

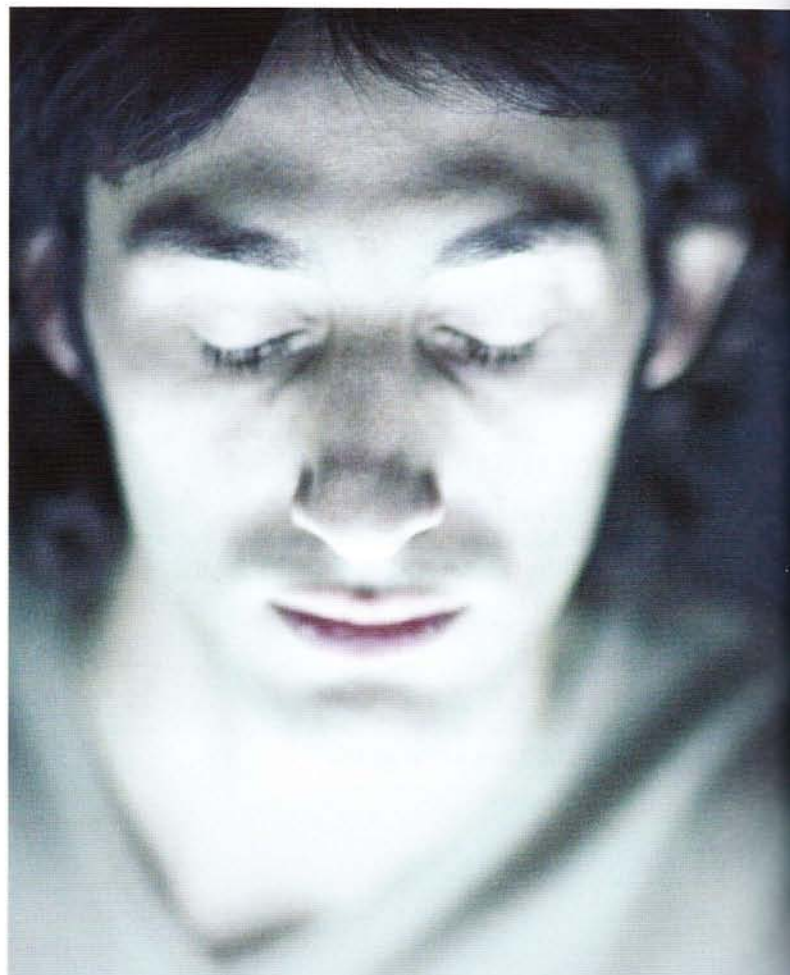


## 6b Imaginary eating

### Reading and listening

- 1 Work in pairs. Discuss the statements. Do you agree with them?
  - 1 Self-belief: the difference between a winner and a runner-up is in attitude, not skill.
  - 2 Willpower: you can achieve anything if you think you can do it.
  - 3 Train your mind: people who consider themselves to be lucky have more 'lucky' moments.
- 2 Read the news item *Imaginary eating*. What does the imaginary eating technique consist of?
- 3  1.39 Listen to two people discussing the news item. Are these sentences true (T) or false (F)?
  - 1 Jack doesn't believe the claims in the news item.
  - 2 Lin is open-minded about the idea of imaginary eating.
  - 3 Both of them agree that willpower is important.
  - 4 Lin thinks Jack should try out the technique.
  - 5 Lin eats too many crisps and snacks.
  - 6 Jack is going to buy some chocolate.
- 4  1.39 Listen to the conversation again. Match the two parts of the sentences.
  - 1 I'll believe it
  - 2 If you don't train your mind,
  - 3 I won't find out
  - 4 When I want to eat a snack,
  - 5 I'll never need to buy chocolate again
  - 6 As soon as it starts working,
    - a if this technique works.
    - b I'll let you know.
    - c I'll try just imagining it.
    - d unless I try.
    - e when I see it.
    - f you won't be able to lose weight.
- 5 Read the comment at the end of the news item again. Do you agree with the comment? With your partner, write a comment to add to the comments section.



