

What BMI doesn't tell you about your health



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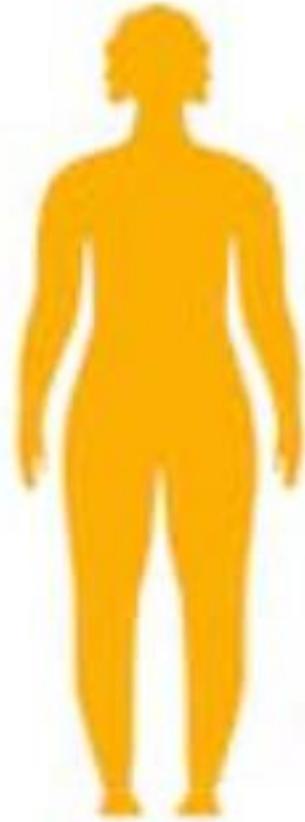
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# BODY MASS INDEX

身高体重指数BMI



<18.5  
*underweight*

18.5-24.9  
*normal*

25-29.9  
*overweight*

30-34.9  
*obese*

>35  
*extremely obese*

Español

**STANDARD** **METRIC**

Your Height:   
(centimeters)

Your Weight:   
(kilograms)

Your BMI:

**BMI Categories:**

- Underweight = <18.5
- Normal weight = 18.5-24.9 ✓
- Overweight = 25-29.9 ✓
- Obesity = BMI of 30 or greater

[The BMI Tables](#)

[Aim for a Healthy Weight:](#)

- [Limitations of the BMI](#)
- [Assessing Your Risk](#)
- [Controlling Your Weight](#)
- [Recipes](#)

Download the BMI calculator app today (available for [iPhone](#) and [Android](#)).

**Student A**

Español

**STANDARD** **METRIC**

Your Height:   
(centimeters)

Your Weight:   
(kilograms)

Your BMI:

**BMI Categories:**

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- Normal weight = 18.5-24.9
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[The BMI Tables](#)

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- [Recipes](#)

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**Student B**

Español

STANDARD	METRIC
Your Height:	<input type="text" value="172"/> (centimeters)
Your Weight:	<input type="text" value="75"/> (kilograms)
<input type="button" value="Compute BMI"/>	
	
Your BMI:	<input type="text" value="25.4"/>

**BMI Categories:**

Underweight = <18.5  
Normal weight = 18.5-24.9  
Overweight = 25-29.9 ✓  
Obesity = BMI of 30 or greater

[The BMI Tables](#)

[Aim for a Healthy Weight:](#)

[Limitations of the BMI](#)

[Assessing Your Risk](#)

[Controlling Your Weight](#)

[Recipes](#)

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**Student C**

Español

STANDARD	METRIC
Your Height:	<input type="text" value="180"/> (centimeters)
Your Weight:	<input type="text" value="100"/> (kilograms)
<input type="button" value="Compute BMI"/>	
	
Your BMI:	<input type="text" value="30.9"/>

**BMI Categories:**

Underweight = <18.5  
Normal weight = 18.5-24.9  
Overweight = 25-29.9  
Obesity = BMI of 30 or greater ✓

[The BMI Tables](#)

[Aim for a Healthy Weight:](#)

[Limitations of the BMI](#)

[Assessing Your Risk](#)

[Controlling Your Weight](#)

[Recipes](#)

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**Student D**

# Reading

underweight/slim

overweight/obese

Wang Peng sat in his  
morning. Usually he g  
**roast** pork, stir-fried v





*Come and eat here (1)*



*Moon Lai  
March 16, 2020*

## COME AND EAT HERE (1)

Wang Peng sat in his empty restaurant feeling very frustrated. It had been a very strange morning. Usually he got up early and prepared his menu of **barbecued mutton** kebabs, **roast** pork, stir-fried vegetables and **fried** rice. Then by lunchtime they would all be sold. By now his restaurant **ought to** be full of people. But not today! Why was that? What could

- **Q1: Who** said “Come and eat here”?
- **Q2: Which place** does “here” refer to?
- **Q3: Read the passage and find out the relationship of the characters.**

