

The Liquid Diet



Before Reading

- Take a look at the picture. Describe what you see.
- What do you think this story is about?
- Do you love to eat food, or do you just eat when you're hungry?

Atlanta, USA

Do you "live to eat", or simply "eat to live"? Some people love food. They love cooking, going out to new restaurants, and watching cooking shows on TV. They also spend a lot of money on food. Others simply eat when they are hungry. These people don't have enough money or time to prepare delicious food or go out to restaurants every day. If you are an "eat to live" kind of person, this story is for you!

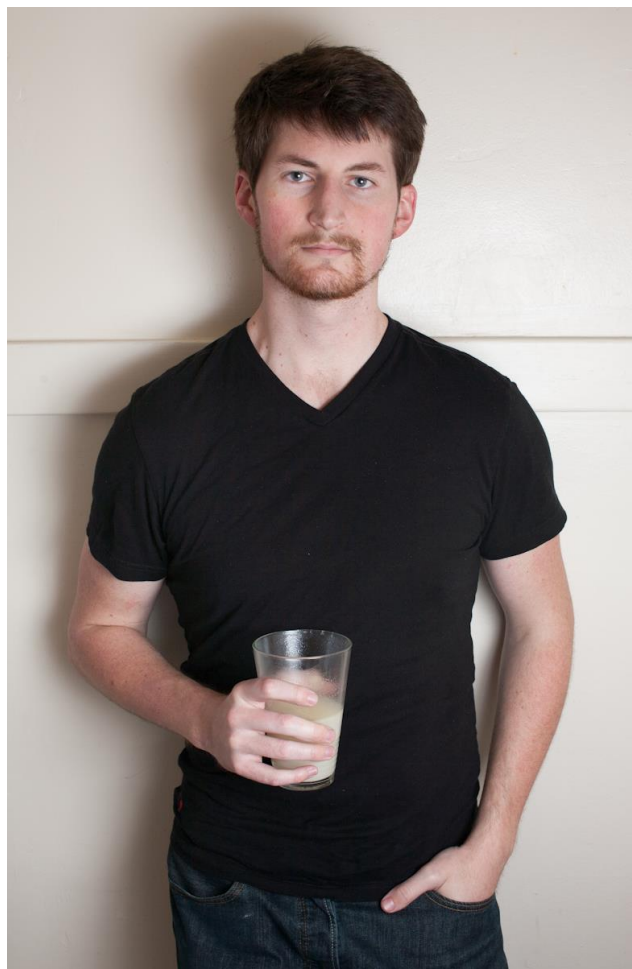
Rob Rhinehart is a 24 year old software engineer from Atlanta. He has been living on a liquid diet for the past three months, and he says that he has never felt better. Rob invented a drink that combines all of the vitamins and nutrients that he needs. He calls the drink "Soylent".

There are many people who drink health shakes to try to lose weight, but this is only one of the reasons why Rob drinks Soylent. Rob can also save a lot of time and money by drinking his meals. For example, Rob found that he was spending around 2 hours every day cooking food. Rob is a single man, so he was spending all of that time just cooking for himself. He wanted a faster and more efficient way to prepare his meals, and Soylent has helped him cut down his cooking time significantly.

Soylent is also a great way for Rob to save money. Rob is a young man, and he doesn't make a lot of money yet. Buying nutritious food is expensive, but Rob found that buying the vitamins and nutrients he needs for a healthy body in powder form was not expensive at all. In fact, Rob says that a month's supply of Soylent costs only \$150!

Rob says that he is happy because he doesn't have to go to the grocery store very often and he doesn't have to think about what to cook every day. His health has gotten better as well. He sleeps better at night, and his skin, teeth, and energy level have all improved. Maybe best of all, Rob doesn't have to wash a lot of dishes anymore!

Some people don't understand how Rob can drink the same food for every meal. Rob doesn't **plan on** drinking only Soylent every day for the rest of his life though. Rob thinks of eating as a **leisure activity**. The Soylent creator says, "Eating is like going to the movies, but I don't want to go to the movies three times a day".



Rob enjoying a glass of Soylent

Rob continues to work and experiment with Soylent to make the drink better. He adds and subtracts different amounts of oils and vitamins to **alter** the health effects of the drink. He has added **probiotics** like those found in yogurt and kimchi, and is also experimenting with **nootropics**, which are vitamins that help the brain to function better.

There are a few **drawbacks** to drinking Soylent every day. Soylent has to be fresh, so Rob needs to make a new **batch** every day. Still, he saves a lot of time making Soylent rather than cooking food. Also, Rob has to be careful, because if he makes a mistake and puts too much of one ingredient into his Soylent, he can make himself sick. Rob has gotten pretty good at making the drink though, and he believes that the benefits of Soylent easily outweigh the disadvantages.

Vocabulary

Match the words below with their meaning.

batch drawback nootropics probiotics alter plan on
leisure activity in powder form month's supply cut down
never felt better liquid diet live to eat eat to live

1. Many babies drink their milk _____.
2. Newborn babies also have a _____.
3. Fishing is a _____ that many people enjoy.
4. If you want to lose weight, you should _____ on junk food.

5. _____ help the brain to function better.
6. A fresh _____ of Soylent needs to be made every day.
7. Many people who work in restaurants _____.
8. A _____ of Soylent is not very expensive.
9. People who want to eat fast and easy meals probably _____.
10. Since I started exercising I have _____.
11. My friends _____ going to university after high school.
12. _____ found in yogurt and kimchi help to keep your stomach healthy.
13. One of the _____ of the Iphone is that it is expensive.
14. Many people should _____ their diets to include more healthy fruits and vegetables.

Short Answers

Try to answer each question in a full sentence.

1. Why did Rob Rhinehart invent Soylent?
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2. What does "living on a liquid diet" mean?

3. Why do you think Rob says he has "never felt better?"

4. What is your favorite leisure activity?

5. Give an example of something people drink in powder form?

Discussion

1. Drinking Soylent helps Rob to save a lot of time. Are you a busy person? What kinds of things do you spend a lot of time doing that you wish you didn't have to do?

2. Rob is a single man. Why does drinking Soylent make more sense for a single man than for a whole family?

