

Smaller plates help reduce obesity

17th September, 2015



New research suggests there is a simple and easy way that helps people to stop over-eating. Researchers say there is an alternative to fancy diets. They say that using

smaller plates, knives, forks, glasses and other tableware could reduce the amount of food we eat. Many of us tend to use the size of the plate as a measure of how much we can eat. If we use a large plate, we fill the plate with food, which often means we eat too much. Research from Cambridge University in the U.K. suggests that smaller plates could lower the amount of food we eat. British people could reduce their calorie intake by up to 16 per cent, while Americans could see a reduction of up to 29 per cent in calories.

The research team looked at data from 6,711 people who took part in the eating trials. Dr Gareth Hollands, one of the leaders of the research, said that many people think it is, "obvious that the larger the portion size, the more people eat," but said that until now, there was little research on this. He added that it was wrong to think people ate too much because of a lack of self-control. He said: "Helping people to avoid 'over-serving' themselves or others with larger portions of food or drink by reducing their size, availability and appeal in shops, restaurants and in the home, is likely to be a good way of helping lots of people to reduce their risk of overeating."

Sources: *Belfast Telegraph* / *Medical Daily* / *WebMD*

Writing

Large plates should be banned so people do not eat too much. Discuss.

Chat

Talk about these words from the article.

research / over-eating / alternative / forks / measure / plate / amount / calorie intake / research / trials / obvious / portion / self-control / availability / restaurants / risk

True / False

- New research says losing weight is extremely difficult. T / F
- The research says smaller knives and forks could help you lose weight. T / F
- The article says many of us put a small amount of food on a big plate. T / F
- British people could reduce calorie intake by 16% with smaller plates. T / F
- Researchers tested over 6,711 different plates of food. T / F
- There is a lot of research on plate size and the amount of food we eat. T / F
- A researcher said overeating was not because of having no self-control. T / F
- The researcher said restaurants should help us to not overeat. T / F

Synonym Match

- | | |
|------------|-------------------|
| 1. way | a. information |
| 2. reduce | b. volume |
| 3. large | c. consume |
| 4. amount | d. keep away from |
| 5. eat | e. cut |
| 6. data | f. tests |
| 7. trials | g. method |
| 8. obvious | h. probable |
| 9. avoid | i. big |
| 10. likely | j. clear |

Discussion – Student A

- What size of portions do you eat every day?
- Will you now change the size of your tableware?
- A saying says, 'Your eyes are bigger than your stomach'. Is this true?
- What do you think of restaurants that offer 'super' sizes?
- Should restaurants use smaller plates and spoons?
- How much self-control do you have with food?
- What can restaurants do to help people to stop overeating?
- What questions would you like to ask the researchers?

Phrase Match

- | | |
|---------------------------------|------------------------------|
| 1. a simple and easy | a. overeating |
| 2. an alternative to | b. intake |
| 3. a measure of how | c. the more people eat |
| 4. reduce their calorie | d. much we can eat |
| 5. a reduction of up to | e. part in the eating trials |
| 6. people who took | f. way |
| 7. the larger the portion size, | g. fancy diets |
| 8. a lack of self- | h. portions |
| 9. larger | i. 29 per cent in calories |
| 10. reduce their risk of | j. control |

Discussion – Student B

- What do you think about what you read?
- How does the size of your plates affect how much you eat?
- What's the best way to lose weight?
- What experiences do you have of going on a diet?
- Should restaurants give smaller portions?
- Why do we eat too much?
- How healthy is your daily diet?
- How can we get more information about calories in food?

Spelling

- research gstsusge there is a simple and easy way
- an evntartiale to fancy diets
- a reeamsu of how much we can eat
- lower the mnutao of food we eat
- ciloare intake
- a noitecrud of up to 29 per cent
- people who took part in the eating itlsra
- people think it is uosbovi
- a lack of self-lrtcoon
- iodav 'over-serving'
- size, iitbaylviaal and appeal
- kleyil to be a good way

Answers – Synonym Match

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

Role Play

Role A – Smaller plates

You think using smaller plates is the best way to lose weight. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least useful of these (and why): swimming, becoming a vegetarian or eating more fruit.

Role B – Swimming

You think swimming is the best way to lose weight. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least useful of these (and why): using smaller plates, becoming a vegetarian or eating more fruit.

Role C – Becoming a vegetarian

You think becoming a vegetarian is the best way to lose weight. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least useful of these (and why): swimming, using smaller plates or eating more fruit.

Role D – Eating more fruit

You think eating more fruit is the best way to lose weight. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least useful of these (and why): swimming, becoming a vegetarian or using smaller plates.

Speaking – Losing weight

Rank these ways to lose weight with your partner. Put the best ones at the top. Change partners often and share your rankings.

- | | |
|---------------------|-------------------------|
| • smaller plates | • eat more fruit |
| • become vegetarian | • no cakes or chocolate |
| • swim | • don't sit down |
| • no dinner | • diet |

Answers – True False

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