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On a Diet

 Vocabulary

1. resolution- a firm decision to do or not to do something 決意
2. pitfalls- a problem that is likely to happen in a particular situation 落とし穴
3. underestimating- to think or guess that something is smaller or less important than it really is
少なく見積もる
4. overestimating - to consider something to be better than it really is
多く見積もる
5. insufficient- Not sufficient; not enough; inadequate to any need, use, or purpose 不十分な、不足な



"Losing weight is one of the top resolutions made every year, yet only 20 percent of people achieve successful weight-loss and maintenance," said Jessica Bartfield, a doctor who specializes in weight management. According to her, research suggests that most diets fail because people don't recognize that dieting is a skill that requires both good technique and practice to perform effectively.

The major pitfalls to successful dieting can be summed into four reasons, she said: First is underestimating calorie consumption; second is overestimating physical activity; third is poor meal spacing; and the last is insufficient sleep (Scientific research has shown that getting less than six hours of sleep each night leads to elevated levels of the hormone ghrelin, which stimulates the appetite and can lead to craving high-calorie foods. It can also lead to raise levels of the stress hormone cortisol, which has also been linked with weight gain.)



1. Based on the passage, what is considered as one of the top resolutions made by the people every year?
2. According to Bartfield, why do most people fail on their diets?
3. What are the major pitfalls to successful dieting?
4. What are the negative effects of insufficient sleep?



Fill in the blanks

overestimate underestimate insufficient resolution pitfalls

1. Without careful planning, a traveler can run into many _____.
2. I don't want to _____ or overstate the challenge we face but equally those who imagine that it can't happen here are misplaced.
3. Jurors said they had found _____ evidence to convict the defendant.
4. They tend to _____ their own skills and are more humble when describing their contributions to group efforts.
5. Jane made a _____ to get on the honor roll this quarter, so she worked very hard on her homework.

About Yourself

1. Is losing weight part of your New Year's resolution every year?
2. Have you ever been on a diet? Tell me about your regular diet?
3. Do you think dieting can be dangerous?
4. Do you think people who go on diets get the proper nutrition their body needs?
5. What's your advice for anyone who wants to go on a diet?
6. In what way can diet influence our appearance and personality?