

FUMC ESL 3-10-2025 Lesson

Introduce yourself. What is one of the specialty foods in your country? What food have you discovered since moving to the U.S. that you had not tasted before.

Vocabulary:

1-disorder-a disease or illness that keeps your body from working properly. It can be a physical or a mental disorder.

2-binge-a short period of time when you do too much of something, like drinking alcohol or eating. You can say, "I went on a binge."

3-obsessed-to think about someone or something way more than you need to. For example, I love chocolate covered pretzels. I find my self thinking about them and wanting them several times a day.

These words have more than one meaning. You may want to look up some of the other meanings in your dictionary.

Conversations:

Kate: I am **obsessed** with chocolate. Last night I **binged** on a chocolate cake my mother made for me. I ate the whole thing.

Alice: Did it make you sick?

Kate: I admit, I didn't feel too well last night.

1. Have you ever binged on any food?
2. Is there any food you are obsessed with? Are you obsessed with any movie stars?
3. Some people binge watch a TV show with many episodes. That means they watch all the episodes at one sitting. Have you ever done this? Do you watch American TV?

Sara: My father fought in a war. He saw many people hurt or killed. He lost some of his friends. Now he has **post-traumatic stress disorder (PTSD)**. He has awful dreams and wakes up afraid. He thinks he is back in the war.

Belle: It sounds like your dad needs therapy to help him with his disorder.

Eating Disorders: Anorexia and Bulimia

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 (binge), then force themselves to throw it up (purge). This is a big problem among some teenagers. They think they are "too fat" and begin to have unhealthy ideas about eating.

1. Is this a problem in your country?
2. Do you think fashion magazines add to this problem by showing models that are super skinny?
3. Do you think most teens want to be very thin?
4. Do you worry about being too thin or too heavy?

Read these statement pairs. Which of these statements do you agree more 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. I like to try new diets.

I: I think people should work hard to keep a balanced weight. It is important that you not be too fat or too thin.

J: I think everyone is too worried about weight. Who cares if you are too fat or too thin. It's the inside that counts.

Weight Idioms: Read the sentences and tell what you think the bold phrases mean.

1. The sleeping baby was **dead weight** and his mom struggled to carry him.
2. The jacket was too **light-weight** to offer much warmth in the freezing conditions.
3. If you want to join our group, you may. But you'll be expected to **pull your own weight**. No one will do your job for you.
4. 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**.
5. Harry is the vice-president of our club. When the president is not there, Harry **throws his weight around**. He acts like he is so important.
6. I don't know whether we'll stay in the U.S. or return home. I'll have to **weigh the options**.
7. We can count on Dad to **weigh in** when we tell him we're talking about moving back home. He will have a lot to say about that. He always likes to offer his opinion.