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# BBC LEARNING ENGLISH

## News Report

### Christmas calories



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*NB: This is not a word-for-word transcript*

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Christmas is a time for **feasting**, but how much is too much?

You're not alone if you worry about gaining weight over **the festive season**.

And **overeating** at Christmas has a long history in Britain. In the 13th century, people celebrated the festival for 12 days, with huge and varied meals every day.

Now, the average person **consumes 6,000 calories** on Christmas Day.

This is the same as eating 4.8 kg of egg-fried rice, or 42 bananas, or 23 hamburgers. Or you could think of it as eating six 300 g chicken **curries**, three Indian naan breads and 24 onion bhajis.

Of course, some people have to consume this much in a day. For example, Tour de France cyclists and Arctic **explorers** must eat a lot because they use so much energy.

But, for the rest of us, Christmas Day is usually a time for staying indoors and relaxing, so we probably won't **burn off** those 6,000 calories when we're watching TV.

In fact, an **average** man has to run for ten hours, and an average woman has to swim for eight hours, to do this.

So, do we have to go running the next day?

Sian Porter from the British Dietetic Association says you don't have to diet for a long time: "You can be bad and then be good over the other days – it's over in **a short space of time**, and you can **rebalance** those extra calories by **cutting back elsewhere**."

Christmas dinner, it seems, is here to stay!

## **Vocabulary**

### **feasting**

eating special large meals with lots of people

### **the festive season**

the period of time that includes Christmas and New Year

### **overeating**

eating too much

### **consume**

(here) eat or drink

### **calories**

units of energy

### **curries**

hot, spicy dishes from India (and other Southeast Asian countries) with meat or vegetables

### **explorers**

people who travel to new places that nobody has been to before

### **burn off**

use fat or energy by doing exercise

### **average**

usual, normal

### **a short space of time**

a short period of time

This story is based on an original BBC News story:

<http://www.bbc.co.uk/food/0/20587258>