

# UNIT 3

## TRYING TO GO ON A DIET

### UNIT INTRO

Esta Unidade tem como objetivo trabalhar o texto **Why not to diet?**; o speaking **Diet or not to diet**; a música **Wouldn't it be nice?** como atividade de listening; o tópico **Let's go on a diet!** como writing; os textos de introdução aos tópicos gramaticais e ao vocabulário: **Talking about diet** e **The healing power of chocolate**. Como tópicos gramaticais, serão trabalhados **Second and third conditionals**.

Are you ready? Let's go!

### READING

Write as many foods as you can and divide them into two categories: fat food and healthy food. Now discuss the questions with your friends and teacher (Chat).

a) What kind of food must be avoided when people are dieting? (Respostas Pessoais)

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b) How many different types of diet do you know? (Respostas Pessoais)

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c) Do you know anything about "Fad Diet"? (Fad = temporary and new) (Respostas Pessoais)

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d) Do you know any consequence of a fad diet? (Respostas Pessoais)

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e) Do you consult a doctor or a nutritionist when you diet? (Respostas Pessoais)

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Read the nutritionist Terri Sonnabend's opinion about dieting. Search for main ideas. Then, share what you found out with your classmates.

**Reading guide:**

- Skimming
- Scanning
- Identifying main ideas

**HEALTH & FITNESS**

**Why Not To Diet**

**Advice from the experts**

Terri Sonnabend

Registered Dietitian/Nutritionist



Figura 11: Diet  
Fonte: Blog Receita Doce

Once you start to “diet,” there is a preoccupation with food instead of the idea of healthy eating. You need to be more aware of nutrition and proper food options. If you restrict the amount of calories consumed, you don’t get the proper nutrients needed for growth and development. Sometimes, you may use dieting to cope with pressures felt from society and peers, which can lead to a food fixation and eating disorders. Healthy weight can be measured by the Body Mass Index, which takes into account both height and weight. Twenty to 25 on BMI is a healthy teen. A lot of teens may appear to be thin or in good shape, but their eating habits are poor, which affects health in later life. So you should not be counting calories, but instead you should be aware of healthy nutrition — brown bread instead of white, high fibre, less sugar, etc. The Canadian Food Guide is a good starting point for making more informed eating choices.

From the Spring 2005 Issue FAZE Magazine

Fonte: <http://www.fazeteen.com/spring2005/whynotdiet.htm>.

## GET THE IDEA

### Reading Comprehension:

1) Now, read the text again and list Sonnabend’s pieces of advice. Confira suas respostas no **GTI14**.

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## SPEAKING

Discuss: Do you agree with the nutritionist?

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Leia o texto a seguir. Vá ao dicionário e procure as palavras novas que você encontrar.

## INTRODUCING GRAMMAR

### Second and Third Conditionals

Você deve se lembrar que no livro anterior estudamos as Frases Condicionais. Contudo esse estudo limitou-se apenas às *Zero* e *First Conditionals*. Vamos revisar e avançar no estudo desse assunto?

De uma maneira geral as Frases Condicionais podem exprimir:

a) Uma **condição possível** (First Conditional)

*I will visit you if you invite me.*

Nesse caso a Oração Principal está no **Futuro Simples** enquanto a Oração Condicional está no **Presente Simples**.

b) Uma condição **improvável** (Second Conditional)

*I would visit you if you invited me.*

Aqui a Oração Principal está no Condicional Simples enquanto a Oração Condicional está no Passado Simples.

c) Uma condição **impossível** (Third Conditional)

*I would have visited you if you had invited me.*

Nesse caso a Oração Principal está no **Condicional Perfeito** e a Oração Condicional está no **Passado Perfeito**.

### GET THE IDEA

1) Para colocar em prática essas informações, complete as frases condicionais abaixo formando uma condição improvável, ou seja, uma oração no Condicional Simples (would) e outra no Passado Simples. A primeira está feita para você. Verifique suas respostas no **GTI15**.

