

ROUND 24

The Man Behind the First Diet Culture Book

Source: Bloomberg Quicktake

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※ 문의 070 8246 0570

1. Vocabulary *Check the meaning of these words/expressions in the dictionary.*

💡 Today's Expression(오른쪽 링크 클릭) - [Get hung up](#)

- Definition
- Example

QR코드를 통해 Get hung up의 설명 영상을 보실 수 있습니다.



1. **Adulation** (noun) - Excessive praise or admiration for someone or something.
ex) Despite his success, the actor remained humble and unaffected by the **adulation** of his fans.

"The first of these is **adulation** and ceremony. "

2. **Heresy** (noun) - A belief or opinion contrary to orthodox religious or established beliefs.
ex) The religious leader was accused of **heresy** for promoting ideas that contradicted the doctrines of the church.

"The second is **heresy**."

3. **Intemperance** (noun) - Excessive indulgence in something, typically alcohol or food; lack of moderation or self-restraint.
ex) His **intemperance** led to severe health problems and a decline in his overall well-being.

"The third is **intemperance**."

4. **Gluttony** (noun) - Excessive or greedy overindulgence in food or drink.
ex) The feast was a display of **gluttony**, with tables overflowing with an abundance of food and drink.

"Cornaro said, overeating was **gluttony**, a literal sin."

5. **Wretched** (adjective) - In a state of extreme misery, distress, or unhappiness.
ex) The refugees were living in **wretched** conditions, with little access to food or shelter.

"Oh, **wretched** and unhappy Italy..."

6. **Gout** (noun) - A form of arthritis characterized by severe pain, redness, and tenderness in joints, often affecting the foot.
ex) The elderly man struggled to walk due to the pain caused by his **gout**.

"He had **gout**, all kinds of stomach issues, and what he describes as a continuous low fever."

7. **Abode** (noun) - A place of residence; a home.
ex) The cozy cabin in the mountains served as their **abode** during the summer months.

"Joy and peace have fixed their **abode** in my heart."

8. **Treatise** (noun) - A written work dealing formally and systematically with a subject.
ex) The scientist published a **treatise** outlining his groundbreaking research findings in the field of physics.

"I have decided to point out in this brief **treatise**, what a fatal abuse is the vice of intemperance."

2. Listening Drill

Three evil customs have gradually gained foothold in our own Italy. The first of these is adulation and ceremony. The second is heresy, and the third is intemperance.

This is Luigi Cornaro, sort of the original diet guru. The 16th-century Italian merchant called overeating - that evil! And the fact that it's so common - a wicked thing! Cornaro said, overeating was gluttony, a literal sin, and argued that eating less is not just better but also more moral.

Oh, wretched and unhappy Italy, canst thou not see that intemperance kills every year amongst thy people as great a number as would perish during the time of a most dreadful pestilence, or by the sword or fire of many bloody wars.

Clearly, he loved his diet and he wrote essays about it which were gathered into a book called The Art of Living Long. In many ways, this was the first major fad diet. Its success marks a key moment in our transformation from a culture focused on health to one that is obsessed with weight.

Luigi first started thinking about his diet at the age of 40, he was sick and pretty unhappy. He had gout, all kinds of stomach issues, and what he describes as a continuous low fever.

He says he tried almost everything possible to feel better. His doctors have one last idea. The prescription was to eat less. My physicians warned me if I neglected to apply this remedy in a short time, it would be too late to derive any benefit from it. For in a few months, I should certainly die.

To be clear, this was a pretty radical approach to eating at the time. Rich people were eating and drinking large amounts of whatever they enjoyed. But Luigi is desperate, so he takes their advice. He starts eating just 12 ounces of food a day, an egg yolk, bread, a little meat, and some soup. He also has 14 ounces of wine.

Hey, a man can't live on egg yolks alone. After a few days of eating less, Luigi is already feeling much better. In a year, he's a new man. He can get onto his horse without help and easily climbs a hill on foot.

2. Listening Drill

The Art of Living Long, helped along by the relatively new printing press, becomes what some call the first **bestselling diet** book ever. And Luigi doesn't talk about his weight in the book, just his health.

Joy and peace have fixed their abode in my heart and never depart from it. Luigi did live long, though there's some disagreement. Did he die at 98? Or live to be as old as 104?

Either way, pretty good. At one point, Luigi was eating just one egg yolk over the course of two days, which is obviously not enough food to live on. And although this may seem pretty out there in other ways, it's actually a fairly modern dieting tactic.

Restrict calories in an extreme way by cutting out **whole food groups** and eating very small portions. Lots of people do it today. His story is a model for pretty much every blockbuster diet **that's ever existed**.

