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Menu shows exercise needed to lose weight

30th April, 2013

<http://www.breakingnewsenglish.com/1304/130430-menus.html>

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

New research reveals that restaurant menus showing how much exercise is needed to burn off calories could be good for losing weight. Researchers from the Texas Christian University say that telling customers how many minutes they must walk to burn off the calories from a hamburger is much better information than showing how many calories the hamburger has. They say people do not really understand calories but do understand they have to walk for 30 minutes. Senior researcher Dr. Meena Shah said the menu could help people make healthier choices. She said: "We need a more effective strategy to encourage people to order and consume fewer calories from restaurant menus."

The researchers looked at the restaurant orders made by 300 different people. Some used a menu without calorie information; some had a menu with calorie information; and the rest were given a menu with a guide to how many minutes of fast walking would burn off the calories in the food. Example information on the last menu suggested a woman would need to walk for two hours to burn off the calories in a double cheeseburger. The people who had the menus with the exercise information ordered food with the fewest calories. Researcher Ashlei James said: "Brisk walking is something nearly everyone can relate to, which is why we displayed...the minutes of brisk walking needed to burn food calories."

Sources: <http://www.medicaldaily.com/articles/14952/20130427/food-menus-list-exercise-lead-healthier-choices.htm>
<http://www.bbc.co.uk/news/health-22261475>

WARM-UPS

1. RESTAURANT MENUS: Students walk around the class and talk to other students about restaurant menus. Change partners often 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.

research / exercise / losing weight / hamburger / calories / walk for 30 minutes / restaurant orders / 300 different people / guide / everyone / relate to / minutes

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

3. LOSING WEIGHT: Complete this table with your partner(s). Change partners often and share what you wrote.

Lose weight by...	Good points	Bad points
going to the gym		
eating less		
being vegetarian		
taking pills		
cutting out soda		
walking everywhere		

4. SLIM: Students A **strongly** believe we will all be slim in the future; Students B **strongly** believe not. Change partners again and talk about your conversations.

5. MENU: Rank these and share your rankings with your partner. Put the information you most want to see at the top. Change partners often and share your rankings.

- calories
- ingredients
- chef's experience
- exercise to burn off calories
- where ingredients are from
- the recipe
- pictures of food
- vitamins and minerals

6. HAMBURGER: Spend one minute writing down all of the different words you associate with the word 'hamburger'. 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/1304/130430-menus.html>

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

- | | |
|---|-------|
| a. A new computer menu downloads eating and exercise information. | T / F |
| b. A researcher says information about walking off calories is very useful. | T / F |
| c. The researcher said we do not really understand calories. | T / F |
| d. The researcher said we have enough ways to order low-calorie food. | T / F |
| e. The research looked at the ordering habits of 3,000 people. | T / F |
| f. Different people were given one of three different menus. | T / F |
| g. A woman must walk for 2 hours to burn off a hamburger's calories. | T / F |
| h. A researcher said we all understand what it means to walk fast. | T / F |

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

- | | |
|----------------|-----------------|
| 1. reveals | a. use |
| 2. customers | b. plan |
| 3. effective | c. quick |
| 4. strategy | d. shows |
| 5. consume | e. requested |
| 6. information | f. consumers |
| 7. burn off | g. eat or drink |
| 8. ordered | h. understand |
| 9. brisk | i. successful |
| 10. relate to | j. details |

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

- | | |
|-----------------------------------|--------------------------------|
| 1. how much exercise is | a. choices |
| 2. how many minutes | b. relate to |
| 3. make healthier | c. consume fewer calories |
| 4. We need a more effective | d. orders |
| 5. encourage people to order and | e. they must walk |
| 6. restaurant | f. in a double cheeseburger |
| 7. some had a menu | g. strategy |
| 8. burn off the calories | h. walking |
| 9. brisk | i. needed to burn off calories |
| 10. something nearly everyone can | j. with calorie information |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

New research (1) _____ that restaurant menus showing how much exercise is needed to burn off calories could be good for (2) _____ weight. Researchers from the Texas Christian University say that (3) _____ customers how many minutes they must walk to burn off the calories from a hamburger is (4) _____ better information than showing how many calories the hamburger has. They say people do not (5) _____ understand calories but do understand they have to walk for 30 minutes. Senior researcher Dr. Meena Shah said the menu could (6) _____ people make healthier (7) _____. She said: "We need a more effective strategy to encourage people to order and consume (8) _____ calories from restaurant menus."

