

**Daily Life - Junk Food** (C0200)

A: I'm hungry, let's grab a bite to eat.

B: Sure! How about we go home and prepare a couple of sandwiches?

A: Nah! Let's go get a burger and fries.

B: All you ever do is have unhealthy fast food Pizza, fries, burgers and hot dogs! You have to start eating better!

A: What are you talking about? I have salads sometimes.

B: Yeah right! I'm serious! You should also cut down on your sugar intake as well. You drink carbonated drinks that are high in fructose syrup! It's really not healthy!

A: Fine! I'll start drinking and having home cooked meals that are low in fat. Are you happy now?

B: It's a start, but I'll be happy when I see you stick to your promise!

## Key Vocabulary

|                 |                                       |                                    |
|-----------------|---------------------------------------|------------------------------------|
| grab a bite     | <i>phrase</i>                         | get food that can be eaten quickly |
| all you ever do | <i>phrase</i>                         | something frequently done          |
| cut down        | <i>principle verb, present simple</i> | reduce the amount taken or used    |
| how about       | <i>phrase</i>                         | what do you think                  |
| stick to        | <i>phrase</i>                         | continue doing (something)         |

## Supplementary Vocabulary

|               |                              |   |
|---------------|------------------------------|---|
| Calorie       | <i>common noun, singular</i> | a unit of energy  |
| Saturated Fat | <i>common noun, singular</i> | A fat that consists of triglycerides containing only saturated fatty acid radicals. |
| Fiber         | <i>common noun, singular</i> | An indigestible portion of plant foods having two main components                   |

|         |                            |              |  |
|---------|----------------------------|--------------|--|
| Serving | <i>common<br/>singular</i> | <i>noun,</i> | A specific amount or portion of food or liquids  |
| Obese   | <i>Adjective</i>           |              | condition of having excess body fat, to the extent that it may have an adverse effect on health, leading to reduced life |