

## Want to lose weight? Eat off a crinkly plate

### Level 1 • Pre-intermediate / Intermediate

#### 1 Warmer

a. Which of these diets have you heard of? What do people on these diets eat (or not eat)?

1. paleo diet
2. gluten-free diet
3. vegan diet
4. Atkins diet
5. clean eating

b. Why do people follow these diets?

#### 2 Key words

Match the key words with the definitions. Then, find them in the article to read them in context. The paragraph numbers will help you.

crockery	crinkly	evidence	full	habit
overweight	portion	cutlery	ridges	satisfied

1. full of lots of small folds \_\_\_\_\_ (para 1)
2. long raised lines along the surface of something \_\_\_\_\_ (para 1)
3. the knives, forks and spoons that you use for eating food \_\_\_\_\_ (para 5)
4. not wanting to eat any more because you have eaten enough food \_\_\_\_\_ (para 6)
5. when you have eaten enough \_\_\_\_\_ (para 8)
6. the amount of food that one person eats at a meal \_\_\_\_\_ (para 9)
7. facts that help to prove something \_\_\_\_\_ (para 11)
8. something that you do often or regularly, often without thinking about it \_\_\_\_\_ (para 11)
9. heavier than you should be \_\_\_\_\_ (para 13)
10. plates, cups, bowls etc used for serving food \_\_\_\_\_ (para 13)

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**Sarah Boseley**  
**20 May, 2017**

- 1 A crinkly plate may help people to eat less. It has ridges that reduce the amount of food you can put on it.
- 2 The plate was designed by Nauris Cinovics, a graphic designer from the Art Academy of Latvia.
- 3 "My idea is to make food look bigger than it is. It looks like there is the same amount of food as on a normal plate – but there is less of it," said Cinovics. "This tricks the brain so it thinks you are eating more."
- 4 The plate is made of clear glass. It could make dinner a more complicated and longer meal than it usually is. Getting food out of the crinkly plate will make people eat their meal more slowly.
- 5 Cinovics has also designed heavy cutlery. This makes eating hard work so the meal lasts longer. His knife, fork and spoon weigh 1.3kg each. "We tested this and it took 11 minutes to finish a meal with this cutlery, not seven minutes as usual," he said.
- 6 "Our brain takes at least 20 minutes to receive the message that we should feel full so, if we eat really fast, we think we need more food – if we eat slowly, we receive the message sooner so we eat less."
- 7 Cinovics showed his idea at the European Congress on Obesity in Porto, Portugal, where experts said they were interested in the plate.
- 8 "This seems like a good idea," said Dr Paul Christiansen from the University of Liverpool's school of psychology. "If people think they have eaten a big plate of food, they will feel more satisfied."
- 9 "Many people think you have to finish the food on the plate. If you can trick their brains into believing that they have a nice big portion on their plate, they will think they have eaten a big meal. If, on the other hand, you put a small portion on a big plate, they will think they are not satisfied by it and will want more."
- 10 Susan Jebb, professor of diet and population health at the Nuffield Department of Primary Care Health Sciences, Oxford University, said, "It is an interesting idea because it will reduce portion size and you can have a meal with other people and it looks like you all have the same size plate," she said.
- 11 Jane Ogden, professor in health psychology at the University of Surrey, thought it was an exciting idea, which could be very helpful. "There is lots of evidence that we don't just eat because we need to – it is about habit, it is about what we think we see," she said. "If you can tell your body that you are eating more than you actually are, then you might eat less."
- 12 Professor Charles Spence, a food behavioural psychologist at the University of Oxford, said: "This is a nice idea. There are ways of tricking the eye, for example we can use smaller plates to make it look like there is more food. The crinkly plate seems to work in the same way."
- 13 More than 2.1 billion people – 30% of the world's population – are overweight. "There are many ways to reduce weight – exercises, reduce stress, diets and others. However, there has been hardly any study about how crockery and cutlery design can help people lose weight by changing their eating habits."

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#### 3 Comprehension check

Are these statements true (T) or false (F) according to the article? Correct any that are false.

1. The crinkly plate was designed by a Portuguese graphic designer.
2. The plates look like they hold the same amount of food as normal plates.
3. The idea is to trick the brain so it thinks you are still hungry.
4. The plate makes it difficult to eat your meal quickly.
5. When we finish our food quickly, the brain thinks we are still hungry when we are not.
6. Nauris Cinovics has also invented crinkly cutlery, which makes it difficult to eat quickly.
7. Experts at the European Congress on Obesity did not think that the crinkly plate would help people to lose weight.
8. The plate makes a small portion of food look as large as a big portion.
9. There are a lot of studies about how crockery and cutlery design can help people to lose weight.
10. About 21% of people around the world are overweight.

#### 4 Word fields

- a. List some items of cutlery and crockery that you have at home. Be specific; for example, not just 'plates' but 'dinner plates' and 'side plates'.
- b. Talk to a partner.
  - Where do you keep the items?
  - When and how often you use each item? E.g. *every day*; *only when we have visitors*.

cutlery	crockery
e.g. 6 steak knives – only when we eat steak	e.g. 4 egg cups – kept in the back of the cupboard

#### 5 Discussion

- What couldn't you eat from a crinkly plate?
- Would you buy this plate for yourself or as a present for someone else?
- In your culture, is it polite to finish all the food on your plate?
- What tips do you have for losing weight and eating healthily?

#### 6 Webquest

- a. Draw what you think the plate looks like. Then, compare your drawing to the image at the link below.  
[www.theguardian.com/society/2017/may/20/want-to-lose-weight-eat-in-a-crinkly-plate-obesity#img-1](http://www.theguardian.com/society/2017/may/20/want-to-lose-weight-eat-in-a-crinkly-plate-obesity#img-1)
- b. Research one of the diets from task 1 and tell other students more about it.

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#### KEY

#### 1 Warmer

a.

1. eating foods that can be hunted or gathered
2. avoiding gluten
3. avoiding anything made from animals or fish, including eggs, milk and cheese
4. eating foods that contain a lot of protein or fat and few foods containing carbohydrates
5. avoiding processed foods

#### 2 Key words

1. crinkly
2. ridges
3. cutlery
4. full
5. satisfied
6. portion
7. evidence
8. habit
9. overweight
10. crockery

#### 3 Comprehension check

1. F – The crinkly plate was designed by a **Latvian** graphic designer.
2. T
3. F – The idea is to trick the brain so it thinks that you are **full**.
4. T
5. T
6. F – Nauris Cinovics has also invented **heavy** cutlery, which makes it difficult to eat quickly.
7. F – Experts at the European Congress on Obesity thought that the crinkly plate **was a good idea and could** help people to lose weight.
8. T
9. F – There are **hardly any** studies about how crockery and cutlery design can help people to lose weight.
10. F – About **30%** of people around the world are overweight.