## COME AND EAT HERE (1)

1 Wang Peng sat in his empty restaurant feeling very frustrated. It had been a very strange morning. Usually he got up early and prepared his menu of **barbecued mutton** kebabs, **roast** pork, stir-fried vegetables and **fried** rice. Then by lunchtime they would all be sold. By now his restaurant **ought to** be full of people. But not today! Why was that? What could  
5 have happened? He thought of his mutton, beef and **bacon** cooked in the hottest, finest oil. His cola was sugary and cold, and his ice cream was made of milk, cream and delicious fruit. "Nothing could be better," he thought. Suddenly he saw his friend Li Chang hurrying by. "Hello, Lao Li," he called. "Your usual?" But Li Chang seemed not to hear. What was the matter? Something terrible must have happened if Li Chang was not coming to eat in  
10 his restaurant as he always did.

2 Wang Peng followed Li Chang into a small new restaurant. He saw a sign at the door.

*Tired of all that fat? Want to lose weight?*

*Come inside Yong Hui's slimming restaurant.*

*Only slimming foods served here.*

15 *Make yourself thin again!*

3 **Curiosity** drove Wang Peng inside. It was full of people. The **hostess**, a very thin lady, came forward. "Welcome," she said. "My name is Yong Hui. I'll help you lose weight and be fit in two weeks if you eat here  
20 every day." Then she gave a menu to Wang Peng. There were few choices of food and drink on it: just rice, **raw**



vegetables served in **vinegar**, fruit and water. Wang Peng was amazed at this and especially at the prices. It cost more than a good meal in his restaurant! He could not believe his eyes. He threw down the menu and hurried outside. On his way

25 home he thought about his own menu. Did it make people fat? Perhaps he should go to the library and find out. He could not have Yong Hui **getting away with telling** people **lies**! He had better do some research!

**4** At the library Wang Peng was surprised to find that

30 his restaurant served far too much fat and Yong Hui's far too little. Even though her **customers** might get thin after eating Yong Hui's food, they were not eating enough energy-giving food to keep them fit. They would

become tired very quickly. Wang Peng felt more hopeful as he drove back home. Perhaps

35 with a **discount** and a new sign he could **win** his customers **back**. So he wrote:

