

What BMI doesn't tell you about your health



pm



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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:	<input type="text" value="175"/> (centimeters)
Your Weight:	<input type="text" value="70"/> (kilograms)
<input type="button" value="Compute 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:	<input type="text" value="166.5"/> (centimeters)
Your Weight:	<input type="text" value="50"/> (kilograms)
<input type="button" value="Compute 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:

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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](#)

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

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](#)

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

Student D

Reading

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

underweight/slim

overweight/obese





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 (I)

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 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?

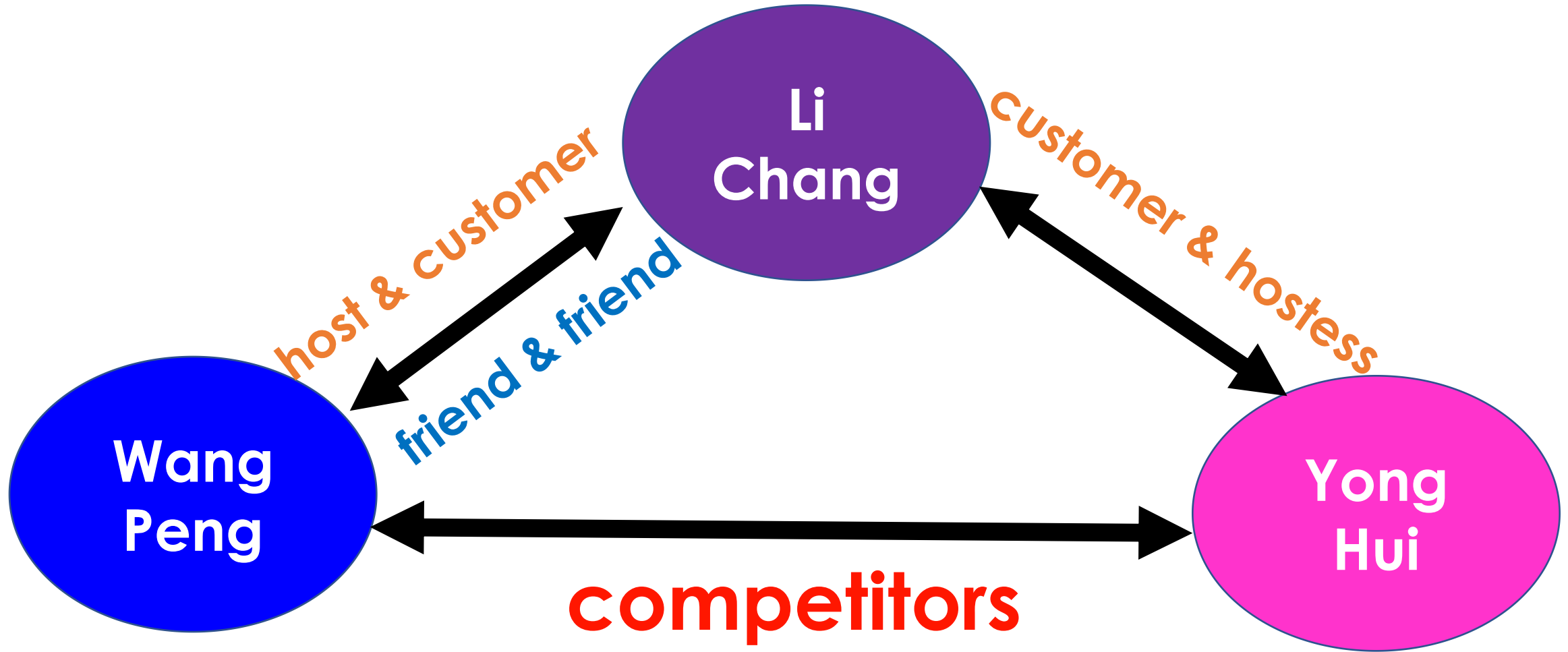
Come and eat here! Discounts today!

