99.

HAPILABS was founded by former French pole vaulter Fabrice Boutain. He explained the benefits of his new product, saying: "What is important is you take enough time to chew the food well." He added: "By chewing well, you will help the digestion. There was a study in the United States in 2006 showing that people eating more slowly will eat 11 per cent fewer calories. So this is how we can help us lose weight." HAPILABS spokesman Andrew Carton said: "Eating too fast and insufficient mastication has been tied to all sorts of problems, including...weight gain." The company's website says there are many scientific studies that highlight the negative effects related to eating meals too quickly.

Sources: hapilabs.com / pcmag.com / sfgate.com

Writing

A digital fork that helps people lose weight is a fantastic idea. Discuss.

Chat

Talk about these words from the article.

new product / digital solution / electronics / eating speed / dining habits / intervals / benefit / chew / digestion / fewer calories / mastication / weight gain / negative effects

True / False

- a) A new fork has been shown to the world in Hong Kong. T / F
- b) The idea behind the fork is for people to eat more slowly. T / F
- c) The fork vibrates to shake too much high calorie food off. T / F
- d) The \$65 fork weighs 99 grams. T / F
- e) A French athlete is the brains behind the HAPIfork. T / F
- f) The company's founder said eating slowly can cut calories by 11%. T / F
- g) A company spokesman said there was plenty wrong with eating fast. T / F
- h) The company said it would do a study on eating speed and weight. T / F

Synonym Match

- | | |
|-----------------|-----------------|
| 1. product | a. linked |
| 2. solution | b. shedding |
| 3. losing | c. one-time |
| 4. amount | d. inadequate |
| 5. vibrate | e. commodity |
| 6. founded | f. shake |
| 7. former | g. consequences |
| 8. tied | h. answer |
| 9. insufficient | i. volume |
| 10. effects | j. started |

Discussion – Student A

- a) What do you think of the name "HAPIfork"?
- b) What's the most difficult thing about losing weight?
- c) Have you ever tried to lose weight? How did it go?
- d) How important is chewing?
- e) Do you ever put too much on your fork?
- f) When do you eat too quickly?
- g) Do you have any bad eating habits?
- h) Do you watch what you eat (i.e. be careful with calories)?

Phrase Match

- | | |
|--|----------------------------|
| 1. those wanting a digital solution | a. of your dining habits |
| 2. The wireless fork keeps track | b. know to slow down |
| 3. downloads data | c. all sorts of problems |
| 4. the intervals | d. calories |
| 5. the fork will vibrate to let you | e. to losing weight |
| 6. take enough time | f. effects |
| 7. By chewing well, you | g. via USB or Bluetooth |
| 8. 11 per cent fewer | h. will help the digestion |
| 9. insufficient mastication has been tied to | i. to chew |
| 10. studies that highlight the negative | j. between "fork servings" |

Discussion – Student B

- What do you think of the HAPIfork?
- Do you worry about your weight?
- How good an idea is the HAPIfork?
- Do you think the HAPIfork will make people lose weight?
- What's the best way of losing weight?
- Why are so many people overweight?
- Should overweight people pay more on airplanes and in hospitals?
- Do you think the HAPIfork will be a big success?

Spelling

- for those wanting a digital stuloino
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- fork rsgvisen
- the vrnaliest between
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- pole leruvat
- help the etongidis
- fewer seorailc
- iesfnfutiinc mastication
- fesnicitci studies
- highlight the negative etfscfe

Answers – Synonym Match

1. e	2. h	3. b	4. i	5. f
6. j	7. c	8. a	9. d	10. g

Role Play

HAPILABS owner - You think the HAPIfork is the best thing ever to help people lose weight. Tell the others three reasons why. You think the fork is more effective than diets, exercise and other weight loss products. It's also a lot of fun. You want everyone to buy it and tell their friends.

Nutritionist - You don't think the HAPIfork is a good idea. Tell the others three reasons why. The fork does not stop people eating too much. It also doesn't stop people eating the high-calorie food. The best thing is for people to know how many calories they eat and to eat lots of fruit and vegetables.

Big eater - You love eating. It is one of the most pleasurable things in the world. Tell the others three reasons why. You think a fork that tells you to eat slowly is a bad idea. Tell the others three reasons why. You want to eat without a digital product telling you about your eating speed. You will never buy it.

Overweight person - You think the HAPIfork is a great product. Tell the others three reasons why. You think at \$99, it is far too expensive. It is just a fork with a few microchips inside. Tell the HAPILABS owner you will buy it if it is \$15. Otherwise you will use your stopwatch to time your eating speed.

Speaking – Eating Habits

Rank these and share your rankings with your partner. Put the best at the top. Change partners often and share your rankings.

- eating too quickly
- leaving food on your plate
- slurping
- eating with your mouth open
- belching
- leaving the table before finishing
- talking while eating
- eating with the TV on

Answers – True False

a	F	b	T	c	F	d	F	e	T	f	T	g	T	h	F
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Answers to Phrase Match and Spelling are in the text.