

Pre-intermediate / Intermediate - Want to lose weight? Eat off a crinkly plate (20 May, 2017)

A crinkly plate may help people to eat less. It has ridges that reduce the amount of food you can put on it.

What may help people eat less?

What does this plate have?

The plate was designed by a graphic designer from the Art Academy of Latvia. "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," he said. "This tricks the brain so it thinks you are eating more."

Who designed the plate?

What is the plate designed to do?

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.

What is the plate made of?

What will people have to do if they use this plate?

He 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.

What has he also designed?

How much does the cutlery weigh?

How much longer did it take to finish a meal?

"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." The designer showed his idea at the European Congress on Obesity in Portugal, where experts said they were interested in the plate.

How long does it take for our brains to receive a message that we are full?

What is the advantage of eating slower?

Where did Cinovics showcase his idea?

What was the feedback from the experts?

"This seems like a good idea," said Dr 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."

What did the expert from the University of Liverpool say?

“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.”

What do many people think?

In what way do people need to trick their brains?

Professor 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.”

What does Professor Spence do?

Was he in favour of the crinkly plate?

Why?

More than 2.1 billion people – 30% of the world’s population – are overweight. “There are many ways to reduce weight – exercise, reduce stress, diets and others. However, there has been hardly any study about how crockery and cutlery design can help people.

How many people worldwide are overweight?

How can people lose weight?