

Worksheet 4: “A Success Story”

ANTES DE LA LECTURA

1. Check how much you know about nutrition. Read and answer the following test with “agree” or “disagree”:
 - a. El pan integral tiene más fibra que el pan blanco.
_____.
 - b. Las nueces son un alimento sano aun cuando se esté tratando de bajar de peso.
_____.
 - c. Las frutas y verduras en tarro o congeladas son muchas veces más sanas que las frescas.
_____.
 - d. La leche de soya puede remplazar a la leche común.
_____.
 - e. El queso blanco es una buena fuente de calcio.
_____.
 - f. Tomar jugo hasta hartarse es una buena estrategia para bajar de peso.
_____.

Check your answers with the teacher.

Reading Text

"A success story " (by Susan Slim from California)

"All during my childhood I was teased by my peers because I was overweight. Although I was never obese, I was larger than my classmates and their words made me angry and depressed. Instead of talking to my parents and teachers about my feelings though, I turned to food to comfort myself.

My turning point came when I was a teenager and I went to the doctor for a physical exam. The doctor told me that being overweight put me at risk for high blood pressure, heart disease, diabetes and other health problems that could cost my life.

I was frightened by this prognosis. I realized that I didn't want to die so young and I decided to make an effort to lose some weight.

I started a weight loss program. Through it I learned how to add healthful eating habits to my life. I switched from whole milk to skimmed milk, reduced my portions of food, drank more water, and added fruits and vegetables to my diet.

I continued with my diet but my weight was always fluctuating. During the Summer I would lose about 10 kilograms only to gain them in the Winter. My self-esteem then was lower and lower and I had come to accept that I would be a yo-yo dieter for the rest of my life. But then something happened. I was under a tremendous amount of stress from my work when a friend mentioned how exercise helped to deal with stress.

So that's how I started exercising: stair climbing, jogging, walking, 3 or 4 times a week. Almost immediately it helped me reduce my stress and have more energy.

Along the way I have learned that fitness and well being come from the inner self and not just from the reflection on the mirror. That's why I want to share my successful experience with you. Hope it works out!

Here's my workout schedule:

- Elliptical training, jogging, walking, step aerobics or biking 1 hour/ 3 or 4 times a week.
- Strength training: 40 minute/ 3 times a week.

Maintenance Tips

- Drink water. Not only does it fill you up. It also cleans your body.
- Eat six small meals a day rather than three larger ones. This way you are never hungry.
- Once a week, enjoy your favorite food so that you don't feel deprived!

DURANTE LA LECTURA

2. Read the text and circle the best answer.

What is the text about?

- a. Una joven que lucha toda su vida por perder peso.
- b. Una joven que está en peligro de muerte.
- c. La importancia del ejercicio para los jóvenes.

3. Answer the following questions in English.
- Why did the young woman suffer when she was a child?
 - What risks did she have because of her overweight according to the doctor?
 - What eating habits did she change in order to lose weight?
 - What was the final solution to her problem?
 - What two suggestions from the list do you consider the most important?

4. Write two consequences of being overweight mentioned in the text:

a. _____

b. _____

DESPUÉS DE LA LECTURA

- Write a list of your healthy eating habits. (At least 4 items).
Compare your list with your classmates.
- Look at these words and say what part of the sentence they are in the text (verbs - nouns - adjectives or adverbs):

comfort - weight - health - jogging - training - well being