



Academic Reading Skills
First Grade Students

International Relations Department

Fourth Lecture
Reading strategy

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9: Managing vocabulary

Even if you are a native English speaker, you may at times feel overwhelmed by the amount of unfamiliar vocabulary you encounter. Of course, as a university student, you have a great opportunity and need to build your vocabulary (discipline specific and general), so consult glossaries and use a dictionary. Keep a list of new words: record their definitions and write example sentences which show meaning and usage.

10: Reading with others

Consider getting a “study buddy” or study group. Be careful to keep focused on what you need to do and you may find that by sharing notes, explaining, asking and quizzing each other, you can increase your ability to understand, reflect upon and remember key points in texts.

FOOD - THE CHOICE IS YOURS

Look at the title. What do you think the article is about?

Think about the following questions.

1. What is "junk food"? How often do you eat "junk food"?
2. Are you a vegetarian? Do you know anyone who is? What's their reason?
3. What is your daily diet? Do you eat the right kinds of foods?
4. What kinds of choices do you make about food?
5. What are "eating disorders"?

FOOD - THE CHOICE IS YOURS

Food directly affects your physical and emotional health. If you eat non-nutritious junk food and do not pay attention to your diet, then you pay the price of poor health or become severely overweight. If you eat good food and control what you eat, your chances of being healthy are much better.

The place to begin a healthy lifestyle is in your choice of food, that is in your diet. A diet is a plan for eating. People follow diets for many reasons. Some people go on diets in order to lose weight. They avoid foods that are high in calories and fats, and instead eat foods that are nutritious but not fattening. Others, such as bodybuilders and fitness enthusiasts, go on special diets to gain weight. They eat food high in protein in order to build muscle, increase their body weight, and improve their appearance.

Many people follow diets as a way of life. Their goal is not to lose or gain weight, but simply to stay healthy. Health conscious dieters pay careful attention to the nutritional value of the foods they eat. Many of them nowadays eat only food that is grown organically. There are also those, such as vegetarians, who do not eat animals. They do this either because they believe that meat is bad for the health and that avoiding it lengthens their lives, or simply because they love animals and are therefore against eating them.

Whatever diet you follow, you must be careful not to go to extremes. Extreme diets can be dangerous. For example, there is the danger of developing an "eating disorder" – the term used for unhealthy overeating or underrating. One of these, the compulsion not to eat, is called "anorexia". It often begins as a harmless diet, but later can become a serious and dangerous illness. Your lifestyle affects your attitude to food. However, the opposite is also true – your attitude and choice of food can affect your lifestyle. It is in your power to lead a healthy, active life. The choice is yours.

The Questions:

1. What happens if you eat non-nutritious food?
2. If you want to lose weight, what should you eat?
3. Why do bodybuilders eat food that is high in protein?
4. Why do vegetarians avoid meat? (Give two reasons.)
5. What is one of the dangers of extreme diets?
6. What is the writer's definition of "diet"?
7. List the reasons given for going on diets.
8. What are the writer's definitions of "eating disorder" and "anorexia"?