



Diet

Conversation > Intermediate 4



Exercise 1 – Vocabulary

slim	Thin, not fat.
[adjective]	<i>Ex: How do you stay so slim?</i>

make an effort	Try hard to do something.
[phrase]	<i>Ex: She's making an effort to study hard.</i>

lose weight	Become thinner or skinnier.
[phrase]	<i>Ex: She's happy that she lost weight.</i>

go on a diet	To eat less or specific kind of food in order to lose weight.
[phrase]	<i>Ex: Maybe I should go on a diet.</i>

doubt	To think that something may not be true or is unlikely to happen.
[verb]	<i>Ex: I doubt that I can succeed.</i>



Exercise 2 – Dialogue

Choose one character and read the dialogue aloud with your tutor.

Lisa: Hi, Nina! How are you? Do you remember me?

Nina: Hi, Lisa. Of course I do. We were classmates in high school, weren't we?

Lisa: Yes, we were. I'm happy to see you again. You look slimmer than ever.

Nina: Thank you so much! I made a great effort to lose weight.

Lisa: Did you go on a diet?

Nina: I did.

Lisa: I want to be as slim as you are. What did you do?



Nina: I slept for eight hours and drank eight glasses of water every day.

Lisa: You're kidding! I doubt that alone made you look slim.

Nina: Actually, I ate only fresh fruits and vegetables.

Lisa: No rice? No cakes or donuts?

Nina: No, none of that for the past three years.

Lisa: Three years, wow! I don't think I could do that.

Nina: You can do anything!



Exercise 3 – Fill in the Blanks

Choose the correct answers from the answer pool below and fill in the blanks.

Answer Pool

doubt
go on a diet
slim
lose weight
making an effort

1. I _____ that he's going to call me.
2. A healthy diet can help you _____.
3. They are _____ to achieve the goal.
4. I have to _____. I got too fat.
5. She is _____ and beautiful.



Exercise 4 – Role Play

Take turns with your tutor and act out the scene described below.

Scene: You want to lose some weight, talk with the physician about it. The teacher can be the physician.



Exercise 5 – Discussion

Discuss the following questions with your tutor.

1. Have you ever tried going on a diet? How successful were you?
2. What do you think is the most difficult thing about dieting?
3. Do you pay a lot of attention to what you eat? Why? Why not?
4. Which do you think is more important if you want to lose weight, eating healthy or exercising? Why?
5. Why is it important to lead a healthy lifestyle?