

Crazy New Diet Plan

Instructions: Work with your partners to create a crazy new weight loss and self-improvement program that uses psychology, technology, diet, and other factors to help people be happier and healthier. Use your imagination to describe all of the required information. Try to incorporate the different structures you have seen and some of the words from the box.

Verbs avoid change cut down on cut out give up learn quit reduce take up	Nouns a new sport an outdoor activity bad habits computer and TV time fatty food heavy meals at night junk food relaxation techniques smoking snacks between meals stress	FIRST CONDITIONAL 1 <i>If you don't train your mind, you won't be able to lose weight.</i> 2 <i>I'll never need to buy chocolate again if this technique works.</i>
		WHEN, AS SOON AS, UNLESS, UNTIL, BEFORE When As soon as Unless + simple present, <i>will</i> + base form Until Before

Our Crazy New Program

The name of our program is ...

What results can you expect with the program?

...

Here's what you have to do.

...

Still not convinced? Let's hear from some of our customers.

-“Hi, my name is ... and I have been on the ... program. I have to say it has changed my life. If you ..., you will ...”

-“Hello, I believe in this program. Let me tell you about my radical transformation. ...”

How much does it cost?

The price of our program is only ...

Remember, our slogan is ...

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Task 2: Now, let's get serious. Use the same structures to make a realistic plan for modern college students to manage their weight, their fitness, their studies, and their social life. Use the same structures and give good advice.

Verbs

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change
cut down on
cut out
give up
learn
quit
reduce
take up

Nouns

a new sport
an outdoor activity
bad habits
computer and TV time
fatty food
heavy meals at night
junk food
relaxation techniques
smoking
snacks between meals
stress

► FIRST CONDITIONAL

- 1 *If you **don't** train your mind, you **won't** be able to lose weight.*
- 2 *I'll never **need** to buy chocolate again if this technique **works**.*

► WHEN, AS SOON AS, UNLESS, UNTIL, BEFORE

When

As soon as

Unless

Until

Before

+ simple present, *will* + base form

Feeling tired, overweight, overworked, stressed, and lonely? Here's some advice to bring some order to your busy life.

- If you change your bad habits, you will have a good long life.
- ...
- ...
- ...