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6,000-calorie burger gives man heart attack

16th February, 2012

<http://www.breakingnewsenglish.com/1202/120216-burgers.html>

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1202/120216-burgers.html>

A man at a Las Vegas fast food restaurant tempted fate by ordering a "Triple Bypass Burger". The man was dining at the aptly named Heart Attack Grill – a fast food eatery that specializes in cholesterol packed food. He was eating a 6,000-calorie hamburger called a "Triple Bypass Burger" when he suffered cardiac arrest. The restaurant owner, Jon Basso, had to call an ambulance and the customer was taken to hospital. The burger contained over 3 kg of beef, 12 slices of bacon, cheese and a "unique special sauce" full of saturated fats. Mr Basso told Fox News how much distress his customer was in: "The gentleman could barely talk. He was sweating, suffering," he said.

The Heart Attack Grill hit the headlines for its approach to dining. Some of the high-fat meals on the menu contain as many as 10,000 calories. There is even a warning on the door that the food is bad for your health. Diners at the restaurant are called "patients" and the serving staff takes "prescriptions" as orders. Patients who weigh more than 158 kg get to eat for free. Mr Basso had a special TV commercial promoting his restaurant. He tells people: "I personally guarantee a stable upward progression of body weight." The ad warns of possible side effects that include "repeated increase of wardrobe size, back pain, male breast growth, loss of sexual partners, tooth decay and...in some cases, mild death may occur".

WARM-UPS

1. BURGERS: Walk around the class and talk to other students about burgers. Change partners often. Sit with your first partner(s) and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

Las Vegas / heart attack / cholesterol / ambulance / hospital / beef / saturated fats / hit the headlines / menu / calories / prescriptions / TV commercial / body weight

Have a chat about the topics you liked. Change topics and partners frequently.

3. FAST FOOD: On a scale of 1 – 10 (unhealthy), how healthy are these ? Complete this table with your partner(s). Change partners and share what you wrote. Change and share again.

	1 - 10	How to make it healthier
Burgers		
Pizza		
Kebabs		
French fries		
Sandwiches		
Other _____		

4. BANNED: Students A **strongly** believe fast food should be banned; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

5. SUPER-SIZE: Which of these would you like most? Rank them and share your rankings with your partner. Put the best at the top. Change partners and share again.

- 3-kg-of-beef burger
- 24-inch pizza with 12 cheeses
- half-a-chicken burger
- liter of ice cream with cream
- fried breakfast with a dozen eggs
- fish with 2 kg of chips (fries)
- liter of cheese fondue
- 2 kg donut cake

6. FATE: Spend one minute writing down all of the different words you associate with the word 'fate'. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1202/120216-burgers.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. A man who ate a burger named after heart surgery had a heart attack. T / F
- b. The man cooked the burger himself at home. T / F
- c. The burger contained over 3 kg of beef. T / F
- d. There was also a special sauce that went with the burger. T / F
- e. The Heart Attack Grill restaurant has dishes with up to 10,000 calories. T / F
- f. The restaurant tell customers its food is not bad for their health. T / F
- g. The restaurant owner promises customers they won't put on weight. T / F
- h. A warning with the food says customers may need bigger clothes. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|-------------------|------------------|
| 1. fate | a. heart attack |
| 2. aptly | b. steady |
| 3. cardiac arrest | c. hardly |
| 4. unique | d. method |
| 5. barely | e. destiny |
| 6. approach | f. one-of-a-kind |
| 7. diners | g. advertisement |
| 8. commercial | h. appropriately |
| 9. stable | i. clothes |
| 10. wardrobe | j. patrons |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|---------------------------|
| 1. A man at a fast food restaurant tempted | a. arrest |
| 2. specializes in cholesterol | b. effects |
| 3. he suffered cardiac | c. talk |
| 4. a unique special sauce | d. fate |
| 5. The gentleman could barely | e. at the restaurant |
| 6. The Heart Attack Grill hit | f. size |
| 7. Diners | g. packed food |
| 8. The ad warns of possible side | h. full of saturated fats |
| 9. increase of wardrobe | i. decay |
| 10. tooth | j. the headlines |

WHILE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1202/120216-burgers.html>

GAP FILL: Put the words into the gaps in the text.

