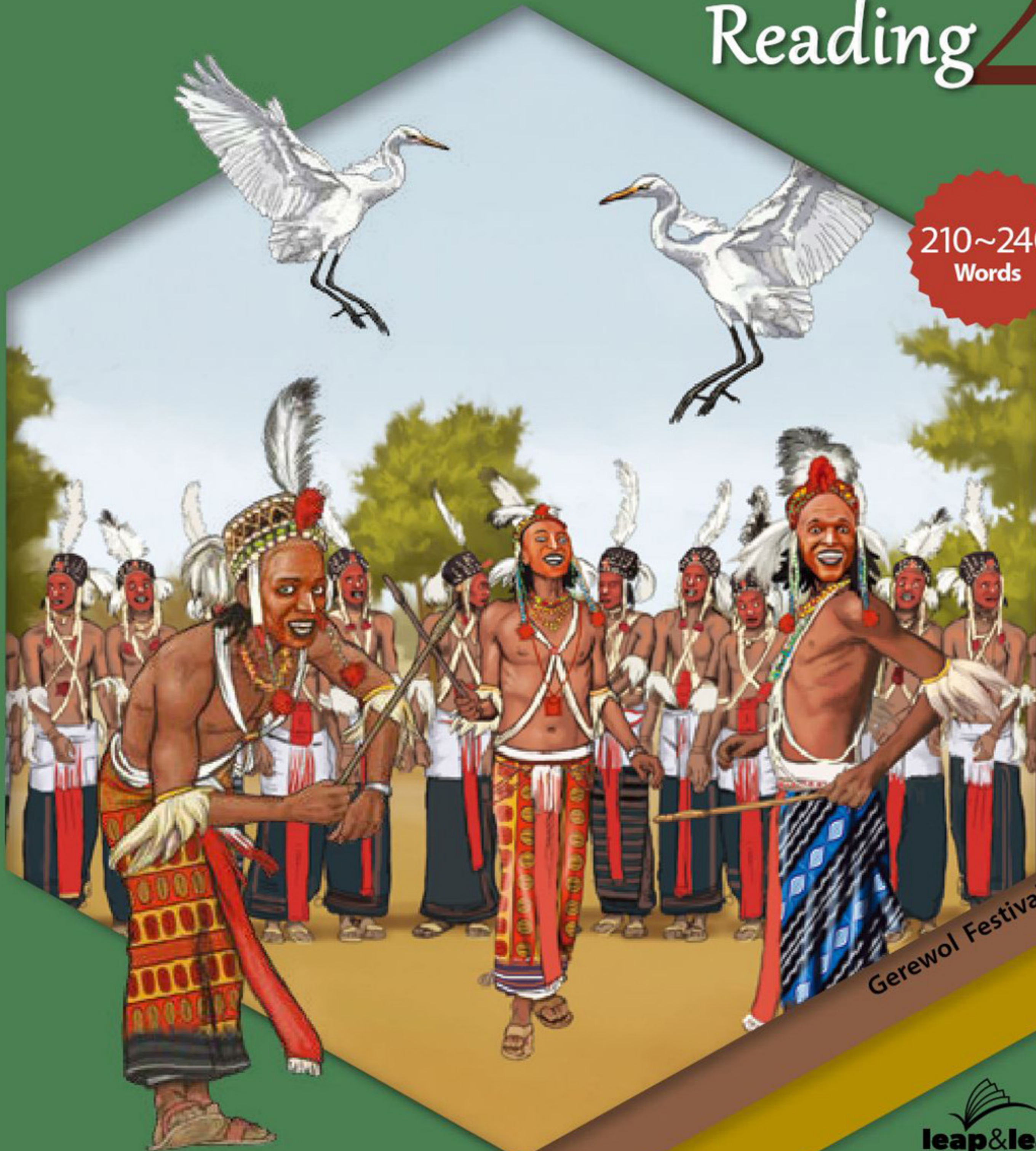


Ace STEP

Reading 2

210~240
Words