*If I knew the address, I would go to your house.*

- a) David \_\_\_\_\_ (to come) to our party, if we invited him.
- b) If Mary studied more, she \_\_\_\_\_ (to pass) the exams.
- c) I would travel this Summer, if I \_\_\_\_\_ (to have) money.
- d) The teacher \_\_\_\_\_ (to correct) the tests if she had time.
- e) What \_\_\_\_\_ you \_\_\_\_\_ (to do) if you won the lottery?

Como você viu, há também a possibilidade de expressarmos uma condição impossível, ou seja, de relatar uma impossibilidade de algo acontecer. Essa é a Third Conditional e esse tipo de frase apresenta uma oração no Past Perfect (had + verbo no particípio passado) e outra no Perfect Conditional. Vamos ver um pouco sobre esse tempo?

O Condicional Perfeito é formado com:

**would have + particípio passado do verbo principal**

Veja exemplos:

Afirmativa: They would have studied more.

Negativa: They would not have studied more.

Interrogativa: Would they have studied more?

\*Would not pode ser abreviado: wouldn't

2) Agora que você já conhece o Condicional Perfeito, vamos empregá-lo em Frases Condicionais que expressam uma condição impossível. Veja o modelo, faça a atividade e confira suas respostas no **GTI16**.

Model:

We **would have found** the Money if we **had looked** for it.

- a) He \_\_\_\_\_ (to cry) a lot if he had missed her.
- b) She \_\_\_\_\_ (to arrive) earlier, if she had taken the right turn.
- c) If Robert had paid attention, he \_\_\_\_\_ (to learn) the lesson.
- d) Those men wouldn't have cut the trees if we \_\_\_\_\_ (call) the police.
- e) I would have finished the report if you \_\_\_\_\_ (to help) me.

3) As três possibilidades de expressar condições (possível, improvável e impossível) estão na questão abaixo. Identifique a Frase Condicional e complete os espaços com o tempo verbal adequado. Em seguida verifique suas respostas no **GTI17**.

- a) If the weather is fine, we \_\_\_\_\_ (to go) to the beach.  
 b) We \_\_\_\_\_ (to watch) the film if we had arrived on time.  
 c) Nancy \_\_\_\_\_ (to tell) you the story if you ask her.  
 d) If we had money, we \_\_\_\_\_ (to take) a trip to the US.  
 e) Grandma would have visited us if she \_\_\_\_\_ (to have) time.  
 f) Mom would punish Josh if he \_\_\_\_\_ (to break) the vase.  
 g) The girls \_\_\_\_\_ (to write) the composition if the teacher had asked.

4) Classifique as Frases Condicionais abaixo como Possível (POS), Improvável (IPR) ou Impossível (IPS). Em seguida, verifique suas respostas no **GT118**.

- ( ) If you see Jane, tell her I love her.  
 ( ) If he wins the prize, he will take a trip around the world.  
 ( ) I would have helped you if I had known the problem.  
 ( ) I would invite you if you were here.  
 ( ) If we were in Rio, we would visit the Corcovado.  
 ( ) If I had met David, I would have invited him to come.

### READING FOR GRAMMAR & VOCABULARY

#### Read and listen to the dialogue:

**Doug:** Hello, I'm Doug Campbell and this is 6 minute English. Today we're talking about going on a diet. And I'm here with Jackie Dalton.

**Jackie:** Hi Doug, have you ever gone on a diet to try to lose weight?

**Doug:** No I haven't Jackie, but I am sure **if I did go on a diet, I wouldn't be successful**. It's very, very difficult! To start the programme I have a question for you though, Jackie, about going on a diet. Well there are lots of different diets – loads of different diets, but I want to talk about one of them – the low-carb diet.

