

StartUp 3
Reading

Unit4 – Lesson4
Page48

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



A BITE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



A SWEET TREAT

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



TASTE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



PLEASURE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



GET USED TO

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



SATISFIED

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



EXPAND

CIRCLE THE CORRECT WORD.

1. When you get used to a kind of food, you ***are unsure of it*** / ***dislike it*** / ***are comfortable with it***.
2. When someone has room for more food, they ***are full*** / ***could eat more*** / ***need to go shopping***.
3. An example of a sweet treat is a ***steak*** / ***salad*** / ***cake***.
4. When you relax your body, you make it ***straight*** / ***loose*** / ***strong***.
5. When someone feels pleasure from a meal, they ***enjoy it*** / ***don't like it*** / ***aren't satisfied***.
6. Someone who is having a bite of food is ***cooking*** / ***eating*** / ***drinking***.
7. When you are satisfied by a meal, you are ***upset*** / ***hungry*** / ***pleased***.
8. When something is expanded, it gets ***bigger*** / ***heavier*** / ***tighter***.
9. A person can push open a ***door*** / ***car*** / ***tree***.
10. The taste of sugar is ***cold*** / ***hard*** / ***sweet***.









Have your students make sentences about each picture using the words they have learned. Focus on accuracy.

A PREVIEW Look at the title and the photograph. What do you think the article is about?



Calories in Desserts

dessert	calories
1 slice of apple pie	411
1 slice of cheesecake	257
1 slice of chocolate cake	235
1 bowl of ice cream	267
1 slice of pecan pie	503

A calorie is a unit for measuring the amount of energy food will produce.

LISTEN TO THE AUDIO CAREFULLY.

4-21

What is the article mainly about?

a. Our brains and our bodies both make room for dessert.
b. Everyone loves a sweet treat at the end of a meal.
c. Eating the same kinds of food all the time is boring.

Have your Ss listen to the audio and answer the question. Check the answers in class.

Have your Ss scan the text to answer the questions. Check the answers in class.

1. When our brains get used to a food, we feel less _____
2. Dessert appeals to our brains because the _____ .
3. When we eat dessert, our stomachs expand because food _____ against the stomach and sugar _____ the walls of the stomach.
4. Scientists say we should have a _____ instead of eating the whole dessert.

Picture this. You just finished eating a huge meal. You're so full your stomach hurts. You don't want to see another bite of food ever again! But then the dessert comes out, and it looks wonderful. Suddenly you think you can eat some more. Sound familiar? Well, you're not alone—we've all felt this way. But have you ever wondered *why*? New research explains why we always have room for a sweet treat.

Dessert isn't boring—at least that's what our brains are telling us! When we eat something and like the taste, we feel pleasure. As we eat more, our brains get used to the flavor of that food, and we begin to feel less satisfied. Our brains get bored of the food. It actually begins to lose its taste, and our brains tell us we're full. But if we eat food with a different fl avor, such as dessert at the end of a meal, that new fl avor "wakes our brains up" and we feel hungry again. Even if we're full, our brains tell us that we want that new fl avor.

But our brains aren't the only reason we always have room for dessert. Our stomachs actually *do* make more room. It's true! When we eat, our stomachs expand to make room for the food. When the food pushes against the walls of the stomach, we start to feel full. But sugar relaxes the walls of the stomach, so it can expand even more. And since most desserts have a lot of sugar, even if we're really full, the sugar in the dessert helps our stomachs make more room.

We all might enjoy eating dessert, but remember, if we eat too much we can feel sick later. Scientists say we can solve this problem by having a small bite of dessert, rather than the whole thing. This way we satisfy our desire for a new fl avor, but we don't eat too much. So, what do you have room for today?

READ THE ARTICLE. COMPLETE THE SENTENCES.

5148 www:// afaq-lc.com

Have Ss identify the correct meaning. Go over the answer as a class.



C FOCUS ON LANGUAGE Reread lines 1–2 in the article. Think about the words *picture this* and *full*. Then circle the correct answers.

1. The expression *picture this* means ___ .
   a. to take a picture of something
   b. to imagine something
   c. to show someone a picture
2. In this sentence, *full* means ___ .
   a. having a lot of something
   b. being happy
   c. having eaten enough

D Read the Reading Skill. Read the article again. Circle the main idea in each paragraph. Then underline one supporting detail in each paragraph.

Picture this. You just finished eating a huge meal. You're so full your stomach hurts. You don't want to see another bite of food ever again! But then the dessert comes out, and it looks wonderful. Suddenly you think you can eat some more. Sound familiar? Well, you're not alone—we've all felt this way. But have you ever wondered *why*? New research explains why we always have room for a sweet treat.

Dessert isn't boring—at least that's what our brains are telling us! When we eat something and like the taste, we feel pleasure. As we eat more, our brains get used to the flavor of that food, and we begin to feel less satisfied. Our brains get bored of the food. It actually begins to lose its taste, and our brains tell us we're full. But if we eat food with a different fl avor, such as dessert at the end of a meal, that new fl avor "wakes our brains up" and we feel hungry again. Even if we're full, our brains tell us that we want that new fl avor.

