

Topic 4 **Health**

1. Vocabulary

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| 1. Nation | *N <u>a</u> tion | 6. Associated | As *s <u>o</u> ciated |
| 2. Obese | O *b <u>e</u> se | 7. Fed up | *F <u>e</u> d up |
| 3. Adolescent | Ad o *l <u>e</u> s cent | 8. Sue | *S <u>u</u> e |
| 4. Rare | *R <u>a</u> re | 9. Joints | *J <u>o</u> ints |
| 5. Preventable | Pre *v <u>e</u> n ta ble | 10. Frivolous | *Fr <u>i</u> v o lous |

2. Definitions and Samples

	Word	Form	Definition	Example	Usage Tips	Parts of Speech
1	Nation	n.	A community of people composed of one or more nationalities and possessing a more or less defined territory and government.	It's one of the richest nations in the world.	Similar to <i>country</i> , <i>sovereignty</i>	Na tion al i ty n. Na tion al n.
2	Obese	Adj.	Having excessive body fat.	This department provides medical treatment for obese patients.	Can be used as <i>morbidly obese</i> – dangerously overweight...could cause death.	O be si ty n.
3	Adolescent	n.	One who is in the period of life from puberty to maturity terminating legally at the age of majority.	Their children are now adolescents .	Similar to <i>young</i> , <i>immature</i> , <i>youthful</i> . Opposite is <i>adult</i> , <i>mature</i> , <i>grown-up</i> .	Ad o les cence n.
4	Rare	Adj.	Seldom occurring or found.	Meeting someone while hiking in Ireland is rare .	Similar to <i>unusual</i> , <i>uncommon</i> , <i>seldom</i> .	Rare adj. (cooking)
5	Preventable	Adj.	Something that can be kept from happening or existing.	The death could have been preventable , if the driver had been wearing a seatbelt.		Prevent v. Pre ven ta bil i ty n. Preventer n.

	Word	Form	Definition	Example	Usage Tips	Parts of Speech
6	Associated	v.	To bring together or into relationship in any of various intangible ways (as in memory or imagination)	I no longer wish to be associated with people like him.		As so ci ate n.
7	Fed up	Adj.	Tired, or disgusted beyond endurance	We've had one delay after another, and I'm starting to feel pretty fed up .	Similar to <i>bored, weary, sick and tired, jaded.</i>	
8	Sue	v.	To seek justice or right from (a person) by legal process; <i>specifically</i> : to bring an action against	He is suing the doctor who performed the unnecessary surgery.	We can use: <i>take action against, or bring someone to court over something.</i>	Su er n.
9	Joints	n.	Shabby or disreputable places of entertainment	I'm not going down to that joint again. The last time I was there they ripped me off.		Joint n.
10	Frivolous	Adj.	Having no <i>sound</i> (real) basis (as in fact or law) <a <i>frivolous</i> lawsuit>	Judges are getting sick of people bringing frivolous lawsuits.	Similar to <i>foolish, inconsequential, unimportant.</i>	Friv o lous ly adv. Friv o lous ness n.

3. Vocabulary Practice

A. Please put the correct word into the sentences below. Thank you.

Associated **Sue** **Fed up** **Rare** **Nation**

- I'm _____ with this job. I work late, get paid pittens. What the hell am I doing here?
- This coffee is too hot. It burnt my lip. I'm going to _____ you over this!
- Lung cancer is _____ with smoking.
- It's _____ to see young people getting up for seniors on the subway nowadays.

5. The founders of the _____ held the belief that all citizens are equal and have the same rights to freedom and education.

B. Please match the words on the right with the vocabulary on the left. Thank you.

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|-----------------------------|-----------------|
| 1. Joints _____ | a. very chubby |
| 2. Frivolous _____ | b. stoppable |
| 3. Obese _____ | c. young person |
| 4. Adolescent _____ | d. silly |
| 5. Preventable _____ | e. places |

4. Reading and Video ([Video Link](#) is available online)

Super Size Me

Morgan:

Everything's bigger in America! We've got the biggest cars, the biggest houses, the biggest companies, the biggest food, and, finally, the biggest people. America has now become the fattest **nation** in the world. Congratulations! Nearly 100 million Americans are today either overweight or **obese**. That's more than 60% of all U.S. adults. Since 1980 the total number of overweight and obese Americans has doubled, with twice as many overweight children and three times as many overweight **adolescents**. The fattest state in America? Mississippi - where one in four people are obese. I grew up in West Virginia, currently the third-fattest state in America. When I was growing up, my mother cooked dinner every single day. Almost all my memories of her are in the kitchen. And we never ate out, only on those few, **rare** special occasions. Today, families do it all the time, and they're paying for it - not only with their wallets, but with their waistlines. Obesity is now second only to smoking as a major cause of **preventable** death in America, with more than 400,000 deaths per year **associated** with related illnesses. In 2002 a few Americans got **fed up** with being

overweight and did what we do best. They **sued** the bastards, taking aim at the fast-food companies and blaming them for their obesity and illnesses, a lawsuit was filed in New York on behalf of two teenage girls. One who was 14 years old, 4' 10", and 170 pounds, the other, 19 years old, 5' 6", and 270 pounds.