**Jackie:** Yes, I've heard of that.

**Doug:** Okay Jackie, **if you were on a low-carb diet, you would eat...**

- a) less pasta  
 b) less fish  
 c) less salad

**Jackie:** Okay, yes, I think I do know this one because low-carb is short for lowcarbohydrate which is a food group that releases lots of energy and I know that fish is protein, salad is roughage, which is leafy stuff, and

pasta is a carbohydrate so **if you are eating low-carb you would cut out or cut down on pasta.**

**Doug:** Okay, you are sure about that.

**Jackie:** I'm sure about that. Today, we're going to hear from two people who have gone a diet. Were they successful? Did they lose weight?

**Man**

I went on the 28 day detox diet which really helped you lose weight and detox the body at the same time and it really worked.

You just ate hardly anything at all.

**Jackie:** Hmm. I don't think I would like that diet.

**Doug:** Well he said that he did lose weight and also it was a detox diet. That's when you eat and drink things that...it's hard to explain... clean you inside. Fresh things. *Water* can be part of a detox diet

**Jackie:** You won't gain weight drinking water.

**Doug:** Gain weight – that's the opposite of lose weight. And with that detox diet, he did lose weight.

**Jackie:** **And if you eat less you certainly will lose weight.** He said that he ate *hardly anything at all!*

**Doug:** I don't like the sound of that diet!

**Jackie:** When you go on a diet you need to be strong. You mustn't say, "Oh I'll start my diet...tomorrow!" Yes, you need a lot of *will-power*.

**Doug:** Right, you can eat some things but maybe not the things you like. There is no such thing as a chocolate cake diet for instance ... unfortunately! You're listening to BBC Learning English.com.

**Doug:** Here's another diet. Listen to this woman. Was her diet successful? Did it work?

**Woman**

When I was in my twenties I went on a diet where you were only allowed to drink liquids and it worked. It worked for a week. I lost 6 pounds and then over the weekend I just ate normally again. And by Monday morning I put all the weight back on again and so it was completely pointless.

**Doug:** Oh dear, that diet didn't work.

**Jackie:** Yes, she said it was a waste of time. It was completely pointless.

**Doug:** Well it worked....for a week! But that's the problem with diets. You lose weight but then you often put the weight back on.

**Jackie:** And again, that diet sounded awful, if not unhealthy. She could only drink liquids.

**Doug:** According to experts you can't just go on a diet for a couple of weeks and expect to keep that weight off. You need to change what you

eat *permanently*. You have to change your lifestyle.

**Jackie:** And of course you should always get the advice of your doctor before you do this kind of thing. And they might suggest you eat different foods. Stay away from fattening foods like cakes and chips.

**Doug:** All the foods we like.

**Jackie:** All the foods we like!

**Doug:** You can get more advice on this from the BBC Website in an article called "How to Lose Weight".

**Jackie:** Let's look again at some of the language about diets. You can gain weight or....

**Doug:** You can *lose* weight. Many people go on a diet to try to lose weight. They go on a diet to try to lose weight, but it doesn't always *work*.

**Jackie:** No the diet doesn't work – they don't lose any weight. Or they lose the weight and then they put it back on again.

**Jackie:** Listen again to those two people talking about their diets.

#### Diets

I went on the 28 day detox diet which really helped you lose weight and detox the body at the same time and it really worked. You just ate hardly anything at all. When I was in my twenties I went on a diet where you were only allowed to drink liquids and it worked. It worked for a week. I lost 6 pounds and then over the weekend I just ate normally again. And by Monday morning I put all the weight back on again and so it was completely pointless.

**Doug:** Finally, my question Jackie.

**Jackie:** Yes, the one I was so sure I had the correct answer to.

**Doug:** If you were on a low-carb diet you would eat?

- a) less pasta
- b) less fish
- c) less salad

**Jackie:** And I said less pasta. Was I right?

**Doug:** You were absolutely correct. I love pasta though.

**Jackie:** No, I don't think I could ever do a low-carb diet. It would never work.

**Doug:** Well, it certainly wouldn't for me. Okay the answer was a) less pasta. **If you were on a low-carb diet you would eat less pasta. That's all for now.** Goodbye.

