

The Grammar**Comparisons: fixed expressions**

As far afield as...

Take monk fruit, for example, coming from as far afield as China or Thailand. It is around 150-200 times sweeter than sugar and contains zero calories per serving.

No dearer than...

Going gluten-free is no dearer than going organic. You need virtually the same budget for any one of them.

Continuous form of stative verb "mean"

Now that we are in the run up to the wedding I've been meaning to go on a crash diet, but I haven't really come round to it yet.

Speculation with may / might well

I'll give a gluten-free diet a go for a while, as it may well have something to do with the way some foods don't agree with me.

Idioms

Put your finger on sth

(To understand exactly why a situation is the way it is)

I was pretty sure something was wrong with my diet, but I couldn't put my finger on it.

You name it

(There are many more you could mention)

At your fingertips

(Very easily accessible)

It is amazing how many exotic superfoods we have at our fingertips nowadays, like monk fruit, coconut aminos, matcha tea, spirulina... You name it!

Phrasal verbs

To cut out (sth from your diet)

(Eliminate)

Watch out for diets that cut out whole food groups.

To burn off sth

(Consume through exercise)

What's the best way to burn off a copious dinner?

To whip up

(To prepare a meal very quickly)

The only drawback of following a restricted eating program is that it is harder to whip up an improvised meal when you have unexpected visitors.

Speaking skills**Expressing disagreement**

(To be) At odds with sth / sb over sth

Your opinion is totally at odds with the facts.

I think otherwise.

I believe your argument doesn't hold water.

That doesn't make much sense to me.

THOUGH (However, nevertheless)

It may be said that going organic is not that pricey if you buy local produce, but I spend a fortune every time I go to an organic market. It's so much worth it, though!

The Vocab**Nouns and noun phrases**

Dieter

a yo-yo dieter

yo-yo dieting

dietary regimes

eating patterns

foreseen / unforeseen tendencies

keenly followed diets (by regular dieters)

varying degrees of risk / intolerance

(embarking on) a restricted eating program

restrained eating behaviours

muscle loss

body fat percentage

orthorexia

bigorexia

Types of diets

Crash diet

(A way of losing body weight quickly by eating very little)

clean eating

(Eating only foods that are regarded as healthy, especially fresh food that has not been processed)

fasting

wonder/ miracle diet

a fad diet

Adjectives

Vegan

ovo-vegetarian

non-vegetarian

pescaterian

(someone who eats fish but not meat)

slimline (of a drink)

(containing little or no sugar)

nourishing

(making you feel healthy and strong)

plant-based - *a plant-based diet / supplement*

(going) gluten-free

What is the purpose of the Topic Worksheets?

The purpose of the **Topic Worksheets** is to help you understand how you can talk about any topic, integrating all the elements from the content blocks that you have to know at the end of a particular level.

A Topic Worksheet is like a road map **to improve your speaking skills**, both for presentation and interaction tasks. They provide the structure that will allow you to show off in your speaking exams.

In all of them, you can find different sections with contents that are seen in the level specified at the top of the worksheet. They belong to three main content blocks, namely **Grammar, Vocabulary** (with differentiated sections for **Phrasal verbs, Idioms** and **Common expressions**) and **Speaking skills**. In some of the worksheets, you can alternatively find the section **Sentence starters**, to help you structure the topic. Sections may vary from one worksheet to another.

All the selected contents aim at guiding you into sounding more and more natural when you speak, as you use the Topic Worksheets to round up a topic that you have studied in class in several sessions.

These Topic Worksheets are perfect to:

- **practise your presentations and interactions** with this all-in-one speaking plan
- **make the most of your speaking production** including elements from all content blocks
- **revise before exams**

YOUR TASK

You are going to talk about the topic given at the top of the page. Your teacher will tell you how long you have for your speaking practice. You will **have a conversation** in pairs or groups about the given topic, **using as many elements from the different sections as possible**. Take your time to read all the information on the worksheet and to reflect on how you could use it in a conversation.

When you are not sure about how to say something, write it down and either google it or ask your teacher for help. You may need to do both, though.

Your teacher will give you some questions to discuss, like the following. It is also advisable to ask your partner(s) your own questions. You can write them down in the space provided below.

TOPIC QUESTIONS

- Would you describe yourself as a yo-yo dieter? And anyone you know of?
- In this you-can-have-it-all-now society we live in, is it becoming more and more common to have restrained eating behaviours? Can you see a logical explanation to it?
- Do you know anyone who is an orthorexic? Is it really a bad thing, in your opinion?
- Is there anything about your present diet that you would willingly change or improve, despite the effort you may have to make?
- Is there any dietary trend you would never follow because you deem it unsafe?
- Have you ever got the feeling that there was something wrong in your dietary habits but you couldn't put your finger on it? Were you able to spot it?

WRITE HERE YOUR OWN QUESTIONS

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