

FUMC ESL 1-7-2019 Advanced Lesson

Some people, mainly young women, have eating disorders. Anorexia is one disorder where people don't eat enough food to stay alive. Bulimia is an eating disorder where people "binge and purge". In other words, they eat large amounts of food, then force themselves to throw it up. This is a big problem among some teenagers. They think they are "too fat" and begin to have unhealthy ideas about eating. Is this a problem in your country? Do you think fashion magazines add to this problem by showing models that are super skinny? Do you think most teens want to be very thin?

Which of these statements do you agree with?

A: People are too obsessed about weight. It doesn't matter how much you weigh.

B: Being overweight is a health hazard. Everyone should maintain a healthy weight.

C: I weigh myself every day and cut back on the food I eat if I am gaining.

D: I don't weigh myself often. I don't think it's important to weigh every day.

E: I usually skip breakfast, but I eat a big dinner.

F: I eat a big breakfast and eat lighter the rest of the day.

G: Diets are useless. People always gain the weight back.

H: I frequently diet.

J: I eat a low carb diet. I eat mainly meat and vegetables.

K: I eat a vegetarian diet. I eat mainly fruit and vegetables with no meat.

L: I eat a Mediterranean diet. I eat small amounts of fish and chicken and lots of vegetables and fruit.

M: I exercise every day.

N: I try to exercise, but I don't always find time for it.

O: I rarely exercise.

P: I prefer to eat out with friends.

Q: I prefer eating at home where I can cook healthy food.

Match these "weight idioms" with their meaning. Read the sentence to help you figure out the matching definition.

dead weight: The sleeping toddler was dead weight and he began to slip from her arms.	biased
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light-weight: The jacket was too light-weight to offer much warmth in the freezing conditions.	think carefully about the choices
pull your own weight: If you want to join our committee, you can, but you'll be expected to pull your own weight.	The journalists immediately weighed in on what the president's comments meant.
worth its weight in gold: A manager who can organize the work load at the same time that he attends to the needs of the workers is worth his weight in gold.	be influential or important
carry weight: As the president, his words carry weight in the international community.	worry
throw your weight around: He likes to throw his weight around. It makes him feel important.	very valuable
weigh the options: I don't know whether we'll stay in the U.S. or return home. I'll have to weigh the options.	of thin material, or weighing less than average
weighs heavily on my mind: The decision to quit school weighs heavily on my mind. Perhaps I should have finished my degree.	to participate in the discussion
weigh in: We can count on Dad to weigh in when we tell him we're talking about moving back home.	use you position unfairly to get what you want
weighted against: The political system is weighted against smaller independent parties.	do your fair share of the work

Read this conversation and tell what each sentence means. Pay special attention to the underlined phrases.

Martha: Since most of us are here, let's discuss the plans.

Jess: I think we should wait until Eric gets here.

Martha: Eric brings nothing to the table. He's just dead weight. He never adds anything to the group. He's an intellectual light-weight who makes shallow comments. He has no real understanding of the reasons for our proposed action. So I see no need to wait on him.

Jess: Still, I think he'll take offense if he's not included. We're better off waiting for him to arrive. There's no sense hurting his feelings intentionally.

Martha: Eric is easily offended. I'll give you that. He's very thin-skinned. But just because he's hyper-sensitive, it doesn't mean we have to tiptoe around him to keep him happy. If he pulled his weight that would be one thing, but he clearly doesn't.