

Daily Life - Health Food (C0216)

John: Ok darling, got some pizzas, potato chips, hot dogs and lots of cheese!

Kelly: Oh John, I thought we said we would start eating right! Remember? Our new healthy lifestyle? That's all junk food!

John: Hrumph! Right, so what did you get?

Kelly: Well, healthy food , of course! I got some whole wheat bread, skimmed milk, fresh fish and organic carrots. . . .

John: Organic? What's organic? Do we need organic carrots. . . ?

Kelly: They were grown without using any chemicals that are harmful to our health. And yes, John, we need organic carrots. . . .

John: Oh, so organic vegetables are the 'green' option, right?

Kelly: Yup, better for the environment and better for us!

John: Wait a minute, that? ... Doughnuts? they organic doughnuts, Kelly?

Kelly: I like doughnuts.

Key Vocabulary

eat right	<i>principle verb, indicative</i>	have healthy food
lifestyle	<i>common noun, singular</i>	the way people live
junk food	<i>common noun, non-variable</i>	a high-calorie food and low in nutritional value
organic	<i>Adjective</i>	without using any chemicals
green	<i>Adjective</i>	healthy to the body
doughnut	<i>common noun, plural</i>	small ring-shaped fried-cakes

Supplementary Vocabulary

Consciousness	<i>common noun, singular</i>	To be aware of something
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Health Nut	<i>phrase</i>		Someone concerned with living a healthy lifestyle
Enviromentalist	<i>common</i>	<i>noun,</i> <i>singular</i>	Someone who is con- cerned with the enviro- ment
Support	<i>principle</i>	<i>verb,</i> <i>present simple</i>	to be of help
Resolution	<i>common</i>	<i>noun,</i> <i>singular</i>	The commitment to do something differently or begin to do something