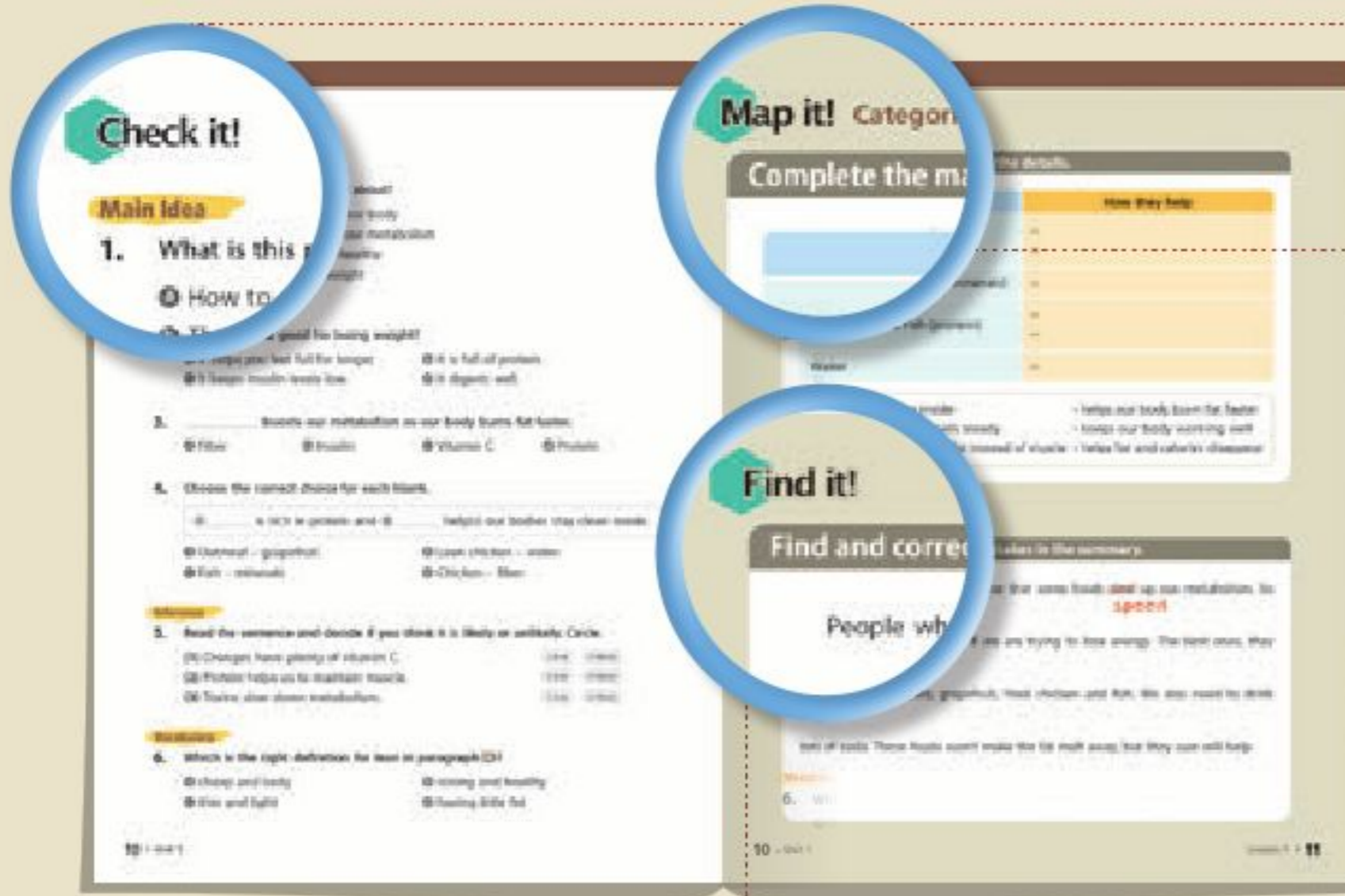
Gerewol Festival

Ace **STEP**

Reading **2**



After Reading



Check it!