But our brains aren't the only reason we always have room for dessert. Our stomachs actually *do* make more room. It's true! When we eat, our stomachs expand to make room for the food. When the food pushes against the walls of the stomach, we start to feel full. But sugar relaxes the walls of the stomach, so it can expand even more. And since most desserts have a lot of sugar, even if we're really full, the sugar in the dessert helps our stomachs make more room.

We all might enjoy eating dessert, but remember, if we eat too much we can feel sick later. Scientists say we can solve this problem by having a small bite of dessert, rather than the whole thing. This way we satisfy our desire for a new fl avor, but we don't eat too much. So, what do you have room for today?

READING SKILL Identify supporting details

Supporting details are facts and ideas that add more information to support the main idea. Supporting details can include examples, research, or quotes. Identifying these details can help you understand what the writer is trying to tell you.

WHAT WAS THE ARTICLE ABOUT? RETELL THE MOST IMPORTANT IDEAS. USE YOUR OWN WORDS.

Picture this. You just finished eating a huge meal. You're so full your stomach hurts. You don't want to see another bite of food ever again! But then the dessert comes out, and it looks wonderful. Suddenly you think you can eat some more. Sound familiar? Well, you're not alone—we've all felt this way. But have you ever wondered *why*? New research explains why we always have room for a sweet treat.

Dessert isn't boring—at least that's what our brains are telling us! When we eat something and like the taste, we feel pleasure. As we eat more, our brains get used to the flavor of that food, and we begin to feel less satisfied. Our brains get bored of the food. It actually begins to lose its taste, and our brains tell us we're full. But if we eat food with a different fl avor, such as dessert at the end of a meal, that new fl avor "wakes our brains up" and we feel hungry again. Even if we're full, our brains tell us that we want that new fl avor.

But our brains aren't the only reason we always have room for dessert. Our stomachs actually *do* make more room. It's true! When we eat, our stomachs expand to make room for the food. When the food pushes against the walls of the stomach, we start to feel full. But sugar relaxes the walls of the stomach, so it can expand even more. And since most desserts have a lot of sugar, even if we're really full, the sugar in the dessert helps our stomachs make more room.

We all might enjoy eating dessert, but remember, if we eat too much we can feel sick later. Scientists say we can solve this problem by having a small bite of dessert, rather than the whole thing. This way we satisfy our desire for a new fl avor, but we don't eat too much. So, what do you have room for today?

Have your Ss tell the summary of the text in breakout rooms.



“ afaq

Are there specific kinds of desserts or other types of foods that you always have room for? What are they? What makes the foods taste so good?

Have your Ss answer the questions in the breakout rooms.

Picture this. You just finished eating a huge meal. You're so full your stomach hurts. You don't want to see another bite of food ever again! But then the dessert comes out, and it looks wonderful. Suddenly you think you can eat some more. Sound familiar? Well, you're not alone—we've all felt this way. But have you ever wondered *why*? New research explains why we always have room for a sweet treat.

Dessert isn't boring—at least that's what our brains are telling us! When we eat something and like the taste, we feel pleasure. As we eat more, our brains get used to the flavor of that food, and we begin to feel less satisfied. Our brains get bored of the food. It actually begins to lose its taste, and our brains tell us we're full. But if we eat food with a different fl avor, such as dessert at the end of a meal, that new fl avor "wakes our brains up" and we feel hungry again. Even if we're full, our brains tell us that we want that new fl avor.

But our brains aren't the only reason we always have room for dessert. Our stomachs actually *do* make more room. It's true! When we eat, our stomachs expand to make room for the food. When the food pushes against the walls of the stomach, we start to feel full. But sugar relaxes the walls of the stomach, so it can expand even more. And since most desserts have a lot of sugar, even if we're really full, the sugar in the dessert helps our stomachs make more room.

We all might enjoy eating dessert, but remember, if we eat too much we can feel sick later. Scientists say we can solve this problem by having a small bite of dessert, rather than the whole thing. This way we satisfy our desire for a new fl avor, but we don't eat too much. So, what do you have room for today?

READ THE TEXT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.

Picture this. You just finished eating a huge meal. You're so full your stomach hurts. You don't want to see another bite of food ever again! But then the dessert comes out, and it looks wonderful. Suddenly you think you can eat some more. Sound familiar? Well, you're not alone—we've all felt this way. But have you ever wondered *why*? New research explains why we always have room for a sweet treat.

Dessert isn't boring—at least that's what our brains are telling us! When we eat something and like the taste, we feel pleasure. As we eat more, our brains get used to the flavor of that food, and we begin to feel less satisfied. Our brains get bored of the food. It actually begins to lose its taste, and our brains tell us we're full. But if we eat food with a different fl avor, such as dessert at the end of a meal, that new fl avor "wakes our brains up" and we feel hungry again. Even if we're full, our brains tell us that we want that new fl avor.

But our brains aren't the only reason we always have room for dessert. Our stomachs actually *do* make more room. It's true! When we eat, our stomachs expand to make room for the food. When the food pushes against the walls of the stomach, we start to feel full. But sugar relaxes the walls of the stomach, so it can expand even more. And since most desserts have a lot of sugar, even if we're really full, the sugar in the dessert helps our stomachs make more room.

We all might enjoy eating dessert, but remember, if we eat too much we can feel sick later. Scientists say we can solve this problem by having a small bite of dessert, rather than the whole thing. This way we satisfy our desire for a new fl avor, but we don't eat too much. So, what do you have room for today?

AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.