

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 11

#202 Food for body weight control

Skills/ Objectives: Reading, Listening and Writing Skills

PART 1: Before you read...

Preparatory questions

- Taking about losing weight, most people would think of doing exercises or going on diet. Did you know that we could actually keep our body in good shape and avoid obesity just by eating the right kind of food?

Vocabulary

- ramp up (v): to increase the cost or speed of something
- wind up with (v): to fall in the difficulty of a situation as a result of action taken
- workout (n): a period of exercise
- sprint (v): to run very fast over a short distance
- treadmill (n): an exercise machine that consists of a moving strip or two step-like parts on which you walk without moving forward
- elliptical (adj): with an oval shape

PART 2: Article for Reading

Now read the article posted at the following web-site to learn more about the topic:

You can gain muscle while losing weight

<https://health.usnews.com/wellness/fitness/articles/can-you-gain-muscle-while-losing-weight>

PART 3: Listening Comprehension

Listen to the following video posted on YouTube to practise your listening skills and learn more about the topic:

10 Foods You CAN'T Get FAT From Even If You Tried!

<https://www.youtube.com/watch?v=mC-lSeu7xEE>

PART 4: Writing Practice

“To flip”

To flip is to turn over something quickly. For example, you can flip over the pages of the book to see whether it is interesting enough for you to borrow in the library. A flip-chart is a chart hung on a stand for you to write notes on during a presentation. So, what does “on the flip side” mean in the following sentence of the article?

On the flip side, though, building muscle while you lose weight does the exact opposite – stoking your metabolism and making it easier to hit your fat-loss goals and maintain them.

If you flip over something, you also see the opposite side of it. Therefore, this is the same as saying “on the other hand”.

Can you think of a similar way to use the expression “on the flip side”? Send your writing to: see.u@cccu.edu.hk. Remember! Our **SEE U** teachers are always ready to give you feedback.