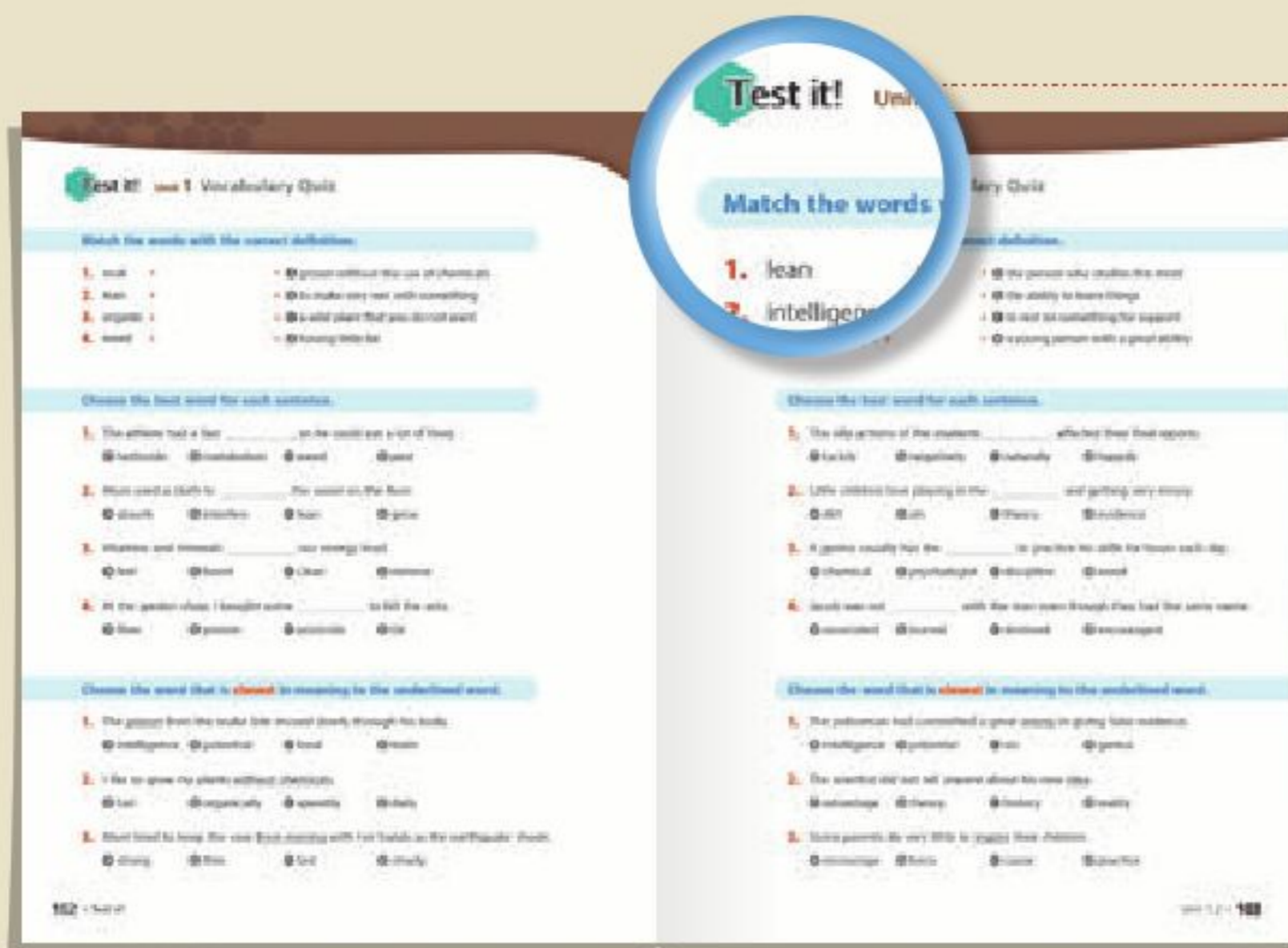
Learners check their comprehension through questions that target finding the main idea, identifying details, making inferences, and reviewing vocabulary words.

Map it!

Each lesson targets a specific organization skill: Main Idea & Details, Compare & Contrast, Cause & Effect, and many more. These visual organizers help learners organize large amounts of information effectively and efficiently.

Find it!

In this section, learners find and correct information in a short summary about the passage. This summary activity provides learners with the opportunity to review, recall, and reinforce what was learned.



Test it!

8 unit vocabulary quizzes provide the opportunity for learners to check their understanding of newly learned vocabulary, as well as for teachers to assess students' progress in vocabulary acquisition.

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Unit 1-8 Test it!

102

Fat-burning Foods

- If you want to lose weight, which foods are good for you?



good bad



good bad



good bad



good bad



good bad



good bad



good bad



good bad



good bad

Think it!

- Which foods did you choose? Why?
- What other foods might help you lose or gain weight?

Words to Know T02

Learn the new words. Write the meanings in your own language.



metabolism *n.*

the chemical processes in your body that change food into energy



fiber *n.*

something in foods that helps other foods pass through the body easily



steady *adj.*

not changing



soak *v.*

to draw or take in (usually followed by *up*)



absorb *v.*

to take in



boost *v.*

to increase or improve something



lean *adj.*

having little fat



toxin *n.*

something poisonous that is made by a living thing

Fat-burning FOODS

A It can be hard to lose weight. But there is good news. Some foods can help us get thinner. They help speed up our **metabolism**—the engine inside us that burns fat. Here are some fat-burning foods:

B **Oatmeal** has lots of **fiber**. Fiber gives you energy your body needs. It also digests slowly so you feel full longer. Fiber also helps by keeping insulin levels **steady**. This is important because steady insulin levels keep your body from storing fat. An added bonus is that fiber can help fat and calories disappear. It **soaks** them up and removes them before your body can **absorb** them.

C **Grapefruit** and other citrus fruits have lots of vitamin C and minerals. Vitamin C **boosts** our metabolism so our body burns fat faster.

Health Article

True or False

D **Lean chicken and fish** are protein foods.

They keep our bodies working well and help us to feel full. When we are hungry, the protein burns our fat instead of our muscle. They help speed up our metabolism and burn more fat because our bodies need more energy to digest them.

E Drink plenty of **water** when eating these foods. It is vital to keep the fat burning process going. When we burn fat, we get **toxins** in our bodies. Water helps to clean out these toxins so our bodies stay clean and healthy inside.

F Of course, these foods won't make us thin in one day! But they do help.

A Some foods can help us to get thinner.

T F

B Oatmeal has very little fiber.

T F

C Grapefruit boosts our metabolism.

T F

D Lean chicken and fish are protein foods.

T F

E Don't drink a lot of water.

T F

F Eating everything on the list will make you thin in 24 hours.

T F

Memo