I have decided to point out in this brief treatise what a fatal abuse is the vice of intemperance.

But what modern science has shown us is that weighing less doesn't necessarily make us healthier. That message has definitely gotten lost, and equating overeating to gluttony and sin has perhaps done more damage than good.

3. Summary

Summarize what you have seen/heard in two or three sentences

Tip.

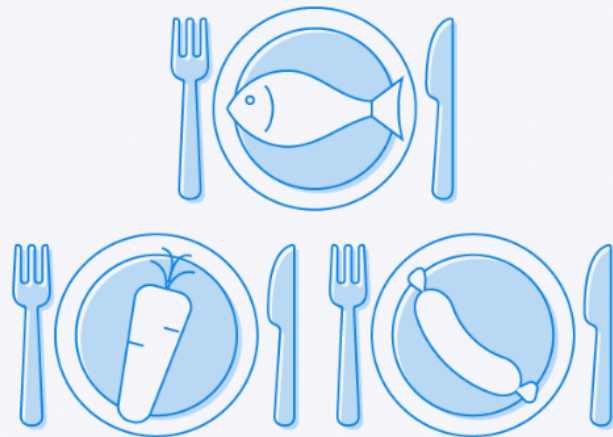
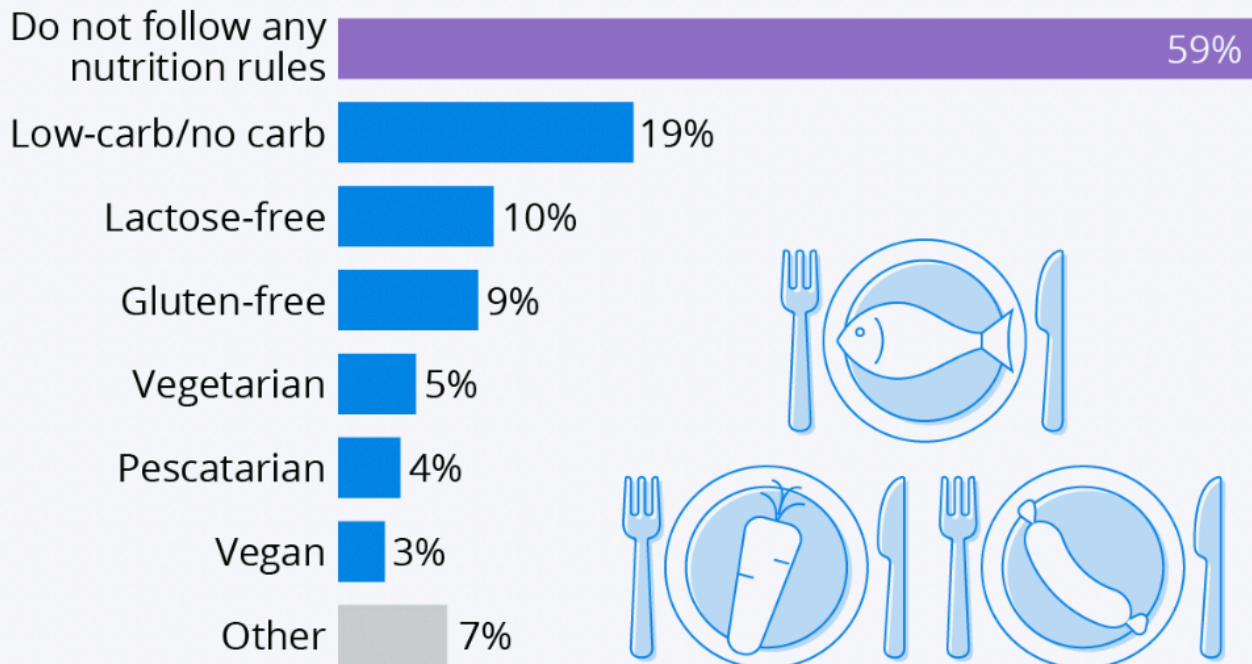
Answer the questions using vocabularies that you learned in the vocabulary section.

4. Describing The Chart

Describe what is the general idea being expressed by the graph. Discuss it to your class. Try to interpret what you see in the chart.

American Diets

Share of U.S. adults who follow one or more of the following nutrition rules



Based on an online survey of 5,713 U.S. adults (18-64) conducted in three waves between July 2020 and June 2021

Source: Statista Global Consumer Survey

American Diets

by Felix Richter, Jul 23, 2021

As awareness of the health impact and ecological footprint of our diets keeps growing, so does the number of people making adjustments to what they eat. Whether it's limiting meat consumption, passing up on lactose or gluten, or refraining from consuming animal products altogether, never have people thought so much about their diets.

