

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 11

#205 Food for strength

Skills/ Objectives: Reading, Listening and Writing Skills

PART 1: Before you read...

Preparatory questions

- Do you know what food can help you recover from fatigue quickly?
- What food can boost your stamina?
- Do you know what food can keep your brain and bones strong and also help your weight control?

Vocabulary

- Beckon (v): to move your hand or head in a way that tells someone to come nearer
- Stamina (n): physical or mental strength to do something for a long time.
- Rigours (n): strictness
- Relentless (adj): continuing in a severe way
- carbs (n): carbohydrate
- saviour (n): a person who saves someone from danger
- augment (v): to increase the size and value of something by adding to it
- swore by (v): to fully believe in the value of something
- bout (n): a short period of illness
- innocuous (adj): completely harmless
- cleansing (adj): with the power to clean things
- gorge on some food (v): To eat in an uncontrolled way
- samosas (n): a fried food in South Asia in the shape of a triangle
- jiffy (n): a very short time

PART 2: Article for Reading

Now read the article posted at the following web-site to learn more about the topic:

*<https://food.ndtv.com/health/8-power-foods-to-boost-your-stamina-instantly-1746774>
8 Power Foods to Boost Your Stamina Instantly*

PART 3: Listening Comprehension

Listen to the following videos posted on YouTube to practise your listening skills and learn more about the topic:

<https://www.youtube.com/watch?v=08rac8h0SZY>
Healthy foods that give you energy

<https://www.youtube.com/watch?v=V8I56Im-xMs>
Boost Energy | Why Am I Always Tired | How To Get More Energy

<https://www.youtube.com/watch?v=VUyEPf-lvdM>
top 10 healthiest food

PART 4: Writing Practice

Do you know what a casualty is? It is a person who is injured in war or accident. So, what does it mean in the following sentence found in the article?

*There's simply no stamina to go through the rigours of the day, day after day.
And the first casualty is the gym, for who has the energy for a workout?*

As you may have guessed it right, “casualty” here means the thing you have to lose as a result of an incident and it refers to ‘doing exercise in the gym’ here. This is an interesting comparison to describe something. Take a look at another example below:

*Mary has been working hard burning the midnight oil lately.
The first casualty is her health.*

Can you think of a similar way to use the comparison “casualty”? **Send your writing to:** see.u@cccu.edu.hk. Remember! Our SEE U teachers are always ready to give you feedback.