The unthinkable had suddenly become reality. People were suing the golden arches for selling them food that most of us know isn't good for you to begin with yet each day, one in four Americans visits a fast-food restaurant. And this hunger for fast food isn't just in America. It's happening on a global basis. McDonald's alone operates more than 30,000 **joints** in over 100 countries on 6 continents and feeds more than 46 million people worldwide every day. That's more than the entire population of Spain. In the United States alone, McDonald's accounts for 43% of the total fast-food market. They're everywhere -- Walmarts, airports, rest stops, gas stations, train stations, shopping malls, department stores, amusement parks, even hospitals. That's right -- hospitals. At least you're close when the coronary kicks in. Lawyers for McDonald's called the suits "**frivolous**", stating that the dangers of its food are universally known and that these kids can't show that their weight problems and health woes were caused solely by their McDiets. The judge states, however, that if lawyers for the teens can show that McDonald's intends for people to eat its food for every meal of every day and that doing so would be unreasonably dangerous, they may be able to state a claim. Are the food companies solely to blame for this epidemic? Where does personal responsibility stop and corporate responsibility begin? Is fast food really that bad for you? I mean, what would happen if I ate nothing but McDonalds for 30 days straight? Would I suddenly be on the fast track to becoming an obese American? Would it be unreasonably dangerous? Let's find out. I'm ready. Super-size me.

5. Reading Practice

Please fill in the gaps based on your memory of the reading and video. Thanks.

- America is the _____ nation in the world.
- More than _____ % of adults in the US are obese.
- _____ is the fattest state in the US.
- The two main causes for deaths in America are _____ and _____.
- McDonald's is spread over the world and feeds more than _____ million people worldwide a day.
- McDonald's accounts for _____ % of the fast food market in the US.
- In the US you can find McDonald's everywhere: _____, _____, _____.

6. Phrasal Verbs

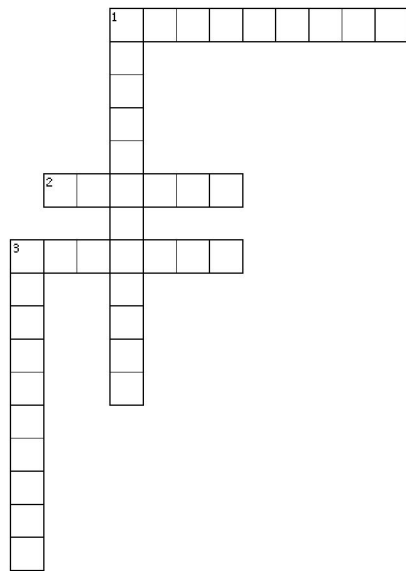
These *Phrasal Verbs* are very common in relation to **Health**.

Phrase	Meaning	Collocation	Structure	Example
Come down with	To be in the process of becoming sick.	A cold The flu Something	Come+down+with+O	I can't go out tonight. I think I am coming down with a cold .
Clog up	To block	Arteries	Clog+up+O Clog+O+up Clog+Opr+up	Too many fatty foods will clog up your arteries , requiring you to have surgery.
Cut down on	Reduce your intake of a substance or reduce an activity.	Sugar Coffee	Cut+down+on+ O	I need to cut down on coffee . I am drinking too much of it nowadays.
Burn off	To reduce fat, calories etc. through exercise.	Fat Calories	Burn+off+O Burn+O+off Burn+Opr+off	2 minutes of hard cycling can burn off more fat than 20 minutes of slow cycling.

Bounce back (from)	Recover from	Surgery Illness	Bounce+back Bounce+back+from+O	Remember that children are very resilient, and can bounce back to health rapidly!
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7. Phrasal Verb Practice

Please complete the crossword below. Thank you.



Across

1. reduce
2. to block a path
3. loose fat by physical activity

Down

1. to feel like you are getting sick
3. to get better

8. Conversation Strategies

Tip: Sometimes when we want more information from someone we could use **Soliciting**

Details.

1. What do you mean _____?
2. Can you give me an example _____?
3. Could you tell me _____?
4. I'd be interested to know _____.
5. I'd like to know _____.
6. You said _____. What did you mean?
7. Could you explain _____?
8. What kind of _____?

9. Conversation Strategy Practice

Please put the correct *Solicitor* into the sentences below. Thank you.

What do you Could you tell me
You said you Could you give me happened

1. A: My brother had a car accident.
2. B: Really? What _____?
3. A: Well, he was late for work and was driving fast.
4. B: _____ mean by "fast"?
5. A: About 10 miles over the speed limit.
6. A: I had a great time during my trip to Hawaii.
7. B: _____ had a great time. _____ what you did there?
8. A: I played a lot of sports.
9. B: What kind of sports? _____ an example?
10. A: Tennis, swimming, volleyball, and surfing.

What kind a little more about What kind of
Why Could you explain I'd be

11. A: I just bought a new car.
12. B: Great! _____?
13. A: A Ford.
14. B: _____ interested to know _____ you chose a Ford.
15. A: It had a good price and a nice color. Also, I liked the salesperson.

16. A: I really like fishing.
17. B: Oh? _____ fishing?
18. A: Trout fishing.
19. B: Could you tell me _____ trout fishing?
20. A: Well, first there's fly fishing.
21. B: _____ what that means?
22. A: OK. The hook looks like a fly, and the trout tries to eat it, and then...