According to findings from [Statista's Global Consumer Survey](#), more than 4 in 10 Americans now follow some kind of nutrition rule(s), with low or no-carb intake the most widespread nutritional regimen. While 10 percent of the respondents eat and drink lactose-free and 9 percent have scrapped gluten from their diet, the share of people going full vegetarian or vegan is still surprisingly low at 5 and 3 percent, respectively.

Questions

1. What 's the take away of the graph?
2. What extra information can help you understand the graph even better?
3. Do you have any interesting findings? What's your guess about it?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins.

Easy

1. What is the most unhealthy food you can think of?

Average

1. Have you ever tried a fad diet or experimented with extreme eating habits? If so, what was your experience like?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins

Average

2. How has your perception of food and health changed over the years? Have you adopted any specific dietary practices or made lifestyle changes

Difficult

1. The video highlights the role of the food industry and marketing in shaping our dietary habits. How can we become more critical consumers and make informed choices about the foods we consume, considering factors such as nutritional value, sustainability, and ethical considerations?

These expressions and idioms can **be used when describing various trends, changes, or patterns** in charts, graphs, or data presentations.

1. **Shoot up** (phrasal verb) - to increase rapidly and sharply
ex) The sales figures for the new product **shot up** after the marketing campaign.
2. **Plummet** (verb) - to fall or decline steeply
ex) The stock prices **plummeted** after the negative news was released.
3. **Level off** (phrasal verb) - to stabilize or reach a steady state
ex) After a period of growth, the demand for the product **leveled off**.
4. **Skyrocket** (verb) - to increase dramatically and quickly.
ex) The company's profits **skyrocketed** after the successful launch of their new product.
5. **Plateau** (noun) - a period of stability or little change
ex) The revenue growth **reached a plateau** and remained steady for several months.
6. **Fluctuate** (verb) - to rise and fall irregularly or unpredictably
ex) The stock prices **fluctuated** throughout the day, responding to market conditions.
7. **Bottom out** (phrasal verb) - to reach the lowest point and then stabilize
ex) The housing prices finally **bottomed out** and showed signs of recovery.
8. **Surge** (verb) - to experience a sudden and significant increase
ex) The website experienced a **surge** in traffic after being featured in a popular blog.
9. **Slump** (noun) - a sudden and significant decline or decrease
ex) The company's profits **suffered a slump** due to the economic downturn.
10. **Rebound** (verb) - to recover or bounce back after a decline
ex) After a period of recession, the economy **rebounded with** strong growth.
11. **Peak** (noun) - the highest point or level
ex) The chart shows that sales **reached their peak** during the holiday season.
12. **Downturn** (noun) - a period of decline or decrease in economic activity
ex) The industry **experienced a downturn** due to changes in consumer preferences.
13. **Accelerate** (verb) - to increase in speed or rate
ex) The company's expansion plans **accelerated** after securing additional funding.
14. **Slow down** (phrasal verb) - to decrease in speed or rate
ex) The production rate **slowed down** due to a shortage of raw materials.
15. **Flattening curve** (idiom) - a gradual reduction or stabilization of a trend
ex) The chart indicates a **flattening curve** in COVID-19 cases, suggesting a decrease in infection rates.
16. **Break-even point** (noun) - the point at which total costs equal total revenue
The business needs to **reach the break-even point** to start making a profit.
17. **Double-digit growth** (idiom) - a growth rate of more than 10%
ex) The company **achieved double-digit growth** in sales for the third consecutive quarter.
18. **Taper off** (phrasal verb) - to gradually decrease or diminish
ex) The demand for the product **tapered off** after the initial launch hype.
19. **Upswing** (noun) - an upward or positive trend
ex) The market **experienced an upswing** as consumer confidence improved.
20. **Hit a plateau** (idiom) - to reach a point of stability or little change
The number of subscribers **hit a plateau** and remained steady for several months.

Note1

Date: _____ Topic _____

Expression of the Day

Write Down idioms/ phrasal verbs that you learned in the sessions

Have you used today?

Week 1.

Yes

No

Week 2.

Yes

No

Words of the Day

Please write down vocabularies and idioms that you have learned at Talksharp and try to practice them in your own sentences today. Once you use any of them today? Please cross them out.

Useful Sentences

Video Script is a good source to enhance your verbal sentences. Put a note of sentences that you want to learn

Today's Correction

Write down today's correction.

Note 2

Please write down Korean sentences difficult for you to convey in English

Sentence1

Sentence2

Sentence3

Please write sentences above in English so that you could never fail again

Sentence1

Sentence2

Sentence3

Put a note of vocabularies or idioms that you want to learn