A. Vocabulary Study

Study the following words and expressions with your tutor.

<table>
<thead>
<tr>
<th>Vocabulary</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>research</td>
<td>study; investigation</td>
</tr>
<tr>
<td>efficient</td>
<td>performing in the best possible manner with the least waste of time and effort</td>
</tr>
<tr>
<td>condition</td>
<td>bring into the desired state</td>
</tr>
<tr>
<td>motivated</td>
<td>inspired; driven</td>
</tr>
<tr>
<td>alternative</td>
<td>one of two or more options</td>
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</table>
B. Reading Practice

Check the pronunciation, meaning and usage of the words with your tutor.

**Tips on Healthy Living**

1. Always Eat Breakfast

According to *research*, those who maintain an ideal weight eats breakfast everyday. You will have a better vitamin and mineral status and tend to consume less food rich in calories if you include breakfast in your daily routine. People who struggle with over-eating are those who don't eat first thing in the morning. So, we can say that breakfast is really the most important meal of the day.

2. Eat Small – and Often

By eating small, frequent meals long term, our body becomes *efficient* in keeping the cortisol low, which helps the body reduce belly fat.

3. Drink Water

Drink just plain water, not soda, not ice tea. Drinking enough water *conditions* your body to function well. Fit people drink at least 6-8 ounce glasses of water a day, plus more when they exercise.

4. Avoid Storing Junk Food in the House

Don't stock cookies, crackers, chips, chocolates, full-fat ice cream or soda in your home, if you want to be fit. Stay *motivated* by freeing yourself from temptations.

5. Customize Your Order

In choosing what to eat, always find healthier *alternatives* especially when choosing from the menu. It's the food choices, not necessarily the restaurant choices, that help people to stay fit. Fit people usually order protein-rich meals, broiled, steamed, stir-fried, or poached dishes. You may also try making special requests like asking the dish to be prepared with no butter, sauces or dressings on the side.

出展

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C. Sentence Construction Practice

Construct your own sentences using the words listed below.

A. research
A 1. __________________________________________
A 2. __________________________________________

B. efficient
B 1. __________________________________________
B 2. __________________________________________

C. condition
C 1. __________________________________________
C 2. __________________________________________

D. motivated
D 1. __________________________________________
D 2. __________________________________________

E. alternative
E 1. __________________________________________
E 2. __________________________________________

D. Comprehension Questions

Answer the following questions based on the article.

1. What are the benefits of eating breakfast daily?
   The benefits of eating breakfast daily are...

2. What's the good thing about eating small but often?
   The good thing about eating small but often is...

3. What conditions your body to function well?
   What conditions my body to function well is...
4 What are the foods that you should avoid if you want to be fit?

If you want to be fit, you should avoid...

5 What do fit people usually order in restaurants?

Fit people usually order...

E. Discussion Questions

Answer the following questions based on your opinion.

1 Which advice do you think is the most effective?

The most effective advice is...

2 For you, what is the secret to making fitness a part of your healthy lifestyle?

The secret to making fitness a part of my healthy lifestyle is...

3 Do you believe that dieting leads to obesity or poor health? Why?

Yes, because... / No, because...