

Life Topic

Deeper Connections

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by

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*This book is dedicated to you, the students,
without whose help it would not have been possible.*

Life Topics

Deeper Connections

- * Ideal for enhancing speaking, listening, reading, writing, presentation, and debate skills.
- * Comprehensive critical- and creative-thinking exercises.
- * Topics are fun, interesting, and meaningful.
- * Encourages active, passionate classroom discussion.
- * “Ability flexible,” making it accessible for a broad range of students.
- * Simplified, natural vocabulary allows for use in lower-level classes. Advanced concepts allow for more sophisticated activities in higher-level classes.
- * “Personal” topics from the health, psychological, and evolutionary life sciences.
- * Inspiring and relevant, with topics that focus on the self to help prepare students for real life.
- * The *Life Topics* series comes with a helpful Internet page at <http://www.LifeTopics.com> that will be continually updated and expanded upon.

“The unexamined life is not worth living.”

– **Socrates**

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1. Self-Introduction

自己紹介



social environment 「社会環境」 confident 「自信に満ちた」 participants 「参加者」 equally 「平等に」
unique 「特有の」 mumble 「ボソボソ言う」

[1] When meeting other people in a business or **social environment**, it is important to introduce yourself. This means saying something about yourself so others can get to know you. Then, they can introduce themselves so you can get to know them.

[2] Giving a self-introduction can be difficult, and it makes many people nervous. So before you speak, think about what you want to say. Try to be **confident**, make eye contact, and use humor, if possible. Too often, when we introduce ourselves, we give information that is basic and boring, and our listeners lose interest. When someone asks you a question, give more than just a short “yes” or “no” answer. Instead, add interesting information to keep the conversation going. At the same time, always remember that it is rude to ask another person too many questions at once, and avoid asking anything that is too personal. An introduction is a “give and take” situation where the **participants** discuss things **equally**.

[3] When you introduce yourself, you may want to mention more than just your name and where you are from. Try to bring in a few other topics. For example, instead of only giving your hometown’s name, you may want to tell your listener what you like most about your hometown, and what it’s most famous for. In a more social environment, you may want to discuss your likes, dislikes, interests or

hobbies, or tell your listener something **unique** about yourself or what your future goals are.

[4] For this assignment, introduce yourself to some others, and perhaps to the whole class. When introducing yourself, never ever read your introduction. Remember to make eye contact! Express your thoughts quickly and clearly, and never **mumble**. Be interesting! Give specific examples and details for every topic. At the end of your introduction, be prepared to answer questions from others. Be ready to not only answer their questions, but to add more information to the discussion.

“Knowing yourself is the beginning of all wisdom.”

— **Aristotle**



Active Outline:

1. When you first meet another person, it is important to introduce yourself. (True / False)
2. When introducing yourself, you should be _____. (confident / offended / annoyed)
 - a. It is _____ to ask the person many questions at once. (rude / a good idea)
 - b. You should ask the person _____ personal questions. (lots of / very / no)
3. In your introduction, you should bring in _____ different topics. (many / a few)
 - a. You may speak about your _____. (interests / hobbies / likes and dislikes / All of these)
4. When speaking in groups, you should _____ read your answer. (always / never)
 - a. When giving your self-introduction, it is important to _____.
(speak clearly / mumble)

Writing / Conversation:

I. Where are you from? What do you like / dislike about the place? What is it famous for?

The name of the (town / city) that I (am / was) from is _____.

What I like most about this place is _____.

What I dislike most about this place is _____.

It is most famous for _____.

II. Describe an interest and hobby you have. Why do you like them?

1. I am interested in _____. I like it because _____.

2. My favorite hobby is _____. I like it because _____.

III. Where do you hope to live and what do you hope to do in the future?

In the future, I hope to live in _____ and my goal is to be _____.

