Eating Healthy Food

**Meg**: Hey, Todd. Are you healthy? Do you eat lots of fruits and vegetables?

**Todd**: I guess I am healthy. I do eat lots of fruits and vegetables, but I also eat junk food, ***sadly***. But I try to eat lots of fruits especially to stay healthy.

**Meg**: What kind of fruits do you like to eat?

**Todd**: Well, I like all fruits. I love all fruits except pineapple. I hate pineapple. I don't know why. I just don't like pineapple. I don't like the taste. I don't like to ***chew*** it. It just ***feels funny***. But I love apples, I love bananas, I love oranges. I usually have an apple every morning for breakfast. It's very easy to eat. And I just love apples because you can take them to school. You can eat them quickly. They're very easy to eat.

I also like oranges, and I love orange juice. So sometimes, I make fresh orange juice in my kitchen. So oranges are great. But my favorite fruits are bananas and strawberries. I love bananas and strawberries. And I love to eat bananas and strawberries together, so my favorite snack is to cut up some banana and then cut up some strawberry and mix them together, and then eat them.

**Meg**: Well, it sounds like you really a lot of fruits.

**Todd**: Oh yeah, I do.

**Meg**: What about vegetables? Do you eat vegetables everyday?

**Todd**: I do. I try to have a salad everyday, and I have a special salad I make and I call it my chunky, crunchy salad. And it's carrots, cucumbers and tomatoes, and I cut the carrots and cucumbers into small little squares. And then I cut up the tomatoes and I mix together. And the carrots, tomatoes and cucumbers mixed together, the colors are really pretty. And when you eat the salad, it's very crunchy and it's very ***chunky*** because it's all little squares. So I call it my ***crunchy***, chunky salad.

**Meg**: That sounds delicious. Do you ever share it with someone else?

**Todd**: No, I don't but I want to because I really, I like it so much and I can't cook. So when I go to somebody's house and I need to bring food, I think, "Oh, I should bring chunky, crunchy salad."

**Meg**: Hmm, that's a good idea. Another idea is to cook some vegetables. Do you cook vegetables?

**Todd**: Not too much. I do cook ***asparagus***. Asparagus is probably my favorite vegetable, and it's very easy to cook because asparagus, you just have to cut up into small pieces. And then you can put the asparagus in a bowl with some water in the microwave, and you can cook asparagus in about 30 seconds. So I eat asparagus a lot.

Also, I eat broccoli. I love broccoli. Sometimes I have broccoli and lettuce together for my salad. And then sometimes, I cook eggplant. I like to cook eggplant because I like the taste and it's easy to cook.

**Meg**: I don't really like eggplant.

**Todd**: Really?

**Meg**: I don't.

**Todd**: Oh no. Why not?

**Meg**: It has a strange flavor to me, so I ***prefer not to*** eat eggplant.

**Todd**: Well, ***as long as*** you eat your ***veggies***.

**Meg**: Yes.

**Phrases and Vocabulary**

**feel funny**

A picture containing person

Description automatically generated

It just ***feels funny***.

When something feels funny, it feels awkward or strange. Notice that is does not mean it makes you laugh. Notice the following:

1. This chair feels funny. Something is wrong with it.
2. The room felt funny because everyone was so quiet.

**chunky**

A group of chocolate bars

Description automatically generated with low confidence

It's very ***chunky*** because it's all little squares.

When something is chunky it is broken into chunks, or pieces that are still fairly big. Notice the following:

1. I ate a big chunk of chocolate.
2. The cereal is very chunky.

**crunchy**

A pile of food

Description automatically generated with low confidence

So I call it my ***crunchy***, chunky salad.

When something is crunchy, it makes a lot of noise when you eat it. Notice the following:

1. These potato chips are very crunchy.
2. Breakfast cereal is usually crunchy.

**prefer not to**

A person writing on a whiteboard

Description automatically generated with low confidence

so I ***prefer not to*** eat eggplant.

We use the phrase prefer not to when discussing things we do not like doing, but we still do sometimes. Notice the following:

1. I prefer not to work on Saturday.
2. She prefers not to work outside.

**as long as**

A person holding a bowl of vegetables

Description automatically generated with medium confidence

Well, ***as long as*** you eat your ***veggies***.

Here, the phrase ***as long as*** means that if you do something, you will not have a problem. If you do not do it, you will have a problem. Notice the following:

1. We can arrive on time it as long as we leave now.
2. I am happy to help as long as you pay me.

**veggies**

A plate of food

Description automatically generated with medium confidence

Eat your ***veggies***.

Veggies just means vegetables. We often use the phrases only when talking about eating vegetables. Notice the following:

1. I really need to eat more veggies.
2. I do not eat as much veggies as I should.

Vocabulary Quiz

Use the words below to complete the sentences.

**feels funny • chunk • crunchy  
prefer • veggies • as long as**

Top of Form

1. You will win  you play your best.
2. Remember to eat your  .
3. He ate a big  of cheese.
4. I  not to work at night.
5. This shirt  . It makes me itch.
6. Cabbage is very  .
7. *nswer these questions about the interview.*
8. 1) He does not like \_\_\_\_\_ . 
9.  a) apples  
    b) bananas  
    c) pineapple
10. 2) He likes to make \_\_\_\_\_ juice. 
11.  a) apple  
     b) orange  
     c) pineapple
12. 3) He likes to \_\_\_\_\_ vegetables. 
13.  a) grow  
     b) cook  
     c) eat
14. 4) His salad is \_\_\_\_\_ . 
15.  a) chunky  
     b) crunchy  
     c) common
16. 5) Meg does not agree with Todd about \_\_\_\_\_ . 
17.  a) asparagus  
     b) broccoli  
     c) eggplant

Bottom of Form

Answers

*Answer these questions about the interview.*

1) He does not like \_\_\_\_\_ . 

 a) apples  
 b) bananas  
 c) pineapple

2) He likes to make \_\_\_\_\_ juice. 

 a) apple  
 b) orange  
 c) pineapple

3) He likes to \_\_\_\_\_ vegetables. 

 a) grow  
 b) cook  
 c) eat

4) His salad is \_\_\_\_\_ . 

 a) chunky  
 b) crunchy  
 c) common

5) Meg does not agree with Todd about \_\_\_\_\_ . 

 a) asparagus  
 b) broccoli  
 c) eggplant