

## Eating nuts could help us to keep slim

26th September, 2019



New research says eating nuts could be a valuable, tasty and nutritious slimming aid. Researchers from Harvard University recommended that people replace a daily unhealthy snack with a small handful of nuts to

slow down weight gain. They say this is especially helpful for people as they get older. The researchers found that people who ate just 14g of nuts every day gained less weight than those who ate another snack. The people who ate the nuts were less likely to become obese. However, the benefits to our weight could be quite small. The scientists said swapping chocolate, cakes and potato chips with nuts could help prevent a weight gain of just 0.4 to 0.7kg over four years.

The researchers conducted a long-term study in which they looked at the lifestyle of nearly 190,000 people over two decades. The participants in the research were divided into three groups. They included more than 51,000 male health professionals aged 40 to 75, 121,700 nurses aged 35 to 55 and 16,686 nurses aged 24 to 44. Researchers asked the participants questions every four years about their weight, how often they ate nuts, and how often they exercised. Researcher doctor Xiaoran Liu said: "Incorporating nuts [into] a healthy diet by replacing less healthy foods may help [reduce] the gradual weight gain common during adulthood and beneficially contribute to the prevention of obesity."

Sources: sky.com / dailymail.co.uk / medicalnewstoday.com

## Writing

Governments should make cakes more expensive and nuts cheaper. Discuss.

## Chat

Talk about these words from the article.

research / nuts / slimming / snack / helpful / obese / weight / chocolate / chops / long term / study / decades / professionals / nurses / healthy / common / obesity

## True / False

- a) The article said nuts were tasty, valuable and nutritious. T / F
- b) Researchers say a handful of nuts a day can slow down weight loss. T / F
- c) People who eat nuts are more likely to become obese. T / F
- d) People who eat nuts might lose 0.7kg over four years. T / F
- e) Researchers looked at the lifestyle of almost 190,000 people. T / F
- f) Researchers looked at the lifestyle of nurses in their sixties. T / F
- g) Researchers asked participants questions every four months. T / F
- h) A researcher said eating nuts could increase obesity. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                         |                 |
|-------------------------|-----------------|
| 1. <b>valuable</b>      | a. carried out  |
| 2. <b>recommended</b>   | b. probable     |
| 3. <b>especially</b>    | c. exchanging   |
| 4. <b>likely</b>        | d. widespread   |
| 5. <b>swapping</b>      | e. advised      |
| 6. <b>conducted</b>     | f. worked out   |
| 7. <b>divided</b>       | g. including    |
| 8. <b>exercised</b>     | h. precious     |
| 9. <b>incorporating</b> | i. split        |
| 10. <b>common</b>       | j. particularly |

## Discussion – Student A

- a) What do you think of nuts?
- b) How good a snack are nuts?
- c) Have you ever been on a diet?
- d) What is the best way to slim?
- e) Are nuts better than chocolate and cakes?
- f) What are your favorite nuts?
- g) Would you eat more nuts and fewer snacks to lose weight?
- h) Are you happy with your weight?

## Phrase Match

1. slimming
  2. a small handful
  3. less likely to
  4. help prevent
  5. just 0.4 to 0.7kg
  6. researchers conducted a
  7. divided
  8. nurses aged
  9. Incorporating nuts into
  10. contribute to the prevention
- a. of nuts
  - b. over four years
  - c. 24 to 44
  - d. into three groups
  - e. aid
  - f. of obesity
  - g. a weight gain
  - h. a healthy diet
  - i. become obese
  - j. long-term study

## Discussion – Student B

- a) What do you think about what you read?
- b) What do you know about the health benefits of nuts?
- c) How tasty are nuts?
- d) What can you do with nuts?
- e) What is the best way to diet?
- f) What do you think of eating a nut-only diet?
- g) What do you know about obesity?
- h) What questions would you like to ask the researchers?

## Spelling

1. a aauvlleb, tasty and nutritious slimming aid
2. a small udhfanl of nuts
3. this is cpeyliseal helpful
4. gained less wteqih
5. less likely to become beeos
6. wiappgsn chocolate, cakes and potato chips
7. the lfsletyie of nearly 190,000 people
8. The trncisapiatp in the research
9. health oaliesrospfsn
10. how often they ieecdsrex
11. during dhooalutd
12. beneficially turnbitoce

### Answers – Synonym Match

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

## Role Play

### Role A – Nuts

You think nuts are the most valuable food. Tell the others three reasons why. Tell them why their food isn't as valuable. Also, tell the others which is the least valuable of these (and why): bread, cheese or garlic.

### Role B – Bread

You think bread is the most valuable food. Tell the others three reasons why. Tell them why their food isn't as valuable. Also, tell the others which is the least valuable of these (and why): nuts, cheese or garlic.

### Role C – Cheese

You think cheese is the most valuable food. Tell the others three reasons why. Tell them why their food isn't as valuable. Also, tell the others which is the least valuable of these (and why): bread, nuts or garlic.

### Role D – Garlic

You think garlic is the most valuable food. Tell the others three reasons why. Tell them why their food isn't as valuable. Also, tell the others which is the least valuable of these (and why): bread, cheese or nuts.

## Speaking – Valuable

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

- nuts
- bread
- spinach
- cheese
- beans
- garlic
- tomatoes
- rice

### Answers – True False

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