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

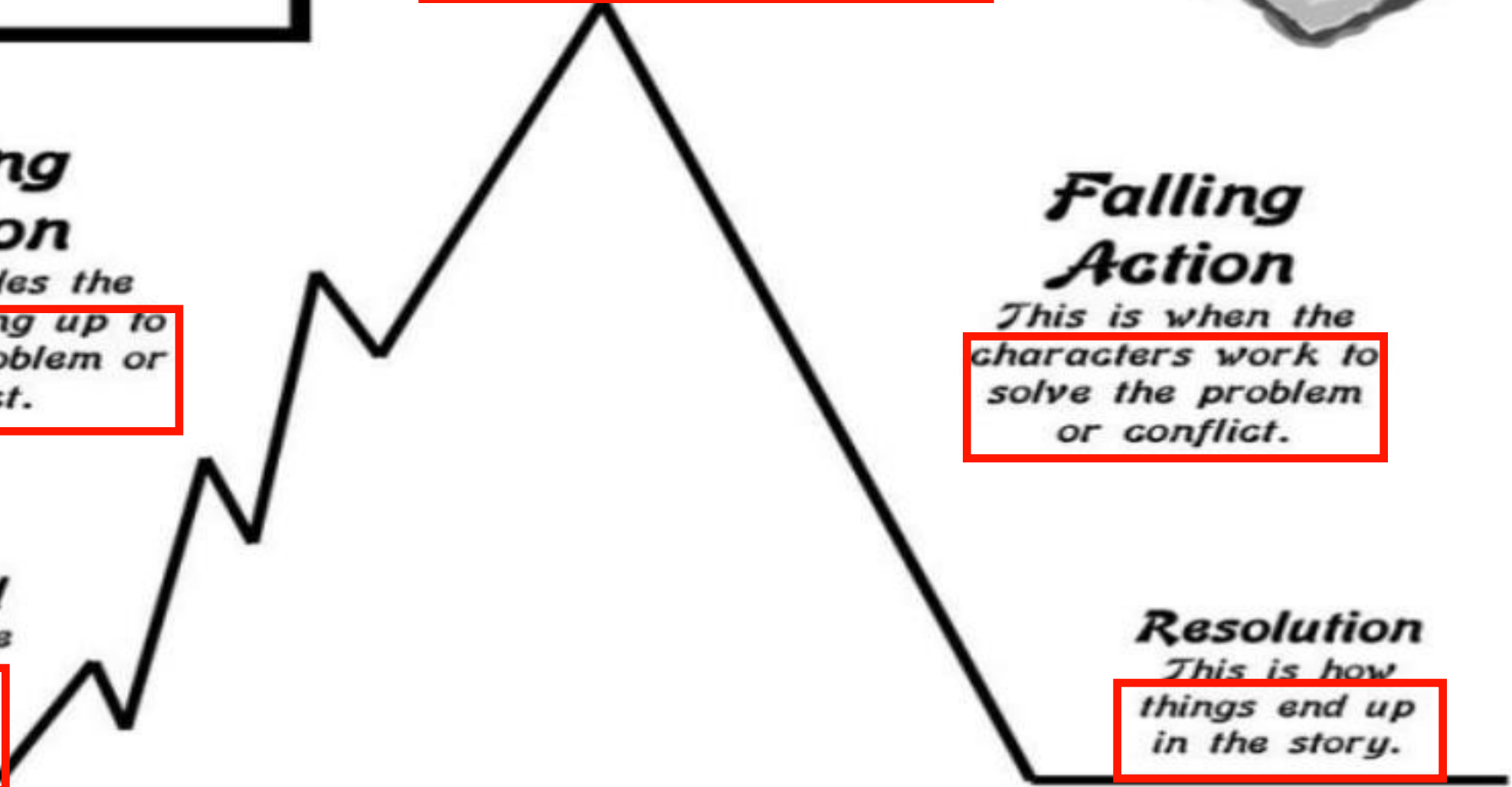
This is when the characters work to solve the problem or conflict.

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

His co

Li Chang coming in

Li Chang hurrying by

fruit.

usual morning

strange morning

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happy

frustrated

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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
choice
and price

WP **threw**
down the
menu
angrily and

WP **could**
not have YH
getting
away with
telling
people lies!
e **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 ^{didn't} 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