A man at a Las Vegas fast food restaurant tempted fate (1) _____ ordering a "Triple Bypass Burger". The man was dining at the (2) _____ named Heart Attack Grill – a fast food (3) _____ that specializes in cholesterol packed food. He was eating a 6,000-calorie hamburger called a "Triple Bypass Burger" when he suffered (4) _____ arrest. The restaurant owner, Jon Basso, had to (5) _____ an ambulance and the customer was taken to hospital. The burger contained over 3 kg of beef, 12 slices of bacon, cheese and a "(6) _____ special sauce" full of saturated fats. Mr Basso told Fox News how much (7) _____ his customer was in: "The gentleman could (8) _____ talk. He was sweating, suffering," he said.

The Heart Attack Grill (9) _____ the headlines for its approach to dining. Some of the high-fat meals on the menu (10) _____ as many as 10,000 calories. There is even a warning on the door that the food is bad for your health. Diners at the restaurant are called "(11) _____" and the serving staff takes "prescriptions" as orders. Patients who (12) _____ more than 158 kg get to eat for free. Mr Basso had a special TV commercial promoting his restaurant. He tells people: "I personally guarantee a (13) _____ upward progression of body weight." The ad warns of possible side (14) _____ that include "repeated increase of wardrobe size, back pain, male breast growth, (15) _____ of sexual partners, tooth decay and...in some cases, (16) _____ death may occur".

eatery

barely

aptly

unique

distress

by

cardiac

call

stable

weigh

contain

mild

patients

effects

hit

loss

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1202/120216-burgers.html>

A man at a Las Vegas fast food restaurant _____ ordering a "Triple Bypass Burger". The man was dining _____ Heart Attack Grill – a fast food eatery that specializes in cholesterol packed food. He was eating a 6,000-calorie hamburger called a "Triple Bypass Burger" when he _____. The restaurant owner, Jon Basso, had to call an ambulance and the customer _____. The burger contained over 3 kg of beef, 12 slices of bacon, cheese and a "unique special sauce" _____. Mr Basso told Fox News _____ his customer was in: "The gentleman could barely talk. He was sweating, suffering," he said.

The Heart Attack Grill _____ for its approach to dining. Some of the high-fat meals on the menu contain as many as 10,000 calories. There is even a _____ that the food is bad for your health. Diners at the restaurant are called "patients" and the serving staff takes "prescriptions" as orders. Patients who _____ 158 kg get to eat for free. Mr Basso had a special TV commercial promoting his restaurant. He tells people: "I personally _____ upward progression of body weight." The ad warns of _____ that include "repeated increase of wardrobe size, back pain, male breast growth, loss of sexual partners, tooth decay and...in some cases, _____".

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1202/120216-burgers.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'heart' and 'attack'.

heart	attack
--------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• fate• fast• arrest• call• full• barely	<ul style="list-style-type: none">• hit• many• orders• free• body• mild
---	--

BURGERS SURVEY

From <http://www.BreakingNewsEnglish.com/1202/120216-burgers.html>

Write five GOOD questions about burgers in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

BURGERS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'burger'?
- c) What do you think about what you read?
- d) Would you like to try the Triple Bypass Burger?
- e) Should such burgers be banned?
- f) What do you think of the Heart Attack Grill restaurant?
- g) When was the last time you tempted fate?
- h) What do you think of people who would order a burger with 3 kg of beef?
- i) Do you have any sympathy for the man who had a heart attack?
- j) What do you think of burgers?