Discussion Exercise:

I. Write a one-paragraph general self-introduction to present to your group.

Assignment: Introduce yourself to your group. **Do not read your introduction word for word.**

Notes on other class members' introductions:

II. List four **interesting** topics about yourself to use in your self-introduction.

1. _____ 2. _____

3. _____ 4. _____

Opinion: Choose one of these topics, and write about it.

Assignment: Now present your "story" to your group.

Notes on other class members' presentations:

III. Write a story about a time when you did especially well at something.

Assignment: Now present your story to your group.

Notes on other class members' presentations:

IV. Write about something that recently made you smile. What happened?

Assignment: Now present your story to your group.

Notes on other class members' presentations:

Opinion: In your opinion, who told the most interesting stories? Why?

Class Discussion: Answer some of these questions.

- I. How do you feel when introducing yourself to others?
- II. How do you make yourself feel confident during a self-introduction?
- III. What is most important while giving a self-introduction?
- IV. What is your goal at university?
- V. Are you more like your mother or your father? In what way?
- VI. Create your own self-introduction question, and then answer it.

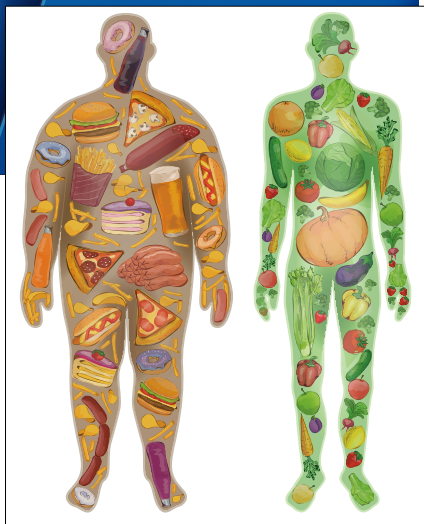
Question:

Answer:

Make up two questions of your own to discuss with other class members.

2. The Island of Nauru

ナウル島の問題



obese 「太り過ぎ」 diabetes 「糖尿病」 strokes 「心臓発作」 Obesity 「肥満」 processed foods 「加工食品」
represent 「象徴する」 mining 「採鉱」 life expectancy 「寿命」

[1] Being overweight or **obese** not only makes your stomach look bigger, but it causes many medical problems, including heart disease, **diabetes**, **strokes**, cancer, high blood pressure, and high cholesterol. It can shorten your life and is the fifth highest cause of death worldwide. **Obesity** is a global problem. In the past, obesity mostly affected rich countries. Now, however, because there are **processed foods** everywhere, and because these foods are far cheaper to make than healthy foods, obesity is growing fastest in poor countries.

[2] Over the past thirty years, every country has had an increase in the number of obese people, and it affects every country in the world. Now people are heavier than ever before; about 30 percent of the world's people are overweight, and about one in ten people is obese. The number of obese people almost doubled between 1980 and 2014, and it is expected to increase even further in the future. Half of all Europeans are overweight or obese, but Britain is the fattest nation in Europe. In the Middle East and North Africa, over 60 percent of the population is overweight or obese. In China, the number of obese people tripled from 1992 to 2007. The most obese major country on Earth is often said to be the United States, where more than one in three children or teenagers and more than two in three adults are either overweight or obese. Should this continue, as many as 95 percent of American adults will be overweight or obese by the year 2034.

[3] Perhaps the best way to **represent** the obesity problem is to take a look at Nauru, a tiny, beautiful island in the Pacific Ocean with lots of beach, sand, and sunshine. Nauru has only 13,000 people and is only 21 square kilometers (or 8 square miles) in size. You can drive around the island in less than 20 minutes. It is the fattest country in the world. In Nauru, the average male adult weighs 170 kilos (375 pounds). About 95 percent of all adults are overweight; 85 percent are obese.