*Want to feel fit and energetic?*

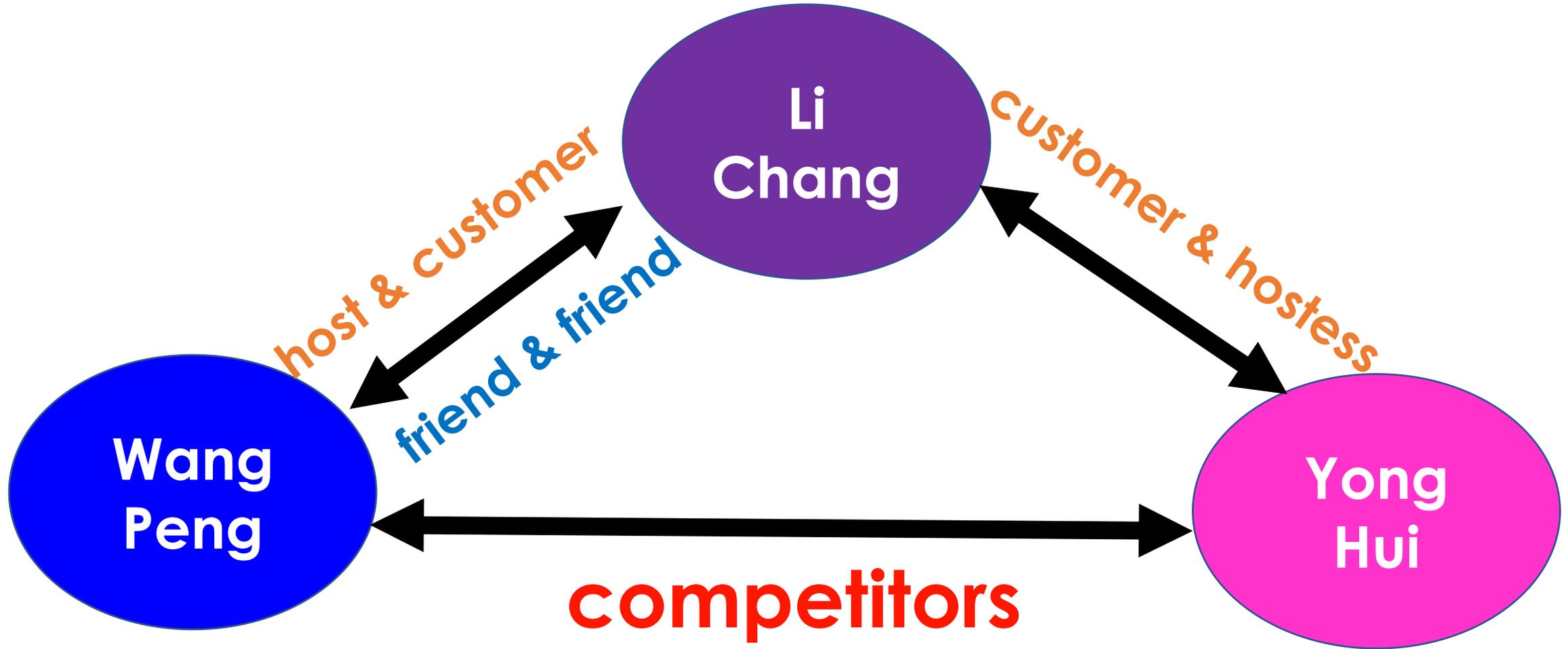
*Come and eat here! Discounts today!*

*Our food gives you energy all day!*

**5** The competition between the two restaurants was on!



# Character Relationships



# *Story Mountain*

## *Climax*

*This is when the problem reaches a high point!*



## *Rising Action*

*This includes the events leading up to the main problem or conflict.*

## *Falling Action*

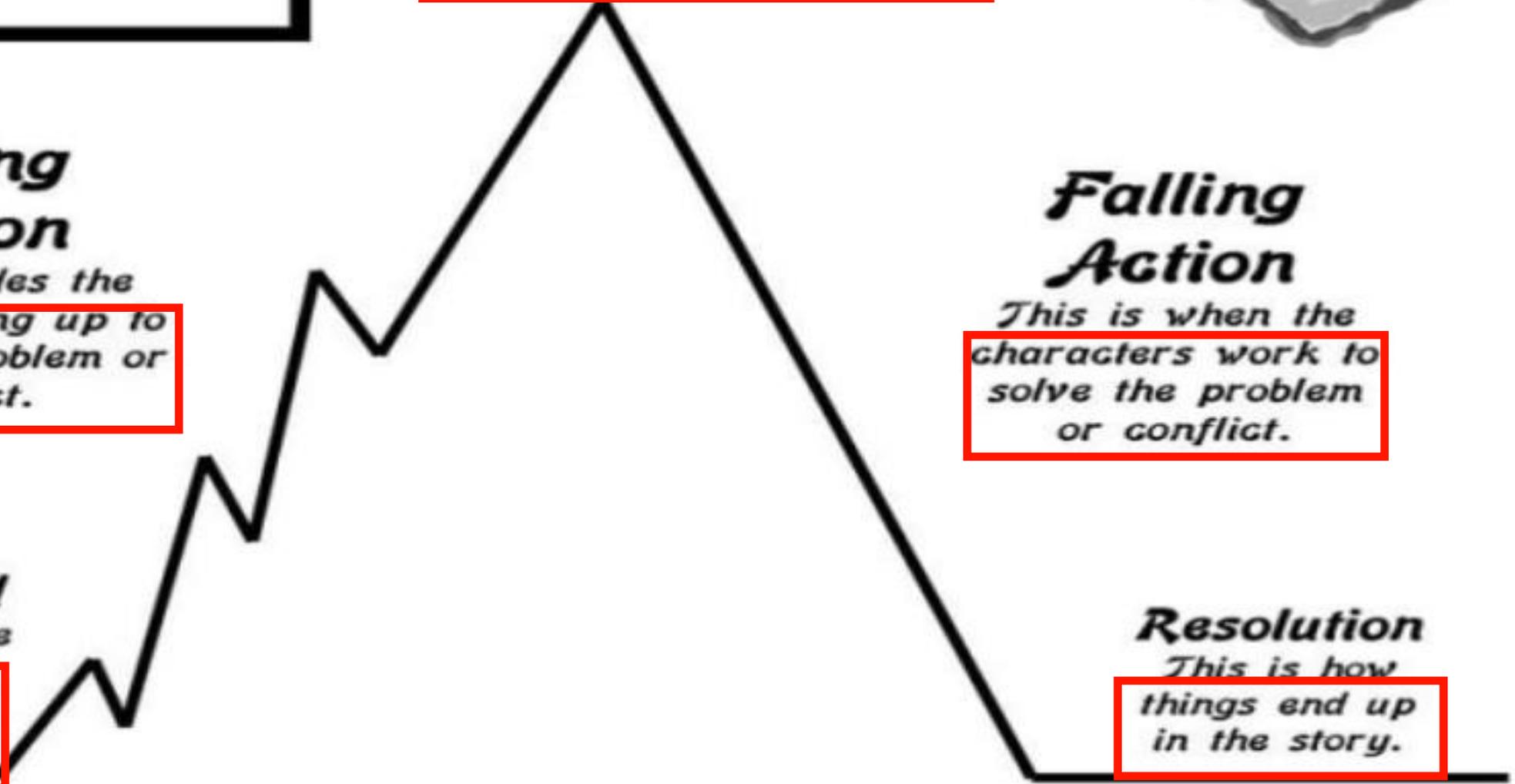
*This is when the characters work to solve the problem or conflict.*