really
fewer
losing
much
reveals
choices
telling
help

The researchers looked at the restaurant orders (9) _____ by 300 different people. Some used a menu (10) _____ calorie information; some had a menu with calorie information; and the (11) _____ were given a menu with a (12) _____ to how many minutes of fast walking would burn off the calories in the food. Example information on the last menu (13) _____ a woman would need to walk for two hours to burn off the calories in a double cheeseburger. The people who had the menus with the exercise information ordered food with the (14) _____ calories. Researcher Ashlei James said: "Brisk walking is something nearly everyone can (15) _____ to, which is why we (16) _____ ...the minutes of brisk walking needed to burn food calories."

guide
rest
displayed
made
fewest
suggested
without
relate

LISTENING – Guess the answers. Listen to check

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

- 1) could be good for _____
 - a. lost weight
 - b. loser weight
 - c. losing weight
 - d. lose weight
- 2) how many minutes _____ burn off the calories from a hamburger
 - a. they most walk to
 - b. they must walk to
 - c. they mast walk to
 - d. they mist walk to
- 3) They say people do not _____ calories
 - a. real understand
 - b. reality understand
 - c. realism understand
 - d. really understand
- 4) We need a more _____
 - a. affective strategy
 - b. effective strategic
 - c. effective strategy
 - d. affectively strategy
- 5) encourage people to order _____ calories
 - a. and consumed fewer
 - b. and consume fewer
 - c. and consumes fewer
 - d. and consumer fewer
- 6) the restaurant orders _____ different people
 - a. made by 300
 - b. make by 300
 - c. makes by 300
 - d. making by 300
- 7) how many minutes of fast _____ off the calories in the food
 - a. waking would burn
 - b. working would burn
 - c. walking would burn
 - d. whacking would burn
- 8) information on the last menu _____ would need to walk for two hours
 - a. suggested a woman
 - b. suggestion a woman
 - c. suggest it a woman
 - d. suggested a woman
- 9) Brisk walking is something nearly everyone _____
 - a. can relates to
 - b. can relation to
 - c. can relate to
 - d. can be late to
- 10) which is _____ the minutes of brisk walking
 - a. why we displayed
 - b. why they displayed
 - c. why he displayed
 - d. why she displayed

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

(1) _____ restaurant menus showing how much exercise is needed to burn off calories could (2) _____. Researchers from the Texas Christian University say that telling customers how many minutes they (3) _____ off the calories from a hamburger is much better information (4) _____ calories the hamburger has. They say people do not really understand calories but do understand they have to walk for 30 minutes. Senior researcher Dr. Meena Shah said the menu (5) _____ healthier choices. She said: "We need a more effective strategy to encourage people (6) _____ fewer calories from restaurant menus."

The researchers looked at the restaurant (7) _____ people. Some used a menu without calorie information; some had a menu with calorie information; (8) _____ a menu with a guide to how many minutes (9) _____ burn off the calories in the food. Example information on the last menu suggested a woman would need to walk for two hours to burn off the calories in a double cheeseburger. The people (10) _____ the exercise information ordered food with the fewest calories. Researcher Ashlei James said: "Brisk walking is something nearly (11) _____, which is why we displayed...the (12) _____ needed to burn food calories."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

1. What did new research tell us?

2. Where is the research team from?

3. What do the researchers say we don't really understand?

4. How did Dr Shah say the menus could help us?

5. What did Dr Shah say we needed?

6. How many people took part in the research?

7. How many different menus did the researchers use?

8. How could a woman burn off a double cheeseburger?

9. Who ordered food with the fewest calories?

10. What did a researcher say almost everyone could understand?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

1. What did new research tell us?
 - a) which food has the fewest calories
 - b) we need to look carefully at menus
 - c) we should avoid going to restaurants
 - d) about menus with information on burning calories
2. Where is the research team from?
 - a) a restaurant research centre
 - b) a university in Texas
 - c) the McDonald's Hamburger University
 - d) France
3. What do the researchers say we don't really understand?
 - a) exercise
 - b) good food
 - c) calories
 - d) fat
4. How did Dr Shah say the menus could help us?
 - a) by making healthier choices
 - b) by saving us money
 - c) by teaching us to cook
 - d) to think carefully about carbohydrates
5. What did Dr Shah say we needed?
 - a) iPad menus
 - b) more spinach and broccoli
 - c) a better plan to eat fewer calories
 - d) vegetarian restaurants
6. How many people took part in the research?
 - a) 2,500
 - b) 300
 - c) 350
 - d) 3,000
7. How many different menus did the researchers use?
 - a) 6
 - b) 5
 - c) 4
 - d) 3
8. How could a woman burn off a double cheeseburger?
 - a) she could walk for 2 hours
 - b) by using a special barbecue
 - c) swim 2 km
 - d) go for a 10-km run
9. Who ordered food with the fewest calories?
 - a) the ones with the least money
 - b) the ones who went to university
 - c) those with information on burning calories on their menu
 - d) those who had studied diet and nutrition
10. What did a researcher say almost everyone could understand?
 - a) e-numbers
 - b) brisk walking
 - c) what carbohydrates are
 - d) menus

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ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

Role A – Weight-loss menu maker

You think your menu will make millions of people lose weight. Tell the others three reasons why. You are sure that people will order less or healthier food if they know how much exercise they need to burn it off. You think low-calorie food is as tasty as high-calorie food.