[4] Back in the 1960s, the people of Nauru were slim, healthy, and athletic. They had a culture of gardening and fishing, and a healthy diet consisting of fresh fruits, vegetables, coconuts, and fish. In the 1980s, their wealth increased due to **mining**. When their wealth increased, so did their diet. Like many countries, their diet changed to a Western one, with lots of fast foods, too much salt, sugar, and fat, and little nutrition. Now the people of Nauru rarely cook and their foods are mostly processed, fried, and canned. They also consume a lot of French fries, soft drinks, potato chips, and junk food of all kinds. There are now many Chinese restaurants on the island, and the most popular meal is fried chicken and cola with lots of added sugar.

[5] While such foods taste good, consuming too much of them causes all kinds of health problems. About a third of all Nauru people have diabetes, the highest rate in the world, and almost half of the people aged 55 to 64 have diabetes. Today, the Nauru people are sicker than ever before and dying younger. From 2006 to 2011, their **life expectancy** went down by six years. These health problems can be avoided with a healthy diet. Now, the Nauru people are trying to become healthy again. They are being encouraged to exercise more and walk three miles around their airport. Perhaps the world could learn a big lesson from this tiny island.

“Feel thin in Nauru.”

— An advertising slogan for Nauru

Active Outline:

1. Being overweight is the _____ biggest cause of death in the world. (third / fifth / sixth)
 - a. Now, obesity is increasing fastest in _____ countries. (wealthy / poor)
2. Worldwide, since 1980, in obesity has _____. (increased by a third / doubled)
 - a. The fattest of these major countries is _____. (Britain / China / the United States)
3. Nauru is a small island in the _____. (Pacific Ocean / Atlantic Ocean)
 - a. About _____ of the Nauru people are obese. (30% / 85% / 95%)
4. In the 1960s, the Nauru people were _____. (fat / obese / wealthy / slim)
 - a. Now their food is mostly _____. (canned / fast food / processed food / All of these)
5. The Nauru people have the highest rate of _____ in the world. (cancer / strokes / diabetes)
 - a. Their life expectancy has recently _____.
(increased / decreased / stayed the same)

Comprehension:

1. A major reason Nauru changed from its healthy diet was because of its _____.
a. global obesity problem b. wealth c. small size d. location
2. Obesity has increased in _____ in the world.
a. almost every country b. every country c. some countries d. no country
3. In the 1960s, the Nauru people had a diet of _____.
a. fruits and vegetables b. coconuts c. fish d. All of these
4. In the future, it is believed that obesity will _____ around the world.
a. increase b. decrease c. stay the same d. None of these

Creative / Critical Thinking:

- I. In some countries, governments tax junk foods, which are high in salt, sugar, and fat. Give reasons to support and oppose this.

Tax increase:

1. _____
2. _____
3. _____

No tax increase:

1. _____
2. _____
3. _____

Opinion: What, if anything, should be done to limit these types of foods?

- II. To increase tourism, Nauru uses the advertising slogan, "Feel thin in Nauru." Make up a couple of advertising slogans to encourage people to vacation in Nauru. Be creative!

Ex: The island of fat and sugar. *Ex: The tiny island of huge people.*

1. _____
2. _____

Opinion: Would you like to visit this small island? Why or why not?



Writing / Conversation:

I. How is your diet? Is it healthy? Explain.

Overall, my diet (is / is not) healthy. This is because _____
_____.

Would you like to improve your diet? How? If not, why not? _____
_____.

II. If you were the leader of Nauru, what would you do to improve the health of the people?

If I were in charge of health on the small island of Nauru, I would improve the health of the people by _____
_____.

III. Since 1980, worldwide obesity has nearly doubled, with children's and teens' weight increasing the most. Why do you think this is?

I think that obesity has doubled because _____.

I think that children and teens have had the greatest increase in weight because _____.
_____.

Class Discussion:

I. How has the diet of Japan changed in the past 50 years? Has it gotten more or less healthy? Explain.

II. What would you like to do if you visited Nauru?

III. If all junk foods were taxed, would you stop eating them? Would healthier traditional foods come back?

Debate: Will the life expectancy in Japan decrease as people eat more junk food, as it has in Nauru? Why or why not?

Make up two questions of your own to discuss with other class members.