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BURGERS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article?
- b) What do you think of the restaurant's approach to dining?
- c) Do you think restaurants such as the Heart Attack Grill could catch on?
- d) What do you think of the idea of people eating for free if they weigh over 158 kg?
- e) How important are burgers in your life?
- f) Would you be worried about an increase in your wardrobe size?
- g) How healthy are hamburgers?
- h) What is in your ideal burger?
- i) Why do you think Mr Basso said 'mild death' might occur?
- j) What questions would you like to ask restaurant owner Jon Basso?

LANGUAGE – MULTIPLE CHOICE

From <http://www.BreakingNewsEnglish.com/1202/120216-burgers.html>

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The Heart Attack Grill (7) _____ the headlines for its approach to dining. Some of the high-fat meals on the menu contain as many as 10,000 calories. There is even a warning on the door that the food is bad for your health. (8) _____ at the restaurant are called "patients" and the serving staff takes "prescriptions" (9) _____ orders. Patients who weigh more than 158 kg (10) _____ to eat for free. Mr Basso had a special TV commercial promoting his restaurant. He tells people: "I personally guarantee a stable upward progression of body weight." The ad warns (11) _____ possible side effects that include "repeated increase of wardrobe size, back pain, male breast growth, loss of sexual partners, tooth decay and...in some cases, mild death may (12) _____".

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|---------------|----------------|----------------|
| 1. | (a) temptation | (b) tempting | (c) tempts | (d) tempted |
| 2. | (a) dining | (b) wining | (c) shining | (d) whining |
| 3. | (a) eats | (b) eatery | (c) eating | (d) eater |
| 4. | (a) reserve | (b) ask | (c) call | (d) shout |
| 5. | (a) saturate | (b) saturates | (c) saturated | (d) saturation |
| 6. | (a) bared | (b) barely | (c) bares | (d) bare |
| 7. | (a) punched | (b) attacked | (c) smacked | (d) hit |
| 8. | (a) Diners | (b) Dinners | (c) Dines | (d) Dins |
| 9. | (a) was | (b) as | (c) has | (d) is |
| 10. | (a) set | (b) let | (c) bet | (d) get |
| 11. | (a) by | (b) at | (c) of | (d) from |
| 12. | (a) occur | (b) occurs | (c) occurrence | (d) occurring |

6,000-calorie burger gives man heart attack – 16th February, 2012

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HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about very high-calorie burgers. Share what you discover with your partner(s) in the next lesson.

3. BURGERS: Make a poster about burgers. Show your work to your classmates in the next lesson. Did you all have similar things?

4. TRIPLE BYPASS: Write a magazine article about the Triple Bypass Burger. Include imaginary interviews with people who are for and against it.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. LETTER: Write a letter to a heart specialist. Ask him/her three questions about burgers. Give him/her three of your opinions on them. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE:

a. T b. F c. T d. T e. T f. F g. F h. T

SYNONYM MATCH:

- | | |
|-------------------|------------------|
| 1. fate | a. destiny |
| 2. aptly | b. appropriately |
| 3. cardiac arrest | c. heart attack |
| 4. unique | d. one-of-a-kind |
| 5. barely | e. hardly |
| 6. approach | f. method |
| 7. diners | g. patrons |
| 8. commercial | h. advertisement |
| 9. stable | i. steady |
| 10. wardrobe | j. clothes |

PHRASE MATCH:

- | | |
|--|---------------------------|
| 1. A man at a fast food restaurant tempted | a. fate |
| 2. specializes in cholesterol | b. packed food |
| 3. he suffered cardiac | c. arrest |
| 4. a unique special sauce | d. full of saturated fats |
| 5. The gentleman could barely | e. talk |
| 6. The Heart Attack Grill hit | f. the headlines |
| 7. Diners | g. at the restaurant |
| 8. The ad warns of possible side | h. effects |
| 9. increase of wardrobe | i. size |
| 10. tooth | j. decay |

GAP FILL:

6,000-calorie burger gives man heart attack

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LANGUAGE WORK

1 - d 2 - a 3 - b 4 - c 5 - c 6 - b 7 - d 8 - a 9 - b 10 - d 11 - c 12 - a