Role B – Diet expert

You think the new menu will have no effect on people's weight. People will always eat what tastes good, not what makes them slim. There have been hundreds of diets and strategies to lose weight. This is just another one. The only way to lose weight is to exercise a lot and eat very healthy food.

Role C – Dieter

You are very excited about the new menu. Tell the others three reasons why. You think all restaurants and supermarkets should have information about how much exercise will burn off calories. You are sure this will change the way people buy or order food.

Role D – Restaurant owner

You think the new menu is a bad idea. Tell the others three reasons why. You will not introduce it in your restaurant. You will lose money because people will order salads and not juicy steaks and delicious desserts. You think the menu will mean people cannot enjoy eating at restaurants.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

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

lose	weight
-------------	---------------

- 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">• reveals• telling• much• really• choices• fewer	<ul style="list-style-type: none">• 300• without• guide• double• relate• displayed
---	---

RESTAURANT MENUS SURVEY

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

Write five GOOD questions about restaurant menus 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.

RESTAURANT MENUS 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 'weight-loss'?
- c) What experience do you have with losing weight?
- d) What do you think of the new menu idea?
- e) Do you think restaurant owners will like the new menu idea?
- f) Would you like to know how long you have to walk to burn off calories?
- g) Do you understand or care about calories?
- h) Which information would you prefer – calories or minutes of walking?
- i) Would the menu change what you order in restaurants?
- j) Is low-calorie food tasty? Why / Why not?

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RESTAURANT MENUS DISCUSSION

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

- a) Did you like reading this article? Why/not?
- b) Do you ever think about calories before you order food?
- c) What kind of menu do you like?
- d) Should information about burning off calories be on supermarket food?
- e) Would you walk for 2 hours to burn off a cheeseburger's calories?
- f) Is the "brisk walking" idea easy to understand?
- g) How worried are you about your weight and what you eat?
- h) What advice would you give to people about how to lose weight?
- i) Should we all become vegetarians?
- j) What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

MULTIPLE CHOICE - LANGUAGE

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

New research (1) ____ that restaurant menus showing how much exercise is needed to burn off calories could be good (2) ____ losing weight. Researchers from the Texas Christian University say that telling customers how many minutes they must walk to burn (3) ____ the calories from a hamburger is much better information than showing how many calories the hamburger has. They say people do not (4) ____ understand calories but do understand they have to walk for 30 minutes. Senior researcher Dr. Meena Shah said the menu could help people make healthier (5) _____. She said: "We need a (6) ____ effective strategy to encourage people to order and consume fewer calories from restaurant menus."

The researchers looked at the restaurant orders (7) ____ by 300 different people. Some used a menu without calorie information; some had a menu with calorie information; and the (8) ____ were given a menu with a guide (9) ____ how many minutes of fast walking would burn off the calories in the food. Example information on the (10) ____ menu suggested a woman would need to walk for two hours to burn off the calories in a double cheeseburger. The people who had the menus with the exercise information ordered food with the (11) ____ calories. Researcher Ashlei James said: "Brisk walking is something nearly everyone can relate (12) _____, which is why we displayed...the minutes of brisk walking needed to burn food calories."

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

- | | | | | |
|-----|---------------|-------------|-------------|-------------|
| 1. | (a) revealing | (b) reveals | (c) revels | (d) rivals |
| 2. | (a) by | (b) for | (c) as | (d) in |
| 3. | (a) over | (b) in | (c) down | (d) off |
| 4. | (a) truth | (b) really | (c) actual | (d) so |
| 5. | (a) weight | (b) bills | (c) recipes | (d) choices |
| 6. | (a) much | (b) many | (c) more | (d) meal |
| 7. | (a) made | (b) eaten | (c) cooked | (d) written |
| 8. | (a) other | (b) more | (c) rest | (d) dieters |
| 9. | (a) as | (b) of | (c) at | (d) to |
| 10. | (a) last | (b) list | (c) least | (d) lust |
| 11. | (a) fewest | (b) less | (c) small | (d) no |
| 12. | (a) to | (b) of | (c) on | (d) for |

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SPELLING

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

Paragraph 1

1. research lverase that...
2. good for lniosg weight
3. much better imannttrfoio
4. senior esarecrher
5. We need a more effective aysetrgt
6. nmcosue fewer calories

Paragraph 2

7. neurrattsa orders
8. a menu with a uegid
9. ... tssdeguge a woman would need to walk for two hours
10. the etswfe calories
11. ...which is why we aldpeydis the minutes
12. ikbrs walking

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

Number these lines in the correct order.