**Jackie:** Goodbye.

Fonte: [http://downloads.bbc.co.uk/worldservice/learningenglish/6minute/6minute\\_080611\\_diets.pdf](http://downloads.bbc.co.uk/worldservice/learningenglish/6minute/6minute_080611_diets.pdf)

Mp3 fonte: [http://www.bbc.co.uk/worldservice/learningenglish/radio/specials/1615\\_6min\\_extra/page4.shtml](http://www.bbc.co.uk/worldservice/learningenglish/radio/specials/1615_6min_extra/page4.shtml)



**GET THE IDEA****To go on**

1) Look at the text again. What do you think the phrasal verb “go on” means? Confira suas respostas no **GTI19**.

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O *phrasal verb* “go on” pode aparecer em variados contextos. Alguns exemplos de possíveis significados da expressão são:

1) To happen:

I don't know what is going on here!

2) To continue or move to the next thing:

Please, go on with your homework.

3) To start operating:

Please, when does the heating go on?

4) To start talking again after a pause:

She stopped talking to check an email and then she went on telling us the story.

**READING FOR GRAMMAR & VOCABULARY****The Healing Power of Chocolate**

Figura 12: Chocolate  
Fonte: Blog Mesquita Informa

### What is chocolate?

Chocolate is derived from the cocoa bean. Beans are removed from their **Pods**, fermented, **dried, roasted**, and then made into a cocoa mass or cocoa liquor. This is then pressed to make cocoa butter and cocoa cake, which is then ground up into powder.

Cocoa is a rain forest herb, technically known as Theobroma Cacao. Cocoa has been used by indigenous tribes in South and Central America for thousands of years. The tribes have used it to fight parasites, heal snakebites, and as a general antiseptic.

### How does chocolate heal?

Research from University of California, Davis shows that eating dark chocolate **boosts** oxidation levels. Chocolate contains flavonoids, which are part of the group of antioxidants found in tea, red wine, and various fruits and vegetables. Increased levels of flavonoids lowers the risks of heart disease, lung cancer, prostate cancer, and type 2 diabetes. Eating dark chocolate also decreases LDL (bad cholesterol) oxidation and thus reduces the risks of blood clots, lowers blood pressure, and increases blood flow to the arteries.

### How much chocolate should I eat and what kind is best?

1 ounce of dark chocolate a day or 7 ounces per week provides the needed antioxidants. Dark chocolate, known as “**bittersweet**” or “**semisweet**” chocolates are best. These chocolates have a higher percentage of cocoa and little or no added sugar. The dark chocolate should be made from cocoa butter rather than fats like palm or coconut oils. The darker the chocolate, the more flavonoids are in the chocolate. Milk binds to antioxidants, making them **unavailable**, so milk chocolate is not an antioxidant source. Milk chocolate candies are pretty much just candy and don't have nutritional value to you. Chocolates made in Europe are generally richer in cocoa and would be good to try.

### Should I replace fruits and vegetables with chocolate?

No. Fruits and vegetables also contain natural antioxidants and are lower in calories. A 100 gram serving of Hershey's Special Dark chocolate has 531 calories, but a 100 gram raw apple has only 52 calories. Fruits and vegetables have more flavonoids than chocolate and also have vital vitamins and minerals that chocolate lacks.

## Conclusion

You can maintain a healthy diet that includes chocolate!! Add dark chocolate to a diet rich in fruits and vegetables and you'll have a healthier heart and a smile on your face.

Fonte: <http://www.chocoholicsheaven.com/healing-power-of-chocolate.htm>

## GET THE IDEA

Match the columns. Confira suas respostas no **GTI20**.

