



Japanese Dietary Habits

1. CONTEXT

Mindmap anything you know about the topic, including vocabulary. Do some research online to help.

2. QUESTIONS

Read the listening questions to check your understanding. Look up any new vocabulary.

3. LISTEN

Listen and answer the questions using full sentences. Circle the number of times and % you understood.

Listening Questions 1

1. What special recognition has been given to traditional Japanese food?
_____.
2. What time period did the U.S. study on Japanese diets cover and what did it show?
_____.
3. What dietary patterns have been on the decline and rise in Japan?
_____.
4. What percentage increase of obese people has there been in Japan from 1962 to 2002?
_____.
5. What phenomenon has this situation led to?
_____.

Listening Questions 2

1. What are 2 solutions people in Japan have turned to for weight loss?
_____.
2. What are 2 of the famous gym chains operating in Japan?
_____.
3. How did Rizap gain nationwide attention?
_____.
4. What other skill areas does Rizap now operate in?
_____.
5. How has the Coronavirus pandemic affected the fitness industry?
_____.

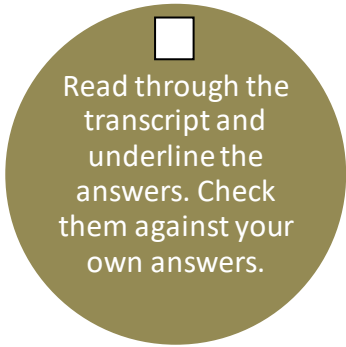
Discussion Questions

1. How would you describe your own dietary habits? Are you satisfied with these?
2. How do you feel about the services and facilities provided by gyms in Japan?

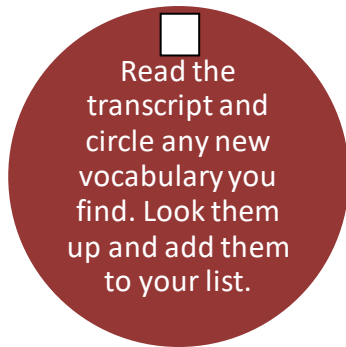
Listening 1				
1	2	3	4	5
%	%	%	%	%

Listening 2				
1	2	3	4	5
%	%	%	%	%

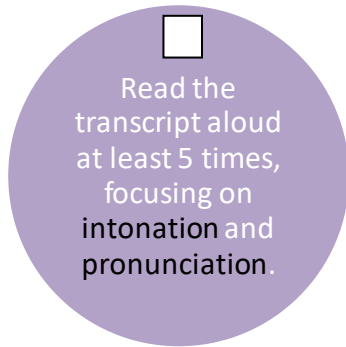
4. CHECK ANSWERS



5. CHECK VOCABULARY

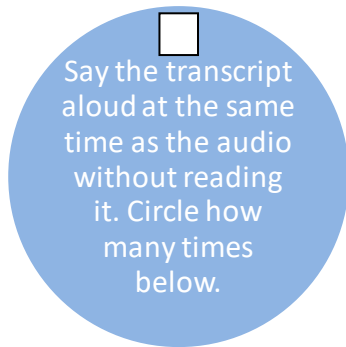


6. READ ALOUD



1	2	3	4	5
1	2	3	4	5

7. SHADOWING



1	2	3	4	5
1	2	3	4	5

TRANSCRIPT 1

Japan has long been famous for its unique food culture. Dishes such as sushi, tempura, and ramen are now familiar globally, and restaurants **devoted to** them can be found in major cities everywhere. Traditional Japanese food has even been listed as an Intangible Cultural Heritage by the United Nations.

However, starting in the postwar years and **accelerating** over time, dietary habits in Japan have been changing. A comprehensive study by a branch of the U.S. National Institute of Health looked at changes in Japanese diets from 2003 to 2015. It found a continuous westernization of the Japanese diet. The study noted a decrease in the plant and fish dietary pattern, and an increase in the bread, dairy, meat and oils dietary pattern.

This change in eating habits has led to **ballooning** waistlines. Based on data from the Asia Pacific Journal of Clinical Nutrition, the percentage of Japanese people considered obese, with a Body Mass Index (or BMI) over 25, has tripled from 1962 to 2002. One other outcome of this trend has been the rise of products and services designed to manage weight.

MATCH THE ANTONYMS BY DRAWING LINES BELOW:

Devoted to	Shrink
Accelerate	Scarcity
Balloon	Apathetic
Radical	Delay
Cater to	Conservative
Plethora	Ignore

TRANSCRIPT 2

In response to the dietary shifts and increase in obesity in Japan, businesses and products have surfaced to provide help with weight management. These include special drinks and foods to cut calories and burn fat, gym and fitness services, and in some cases more **radical** measures such as surgical procedures.

In particular, many nationwide gym chains have emerged to help **cater to** fitness-minded individuals. Some of the more famous gyms include Gold's Gym, 24/7, NAS, Anytime Fitness, and Konami Sports Club. One of the newer chains on the scene is Rizap, which has gained national attention through an aggressive advertising campaign featuring before and after shots of gym members with music that corresponds to their weight. Interestingly, Rizap has also branched out into golf and English conversation schools for people to improve their skills in these areas.

Despite the **plethora** of gyms available in Japan, the industry took a major hit during the Coronavirus pandemic with limitations on operating hours and stricter regulations on usage. It remains to be seen if the industry can recover but if Japanese dietary trends continue to follow the same pattern, it is likely that the need for fitness facilities will remain.