- () The researchers looked at the restaurant orders made by 300 different people. Some used a
- () do understand they have to walk for 30 minutes. Senior researcher Dr. Meena Shah said the
- () with the fewest calories. Researcher Ashlei James said: "Brisk walking is something nearly
- () given a menu with a guide to how many minutes of fast walking would burn off the calories in the food. Example
- () information on the last menu suggested a woman would need to walk for two hours to burn off the calories in a
- () everyone can relate to, which is why we displayed...the minutes of brisk walking needed to burn food calories."
- () strategy to encourage people to order and consume fewer calories from restaurant menus."
- () menu could help people make healthier choices. She said: "We need a more effective
- (**1**) New research reveals that restaurant menus showing how much exercise is needed to burn
- () customers how many minutes they must walk to burn off the calories from a hamburger is much better information than showing how
- () off calories could be good for losing weight. Researchers from the Texas Christian University say that telling
- () menu without calorie information; some had a menu with calorie information; and the rest were
- () many calories the hamburger has. They say people do not really understand calories but
- () double cheeseburger. The people who had the menus with the exercise information ordered food

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

1. calories much needed off How is burn exercise to.

2. must customers they Telling minutes many walk how.

3. do not They really say understand people calories.

4. choices help people The make menu healthier could.

5. calories Consume menus from fewer restaurant.

6. different by orders people 300 made Restaurant.

7. a were a menu The guide given rest with.

8. burn calories for to the Walk hours off two.

9. with exercise menus the information The.

10. relate something to nearly everyone Walking can is.

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

New research *reveals / rivals* that restaurant menus showing how much exercise is *needy / needed* to burn off calories could be good for *losing / lost* weight. Researchers from the Texas Christian University say that telling *customers / customs* how many minutes they must walk to burn off the calories from a hamburger is *much / most* better information than showing how many calories the hamburger *does / has*. They say people do not *really / real* understand calories but do understand they have to walk for 30 minutes. Senior researcher Dr. Meena Shah said the menu could help people *make / do* healthier choices. She said: "We need a more *affective / effective* strategy to encourage people to order and *consume / consumer* fewer calories from restaurant menus."

The researchers looked at the restaurant orders *done / made* by 300 different people. Some *used / uses* a menu without calorie information; some *had / has* a menu with calorie information; and the *rested / rest* were given a menu with a *guide / guidance* to how many minutes of fast walking would burn off the calories in the food. Example information *on / at* the last menu *suggestion / suggested* a woman would need to walk for two hours to burn off the calories in a double cheeseburger. The people who had the menus with the exercise information *ordered / ordering* food with the fewest calories. Researcher Ashlei James said: "Brisk walking is something nearly everyone can *relate / relative* to, which is why we *replayed / displayed*...the minutes of brisk walking needed to burn food calories."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

N_w r_s__rch r_v__ls th_t r_st__r_nt m_n_s sh_w_ng
h_w m_ch _x_rc_s __s n__d_d t_b_rn __ff c_l_r__s
c__ld b_g__d f_r_l_s ng w__ght. R_s__rch_rs fr_m th_
T_x_s Chr_st__n _n_v_rs_ty s_y th_t t_ll_ng c_st_m_rs
h_w m_ny m_n_t_s th_y m_st w_lk t_b_rn __ff th_
c_l_r__s fr_m __ h_mb_rg_r __s m_ch b_tt_r
_nf_rm_t__n th_n sh_w_ng h_w m_ny c_l_r__s th_
h_mb_rg_r h_s. Th_y s_y p__pl_ d__n_t r__lly
_nd_rst_nd c_l_r__s b_t d__nd_rst_nd th_y h_v__t__
w_lk f_r 30 m_n_t_s. S_n__r r_s__rch_r Dr. M__n_
Sh_h s__d th_m_n c__ld h_lp p__pl_ m_k_h__lth__r
ch__c_s. Sh__s__d: "W__n__d __m_r__ __ff_ct_v__
str_t_gy t__nc__r_g p__pl_ t__rd_r __nd c_ns_m__
f_w_r c_l_r__s fr_m r_st__r_nt m_n_s."

