

Big breakfasts help us burn double the calories

23rd February, 2020



Researchers have revealed what might be a highly popular new way to lose weight - eat a big breakfast. It could become the biggest diet fad ever for those wishing to shed a few kilos. Scientists in Germany

conducted a study on how a hearty breakfast affected the body's metabolism in a laboratory experiment. Sixteen men ate a low-calorie breakfast and high-calorie dinner one day, and reversed this with a high-calorie breakfast and low-calorie dinner the next. Eating a larger breakfast and a smaller dinner boosted a process called diet-induced thermogenesis (DIT). This is the generation of heat in the body that burns up calories. This happened even when the total calories consumed throughout the day remained the same.

Eating a big breakfast led to 2.5 times higher rates of DIT. Researcher Dr Juliane Richter spoke about the findings of her investigation. She said: "Our results show a meal eaten for breakfast, regardless of the amount of calories it contains, creates twice as high DIT as the same meal consumed for dinner. This finding is significant for all people as it underlines the value of eating enough at breakfast." She added: "Eating more at breakfast instead of dinner could prevent obesity and high blood sugar. We recommend that patients with obesity as well as healthy people eat a significant breakfast rather than a large dinner to reduce body weight and prevent metabolic diseases."

Sources: healthline.com / metro.co.uk / medicalxpress.com

True / False

- a) Eating a big breakfast could be a highly popular way of losing weight. T / F
- b) The article said a shed is the best place to lose a few kilos. T / F
- c) Researchers looked at how meals affected the metabolism of 160 men. T / F
- d) DIT is where the body generates heat to burn up calories. T / F
- e) Breakfast DIT rates are 2.5 times higher than those for other meals. T / F
- f) Researchers underlined the value of having enough to eat for breakfast. T / F
- g) The article said a big breakfast could lead to high blood sugar. T / F
- h) A big breakfast could help to reduce metabolic diseases. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|-----------------|
| 1. revealed | a. serious |
| 2. fad | b. lose |
| 3. shed | c. production |
| 4. experiment | d. craze |
| 5. generation | e. disregarding |
| 6. findings | f. eaten |
| 7. regardless | g. disclosed |
| 8. consumed | h. avert |
| 9. significant | i. test |
| 10. prevent | j. conclusion |

Discussion – Student A

- a) What do you think of your weight?
- b) How important is a big breakfast?
- c) Have you ever been on a diet?
- d) Is a big breakfast or big dinner better?
- e) What is the best breakfast?
- f) Do you worry about the number of calories you consume?
- g) Should we eat what we want to and be happy?
- h) Why are high-calorie foods so tasty?

Writing

Children should have daily lessons on healthy eating at school. Discuss.

Chat

Talk about these words from the article.

researchers / popular / lose weight / diet / fad / metabolism / breakfast / calories / investigation / results / dinner / significant / obesity / eating / blood sugar / healthy

Big breakfasts help us burn more calories
(Answer these questions)

1. Where was this study conducted?
2. How many people took part in the survey?
3. What's DIT?
4. What did eating a big breakfast lead to?
5. What could eating more at breakfast prevent?

6. Do you usually eat breakfast?
If yes, what do you usually eat?

If no, why not?

7. Are you happy with your weight now?
If no, do you want to lose or gain weight?

8. Can you name 8 American breakfast foods?

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.

Conv. 6-11

박준규 윤미림

박진규 이지영

유지현

Conv. 6-12

김은상 동예림

기하예
김민서

노영훈
김민서