## *Background*

*This includes the introduction of characters and setting.*

## *Resolution*

*This is how things end up in the story.*



# Part I: Background

Wang Peng sat in his empty restaurant feeling very frustrated. It had been a very strange morning. Usually he got up early and prepared his menu of barbecued mutton kebabs,

roast

usually



today

By no

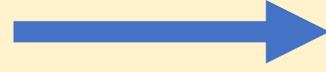
full



empathy

5 have b

Li Chang coming in



Li Chang hurrying by

His co

usual morning



strange morning

fruit. "

by. "E

happy



frustrated

the m

10 his res

Wang Peng followed Li Chang into a small new restaurant. He saw a sign at the door.

*Tired of all that fat? Want to lose weight?*

*Come inside Yong Hui's slimming restaurant.*

*Only slimming foods served here.*

*Make yourself thin again!*



# Part II: Rising Action (1)

15 *Make yourself thin again!*

**Curiosity** drove **Wang Peng** inside. It was full of people. The **hostess**, a very thin lady, came forward. "Welcome," she said. "My name is Yong Hui. I'll help you lose weight and be fit in two weeks if you eat here every day." Then she gave a menu to Wang Peng. There were few choices of food and drink on it: just rice, raw vegetables served in **vinegar**, fruit and water. **Wang Peng** was amazed at this and especially at the prices. It cost more than a good meal in his restaurant! He could not believe his eyes. **He** threw down the menu and hurried outside. On his way home he thought about his own menu. Did it make people fat? Perhaps he should go to the library and find out. **He** could not have Yong Hui **getting away with telling people lies**. **He** had better do some research!



# upgrade in feelings and action

WP **stepped** inside the restaurant **curiously**.

WP was **astonished** at the food choices and prices.

WP **threw down** the menu **angrily** and

WP **could not have** YH getting away with telling people lies! We **must** do some search!



Flow chart of para.3

# Part II: Rising Action (2)

At the library Wang Peng was surprised to find that  
30 his restaurant served far too much fat and Yong Hui's  
far too little. Even though her **customers** might get thin  
after eating Yong Hui's food, they were not eating  
enough energy-giving food to keep them fit. They would  
become tired very quickly. Wang Peng felt more hopeful as he drove back home. Perhaps  
35 with a **discount** and a new sign he could win his customers back. So he wrote:



*Want to feel fit and energetic?*

*Come and eat here! Discounts today!*

*Our food gives you energy all day!*

# upgrade in feelings and action

WP was **surprised** to find out the fact.