Th_r_s__rch_rs l__k_d __t th_r_st__r_nt __rd_rs m_d__
by 300 d__ff_r_nt p__pl_. S_m__s_d __m_n w_th__t
c_l_r__ __nf_rm_t__n; s_m_h_d __m_n w_th c_l_r__
_nf_rm_t__n; __nd th_r_st w_r_g_v_n __m_n w_th__
g__d__t__ h_w m_ny m_n_t_s __f f_st w_lk_ng w__ld
b_rn __ff th__ c_l_r__s __n th__ f__d. __x_mpl_
_nf_rm_t__n __n th__ l_st m_n_s gg_st_d __w_m_n
w__ld n__d t__ w_lk f_r tw__h__rs t_b_rn __ff th_
c_l_r__s __n __d__bl__ch__s_b_rg_r. Th_p__pl_ wh_
h_d th_m_n_s w_th th__x_rc_s __nf_rm_t__n __rd_r_d
f__d w_th th__f_w_st c_l_r__s. R_s__rch_r __shl__
J_m_s s__d: "Br_sk w_lk_ng __s s_m_thng n__rly
_v_ry_n__c_n r_l_t__t__, wh_ch __s why w__
d_spl_y_d...th_m_n_t_s __f br_sk w_lk_ng n__d_d t__
b_rn f__d c_l_r__s."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1304/130430-menus.html>

new research reveals that restaurant menus showing how much exercise is needed to burn off calories could be good for losing weight researchers from the texas christian university say that telling customers how many minutes they must walk to burn off the calories from a hamburger is much better information than showing how many calories the hamburger has they say people do not really understand calories but do understand they have to walk for 30 minutes senior researcher dr meena shah said the menu could help people make healthier choices she said "we need a more effective strategy to encourage people to order and consume fewer calories from restaurant menus"

the researchers looked at the restaurant orders made by 300 different people some used a menu without calorie information some had a menu with calorie information and the rest were given a menu with a guide to how many minutes of fast walking would burn off the calories in the food example information on the last menu suggested a woman would need to walk for two hours to burn off the calories in a double cheeseburger the people who had the menus with the exercise information ordered food with the fewest calories researcher ashlei james said "brisk walking is something nearly everyone can relate to which is why we displayed...the minutes of brisk walking needed to burn food calories"

PUT A SLASH (/) WHERE THE SPACES ARE

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New research reveals that restaurant menus showing how much exercise is needed to burn off calories could be good for losing weight. Researchers from the Texas Christian University say that telling customers how many minutes they must walk to burn off the calories from a hamburger is much better information than showing how many calories the hamburger has. They say people do not really understand calories but do understand they have to walk for 30 minutes. Senior researcher Dr. Meena Shah said the menu could help people make healthier choices. She said: "We need a more effective strategy to encourage people to order and consume fewer calories from restaurant menus." The researchers looked at the restaurant orders made by 300 different people. Some used a menu without calorie information; some had a menu with calorie information; and the rest were given a menu with a guide to how many minutes of fast walking would burn off the calories in the food. Example information on the last menu suggested a woman would need to walk for two hours to burn off the calories in a double cheese burger. The people who had the menu with the exercise information ordered food with the fewest calories. Researcher Ashley James said: "Brisk walking is something nearly everyone can relate to, which is why we displayed... the minutes of brisk walking needed to burn food calories."

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 restaurant menus. Share what you discover with your partner(s) in the next lesson.

3. RESTAURANT MENUS: Make a poster about restaurant menus and the information they should have. Show your work to your classmates in the next lesson. Did you all have similar things?

4. WEIGHT LOSS MENU: Write a magazine article about the weight loss menu. 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. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to a weight-loss expert. Ask him/her three questions about the restaurant menus. Give him/her three of your opinions. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|----------------|-----------------|
| 1. reveals | a. shows |
| 2. customers | b. consumers |
| 3. effective | c. successful |
| 4. strategy | d. plan |
| 5. consume | e. eat or drink |
| 6. information | f. details |
| 7. burn off | g. use |
| 8. ordered | h. requested |
| 9. brisk | i. quick |
| 10. relate to | j. understand |

COMPREHENSION QUESTIONS (p.8)

1. About menus with information on burning calories
2. Texas Christian University
3. Calories
4. People could make healthier choices
5. A more effective strategy
6. 300
7. 3
8. She could walk for 2 hours
9. People with menus with the exercise information
10. Brisk walking

MULTIPLE CHOICE - QUIZ (p.9)

1. d 2. b 3. c 4. a 5. c 6. b 7. d 8. a 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)