- |                |   |
|----------------|---|
| 1) Pod         | ( ) to improve or increase something                          |
| 2) bittersweet | ( ) things that had all their liquid removed                  |
| 3) unavailable | ( ) cooked in an oven or over a fire                          |
| 4) dried       | ( ) tasting both bitter and sweet                             |
| 5) roasted     | ( ) a long, narrow, flat part of some plants, such as beans . |
| 6) boost       | ( ) you cannot get it or use it                               |

## WRITING

Let's go on a diet!

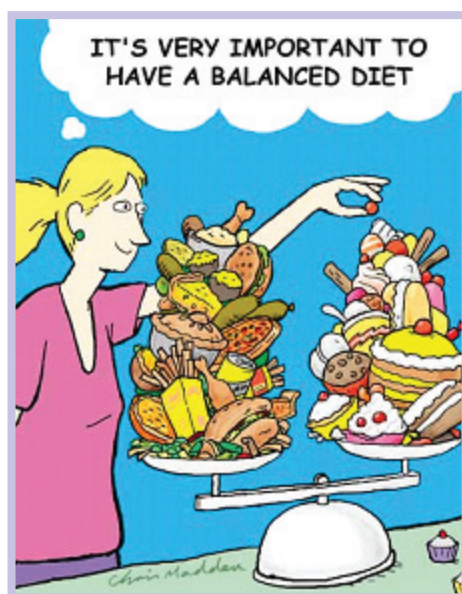


Figura 13: Chrismadden  
Fonte: Chrismadden site

## GLOSSÁRIO

- aware: consciente, ciente  
detox: desintoxicação  
lacks: falta, carência  
leafy: verduras  
pointless: sem sentido, inútil  
powder: pó  
proper: apropriado, adequado  
roughage: comida rica em fibras

## DICAS



Você pode verificar as pronúncias e significados das palavras no site: <http://www.ordadvancedlearnersdictionary.com/dictionary/roughage>. (como exemplo, olhe a transcrição da palavra "roughage").

Have you ever been on a diet? Tell your friends about this experience. Write your opinion on all that you know about diets on the forum unit.

## LISTENING

Listen to the song and watch the video on: <http://www.youtube.com/watch?v=L--cqA13IUU>,

## ATIVIDADES



Olhe quanto vocabulário novo você aprendeu! Procure em um bom dicionário a transcrição fonética das palavras que você ainda não sabe pronunciar! Ok?

## PARA REFLETIR



A pronúncia é muito importante na aprendizagem de uma língua. Você tem se preocupado com a sua pronúncia? Tem procurado as transcrições de novas palavras e trocado idéias com os colegas, tutores e com seu professor?



Figura 14: Dreams Time  
Fonte: Dreams Time site

Complete the song. Use the verbs from the box!

Confira suas respostas no **L3**.

spent talk pray make seems  
wish have think say  
belong might Hold

## DICAS



Se você teve qualquer dúvida nesta unidade, refaça a unidade. Caso suas dúvidas não sejam sanadas, procure o tutor do seu polo.

**Wouldn't It Be Nice? (The Beach Boys)**

Wouldn't it be nice if we were older?

Then we wouldn't \_\_\_\_\_ to wait so long

And wouldn't it be nice to live together

In the kind of world where we \_\_\_\_\_

You know it's gonna \_\_\_\_\_ it that much better

When we can \_\_\_\_\_ goodnight and stay together

Wouldn't it be nice if we could wake up  
In the morning when the day is new  
And after having \_\_\_\_\_ the day together  
\_\_\_\_\_ each other close the whole night through  
The happy times together we've been spending  
I wish that every kiss was never ending...

Wouldn't it be nice?

Maybe if we \_\_\_\_\_ and \_\_\_\_\_ and hope and \_\_\_\_\_... it \_\_\_\_\_  
come true

Baby, then there wouldn't be a single thing we couldn't do...  
We could be married and then we'd be happy,

Wouldn't it be nice?

You know it \_\_\_\_\_ the more we talk about it  
It only makes it worse to live without it  
But let's \_\_\_\_\_ about it...

Wouldn't it be nice?

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