



EXTENSION

Name:

1 Write the words below in your own language. You can use a dictionary.

1. quarter
2. mayor
3. announced
4. encourage
5. prove

2 Read the text. Then complete the sentences according to the text.

This City Is Going on a Diet

In 2007, an important magazine called Oklahoma City in the United States “the Fast-Food Capital of America”. A quarter of the people in the city were very fat. They ate a lot of fried foods and other carbohydrates. They never exercised and they drove their cars everywhere. Even Mick Cornett, the mayor, was 40 pounds* overweight.

Cornett understood that the residents of his city had a serious problem and they needed to do something urgently. On 1st January, 2007, he announced that the city’s goal was to lose one million pounds together. Cornett set up a website called ThisCityisGoingonaDiet.com. Thousands of people have joined the website since then and it has helped many people lose weight. There is helpful information about nutrition, how many calories people have to eat and what they should do to get fit. You can also find out about sports events and contests in the city. Forums and blogs

encourage the dieters. By the beginning of 2009, the people in Oklahoma City succeeded in losing 519,000 pounds. People did this in different ways. Many of them began to exercise for the first time in their lives. Amy Petty went to the gym three times a week and rode a bicycle to work every day. She lost 200 pounds in three years. Police officers Dan Evans and his twin brother Don worked as partners and lost 250 pounds together.

On 12th January, 2012, the city reached the goal of one million pounds. But Mick Cornett doesn’t want to stop. Oklahoma City is going to build more parks and bicycle paths, so more people will exercise. All the primary schools in the city must have gyms. The school cafeterias don’t serve unhealthy foods. The story of Oklahoma City has proved that if you motivate people, they can change their unhealthy lifestyle.

**1 pound = 0.454 kilograms*

1. Mayor Mick Cornett started the project because
2. By using the website, people can learn
3. The twins Dan and Don lost weight because
4. Schools for young children in Oklahoma City have to
5. Students in Oklahoma City can’t buy at school.

3 Imagine people from the text said the following sentences. Match each sentence to the correct person.

Mick Cornett ♦ Amy Petty ♦ Dan Evans

1. People couldn't believe I lost 200 pounds!
2. I must find solutions to help as many people as possible.
3. You should ride your bike to work instead of taking your car – like me.
4. I'm sure we can reach this goal of losing one million pounds.
5. You don't have to change your lifestyle alone. You should find a partner and do it together.
It made a huge difference for me.
6. We have to continue making the city more exercise-friendly.

4 Imagine you are a resident of Oklahoma City. Write an entry from a blog describing how you should change your lifestyle.