

Elementary - New Year Resolution (B0026)

A: So, did I tell you about my New Year's resolution?
I've decided to go on a diet.

B: And you're going to completely transform your eating habits, right?

A: Exactly! I'm going to cut out all that junk I eat; no more chips, no more soda, no more fried food.

B: I've heard this one before.

A: But this time I'm going to stick to it. I really mean it! Trust me, Carol, I'm going to be a new man in one year's time!

B: Well, I guess we'll just have to wait and see.

A: Thanks, honey, that was a great meal. I'm stuffed. Do we have any chips left?

Key Vocabulary

diet	<i>Noun</i> (<i>singular</i>)	eating plan to help you lose weight
transform	<i>Verb</i>	change
cut out	<i>Verb</i>	remove, eliminate
eating habits	<i>Phrase</i>	usual ways of behaving
stick to	<i>Verb</i>	continue doing something
wait and see	<i>Phrase</i>	remain in a state in which you expect something to happen, and see if it does
stuffed	<i>Adjective</i>	filled with food; no longer hungry

Supplementary Vocabulary

calorie	<i>Noun</i> (<i>singular</i>)	unit of energy in food
vegetarian	<i>Noun</i> (<i>singular</i>)	person who does not eat meat

fast food	<i>Noun (non-count)</i>	food that is prepared and served quickly (i.e. McDonald's, KFC, Burger King, etc.)
work out	<i>Verb</i>	exercise at a gym
lifestyle change	<i>Phrase</i>	change the way you live