



Look At Your Lifestyle

What are your bad eating habits?

1. Do you eat because you are bored, sad, or happy?
2. Do you snack in front of the television?
3. Are most of your meals eaten at home or in restaurants?
4. How often do you eat fast food?
5. Do you like to cook?
6. How often do you go to the supermarket?
7. Do you skip breakfast or lunch?
8. How big are the meals you eat?
9. Do you really want sweets?
10. Are there foods you won't give up?

Conversation Exercise

Answer the questions above in pairs and think what you could do to improve any bad habits

Reading

Read the article on the next page and answer the following questions:

1. Should you bring chocolate home?
2. What size portions do restaurants often serve?
3. What compromises can you make when eating out?
4. Is it a good idea to eat lots of fast food?
5. Why should you set time aside at weekends?
6. How can you shop better at the supermarket?
7. How can you avoid visiting the supermarket?

Match the following words and meanings:

nibbling
doggy bag
super-size
garnish
tedious
temptation
reheat
fuss

Extra large
To heat something again
eating food little by little
A bag for taking food home
To want something a lot
Frustrating and boring
Sauce
Making a lot of effort to do a small task

Reading: Lifestyle Eating!

Snacking

Keep unhealthy snacks out of the house and keep healthy snacks like fruits, crunchy vegetables with dips, or nuts. If you must have a treat, then buy a small piece of high quality chocolate or your favourite treat and enjoy it, just don't buy any to bring home.

The same tips are helpful for those who enjoy TV snacking at home. If you don't want to give up nibbling while watching your shows, keep low calorie foods, because it is very easy to eat too much when you are watching your favourite drama, football game, or cooking show.

Tips For Eating Out

It is difficult to eat a healthy diet if you eat out a lot. Salads never look as good as a Cheeseburger and fries. Restaurants often serve very large portions of food, much more than you need to eat. If you can't stick to the salads, then try to compromise: you could order a starter that you really enjoy and have a light salad as the main course; you could share a meal or take half home in a doggy bag.

When it comes to fast food: eat it as little as possible; do not 'super-size' your meals and try to choose restaurants that have healthier choices. (Sometimes salads have more calories than the Cheeseburger, because of the garnish.)

Eating At Home

If you do not have the time to cook, then perhaps you can prepare meals on weekends and freeze them for reheating later in the week. It is important to be prepared if you are going to eat good foods at home and not run out for fast food after work.

Supermarket shopping can be tedious. To minimise the fuss either make a food list or make a list based on a timetable for the week. E.g. On Monday I will have pasta and fish, Tuesday I will have a chicken curry etc. Make sure you ONLY buy items on the list!

Many supermarkets now offer Internet shopping, so that you can make your list and do your shopping at the same time. It will also reduce the temptation to buy snacks.

Don't Skip Meals

If you skip breakfast, you may find that you lose energy by midmorning. Rather than skipping breakfast completely, split it in half. Eat a small breakfast early and then have a small snack on hand such as raisins and almonds to eat at midmorning. This split breakfast is a much better solution than reaching for coffee or candy bars to perk you up.

