



Teacher's guide

I Quit Junk Food for 30 Days – Intermediate (B1-B2)

Canva Presentation Link: [I Quit Junk Food for 30 Days](#)

Video Link: [I Quit Junk Food for 30 Days – YouTube](#)

Warm-up

Part 1. Students discuss the questions about food.

Part 2. Students read the statements and decide if they agree, disagree, or partially agree. Encourage students to explain their reasoning.

Part 3. Students choose the correct definition for each word or phrase.

1. b
2. b
3. a
4. a
5. b
6. b
7. b
8. a

Video activity

Part 1. Before watching the video, students discuss the questions.

Part 2. Students watch the video and decide what the speaker's main message is. – **Even healthy food can lead to weight gain if you don't track it.**

Part 3. Students watch again and decide if the statements are true or false.

Answer key:

1. False – He did *not* track his food.
2. True
3. False – He *gained* 3 pounds.
4. True
5. True

Part 4. Students read each of the quotes and share their thoughts.

Video follow-up

Part 1. Students discuss the questions.

Part 2. Students look at the expressions in bold and explain the meaning in their own words.

Answer Key

1. **Stuffing my face** – eating a lot of food quickly or greedily
2. **Snackish** – slightly hungry or wanting a snack

3. **Yapping** – talking too much, often about nothing important
4. **Goes to show** – proves or demonstrates a point
5. **Demolishing** – eating something very quickly or completely

Part 3. Students discuss questions. Answers will vary.

Part 4. Students imagine they are going to make one small change with their eating this week and then answer the questions.

Final thoughts

Part 1. Students discuss questions. Answers will vary.