

# I Quit Junk Food for 30 Days

Intermediate (B1-B2)



## WARM UP

### Part 1. Discuss the following questions.

1. What kind of food do you eat most often – fresh, home-cooked, or ready-made?
2. Is there a food you eat often but know isn't good for you?
3. What does "healthy eating" mean to you?
4. Have you ever tried cutting out certain foods from your diet? What happened?

### Part 2. Read the statements below and decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

1. Ultra-processed foods should come with warning labels. \_\_\_\_
2. Healthy food is always boring. \_\_\_\_
3. You can eat as much fruit as you want and never gain weight. \_\_\_\_
4. It's possible to get addicted to sugary snacks. \_\_\_\_
5. If it's made from plants, it must be healthy. \_\_\_\_
6. It's important to track what you eat to stay in shape. \_\_\_\_



**Part 3. Choose the best definition for each word or phrase.**

**1. Ultra-processed foods**

- a) Foods made from fresh, natural ingredients
- b) Foods made mostly from chemicals and artificial ingredients

**2. Regulate**

- a) To stop something completely
- b) To manage or control something

**3. Nutritional value**

- a) How healthy and beneficial the food is for your body
- b) How much it costs in the supermarket

**4. Calorically dense**

- a) A small amount of food with lots of calories
- b) A big portion with very few calories

**5. Physique**

- a) A person's mood or personality
- b) A person's physical body and shape

**6. Surplus**

- a) Eating just the right amount
- b) Eating more than your body needs

**7. Cheat day**

- a) A day when you skip meals
- b) A day when you eat things that aren't part of your usual healthy diet

**8. Taste buds**

- a) Tiny parts of your tongue that help you taste
- b) Your friends who like trying new food

**VIDEO ACTIVITY**

**Part 1. Before watching the video, discuss the following questions.**

1. Do you think you could go 30 days without junk food or snacks? What would be hardest to give up?
2. Do you believe eating only "healthy" food always leads to weight loss? Why or why not?



**Part 2. Watch the video and then answer the question.**

**What is the speaker's main message?**

- ☐ He lost a lot of weight from eating only whole foods
- ☐ He felt completely different after 30 days
- ☐ Even healthy food can lead to weight gain if you don't track it
- ☐ Ultra-processed foods are better than people think

**Part 3. Watch again and decide if these statements are true or false.**

1. He tracked all his meals during the challenge. (T/F)
2. He ate mostly whole foods like rice, eggs, fruit, and veg. (T/F)
3. He lost 3 pounds over the 30 days. (T/F)
4. He said his cravings disappeared during the challenge. (T/F)
5. After the challenge, processed food tasted less enjoyable. (T/F)

**Part 4. Here are some quotes from the video. What do you think? Do you agree or disagree? Why?**

1. "Even if you're eating only whole foods, you can still be in a surplus and gain weight."
2. "If we've learnt anything in this video — it's the importance of tracking (food)."
3. "Unless there's a real drastic change to your diet, it's unlikely you're going to see much noticeable difference in just 30 days."

**VIDEO FOLLOW-UP**

**Part 1. Discuss the following questions.**

1. What did he learn about cravings and taste buds during the challenge?
2. Do you think the challenge was successful for him? Why or why not?



**Part 2. What do the expressions in bold below mean? Read the sentences and explain the meaning in your own words.**

1. So if I wasn't **stuffing my fat face** with processed foods, what was I eating?
2. If I got **snackish** in between meals, I'd eat some fruit.
3. Anyway, enough **yapping** — let's get to the results!
4. This really **goes to show** the importance of tracking.
5. I ended up **demolishing** all that food.

**Part 3. Discuss the following questions.**

1. When was the last time you were **stuffing your face** with something tasty?
2. What do you like to eat when you're feeling a bit **snackish**?
3. Do you ever catch yourself **yapping** about something for too long?
4. Can you think of something in your life that really **goes to show** an important lesson?
5. What's something you could easily **demolish** in one sitting?

**Part 4. Imagine you're going to make one small change this week.**

- Choose one ultra-processed food to cut out.
- What would you replace it with?
- What might be the hardest part?

## FINAL THOUGHTS....

**Part 1. Discuss the questions below to reflect on what you've learnt during this lesson.**

1. What surprised you most about the video?
2. Do you think you'd feel different after 30 days without processed food?
3. Would you ever try a challenge like this? Why or why not?
4. What's your biggest takeaway from today's lesson?