### Imaginary eating

Christine Dell'Amore  
*National Geographic News*  
9 December

Obesity rates are climbing fast and we need to find new techniques to help people control overeating. According to new research, 'imaginary eating' could be one such technique. A psychologist in the United States reports that if you imagine eating a specific food, your interest in that food will drop. And if you are less interested in that food, you'll eat less of it. Carey Morewedge explains that people often try to avoid thinking about food when they need to lose weight. However, this might not, in fact, be a good strategy. On the other hand, if you force yourself to think about chewing and actually swallowing food, you'll reduce your craving.

#### COMMENTS



**Rpineapple23** 11:09 a.m. on 12 December

This study is just another proof of how powerful our brain is. The better we are at using that power when making decisions and controlling certain behaviours (such as food cravings), the healthier we will become.

**reply**

**recommend**

**craving** (n) /'kreɪvɪŋ/ a strong feeling that you want or need something



## Grammar first conditional

- 6 Look at these sentences from the conversation.  
Answer the questions.

- I'll never need to buy chocolate again if this technique works.
  - If you don't train your mind, you won't be able to lose weight.
- Which tenses are used to make the first conditional?
  - Where can *if* go in conditional sentences?
  - Look at the position of *if* in the sentences. When do we use a comma (,)?
  - Do the sentences refer to the past, the present or the future? (more than one option is possible)
  - Find three sentences with the first conditional pattern in the news item. Do the sentences refer to future possibilities or things which are generally true?

### FIRST CONDITIONAL

*If* + present simple , *will* + infinitive without to  
*will* + infinitive without to *if* + present simple

For further information and practice, see page 91.

- 7 Look at the grammar box. Complete the sentences with the present simple and *will* + infinitive.

- If you \_\_\_\_\_ (believe) in yourself, you \_\_\_\_\_ (be) more successful.
- I \_\_\_\_\_ (need) a lot of willpower if I \_\_\_\_\_ (want) to give up chocolate.
- If you \_\_\_\_\_ (not buy) snacks, you \_\_\_\_\_ (not be able) to eat them.
- If you \_\_\_\_\_ (find) any more information, \_\_\_\_\_ (you / let) me know?
- If we \_\_\_\_\_ (go) to the supermarket, we \_\_\_\_\_ (check) the price.
- I \_\_\_\_\_ (give up) junk food if you \_\_\_\_\_ (do) too.
- If I \_\_\_\_\_ (not try) it, I \_\_\_\_\_ (never know).
- What \_\_\_\_\_ (you / do) if your plan \_\_\_\_\_ (not work)?

### WHEN, AS SOON AS, UNLESS, UNTIL, BEFORE

We use the present tense after these words when we refer to future events.

For further information and practice, see page 91.

- 8 Jack and Lin discuss Lin's efforts to eat more healthily. Cross out any options which are not possible.

- You won't change *as soon as* / *unless* you make an effort.
- As soon as* / *When* you make up your mind, you'll be able to act.
- I'll weigh myself *before* / *when* I start my diet.
- I'll keep trying *before* / *until* I see a change.
- You won't see any results *unless* / *when* you try hard.
- If* / *Unless* you give up easily, you won't achieve your target.
- If* / *When* you are ready to change your diet, I'll be happy to help.
- It will be a while *before* / *until* you notice a difference in your weight.

## Vocabulary and speaking a healthy lifestyle

- 9 Work in pairs. Match the verbs with the nouns to make strategies for a healthy lifestyle. You can match some verbs with more than one noun and some nouns with more than one verb. Add ideas of your own.

### Verbs

avoid  
change  
cut down on  
cut out  
give up  
learn  
reduce  
take up

### Nouns

a new sport  
an outdoor activity  
bad habits  
computer and TV time  
fatty food  
heavy meals at night  
junk food  
relaxation techniques  
smoking  
snacks between meals  
stress

### WORDBUILDING phrasal verbs

Phrasal verbs with *down* and *up* often describe change.  
*cut down*  
*give up*

For further information and practice, see Workbook page 145.

- 10 Think of a specific result for each strategy from Exercise 9. Write sentences with the first conditional.

Example:

*If you avoid heavy meals at night, you'll sleep better.*

- 11 Work with a new partner. Act out two conversations. Try to motivate your partner.

Student A: You've been told to change to a healthier diet.

Student B: You've been told you spend too much time sitting around and need to get more exercise.

*I have to change my diet, but I don't want to give up my favourite foods!*

*I know what you mean, but you might discover some new things.*