WP **drove**



WP felt more **hopeful.**

WP thought he could **win** his customer **back.**

Flow chart of para.4

# Part III: Climax



5 The competition between the two restaurants was on!

= had begun

	 Wang Peng's	Yong Hui's 
image	fat	thin
menu	mutton kebabs, pork, beef, bacon, cola, ice cream...	rice, fruit, water raw vegetables
strength	energy-giving foods	fibre foods
weakness	fat, not enough fibre	not enough energy, feel tired quickly
price	inexpensive	expensive
slogan	<i>Want to feel fit and energetic? Come and eat here! Discounts today! Our food gives you energy all day!</i>	<i>Tired of all that fat? Want to lose weight? Come inside Yong Hui's slimming restaurant. Only slimming foods served here. Make yourself thin again!</i>

# Reading Comprehension 1

TRUE or FALSE?

1. Usually Wang Peng's restaurant was full of people. **T**
2. He provided        a balanced diet in his menu. **F**
3. Yong Hui <sup>didn't</sup> served a balanced diet. **F**
4. Yong Hui could make people thin in two weeks by giving them a good diet. **F**  
**not giving them energy-giving food.**
5. Wang Peng's customers often became fat after eating in his restaurant. **T**

# Reading Comprehension 2

TRUE or FALSE?

6. Yong Hui's menu gave them energy foods.

**fibre**

**F**

7. Wang Peng's menu gave them food containing fibre.

**energy**

**F**

8. Wang Peng admired Yong Hui's restaurant when he saw the menu. **was amazed at**

**F**

9. Wang Peng decided to copy Yong Hui's menu.

**rewrite his own sign**

**F**

# Summary of the story

Wang Peng felt frustrated in an empty restaurant because no customers have come to his restaurant ever since he got up early in the morning. He wanted to find out why. He hurried out and followed Li Chang into a newly-opened restaurant. He found that the owner named Yong Hui was serving slimming/fiber foods to make people thin. Driven by curiosity, Wang Peng came forward to take a close look at the menu. He could not even believe his eyes. He was amazed at what he saw. He hurried outside and went to the library to do some research. After a lot of reading, he realized that Yong Hui's food made people become tired quickly because it was no energy-giving food. Arriving home Wang Peng rewrote his own sign. The competition between the two restaurants was on!

The competition was on.

Come and eat here (1)

**Exposition**

Character, setting,  
and conflict

**Rising Action**

Events increasing  
conflict

**Climax**

High point  
in conflict

**Falling  
Action**

Events  
after climax

**Resolution**

Life afterward

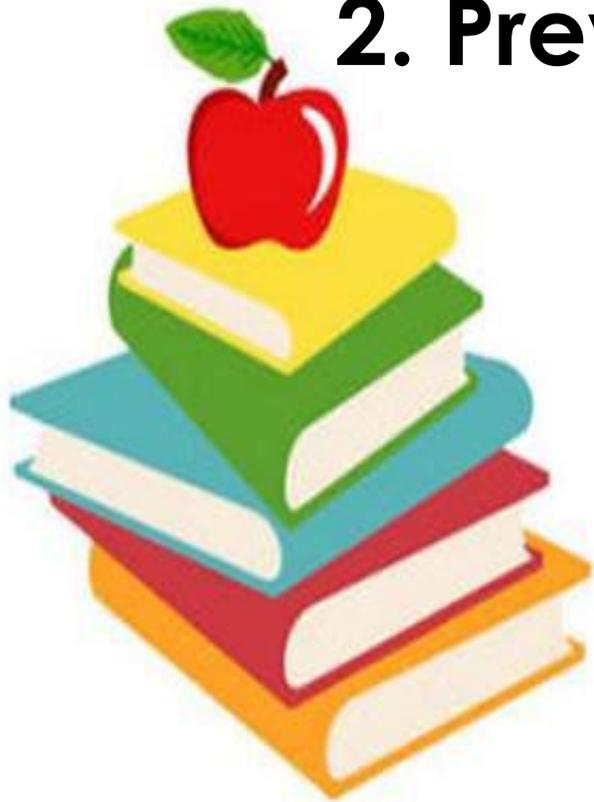
Come and eat here (2)?



Q1: What will WP provide to win his customers back?  
Q2: How do you think the story will end?

1. Finish exercises of **language points** in *Jin Ban Xue An*: P22-24.

2. Preview *Come and eat here (2)*: P14-15.



# Homework

