

# Do You Eat Your Feelings?

## Discussion

What did you do before this class?

I took a public class, had a lunch and a nap.

I haven't seen you for a long time.

I went to my hometown for five days to attend my sister's grandson wedding.

That's a happy occasion.

They held a great wedding, many people attended it.

I felt very tired because I play mahjong for a long time with my relatives.

What are Chinese weddings like?

Many people attend the wedding. We usually have lunch together. At 12 past 8 we start to hold a wedding. The government allows weddings to be 30 tables big.

In Serbia, weddings are usually quite big and loud. There are about 200 - 300 people, and we party whole day long.

12:08

Chinese bride, traditionally, should wear a red dress.

Are you concerned with your eating habits?

I am concerned about them now.

Can you control your eating habits?

I cannot completely control my eating habits.

I like to eat snacks.

Do you eat because you are hungry or because you want to make yourself happy?

Do you eat too much?

No, I don't. I often eat until I am completely full.

That doesn't sound too good. Why do you do it?

I eat only once a day.

I weigh 85 kilograms, and my weight is stable. I lost white fat from my body. Being lean provenly increases longevity.

Have you ever tried to influence someone to eat more healthily?

I have tried to influence my husband to eat more healthily.

## Vocabulary

### Useful words

1. break-up(noun, verb):to end a relationship with your romantic partner.

**New words**

1. comfort eating(phrase)
2. binge(verb)
3. 5-a-day(phrase)
4. lead to something(phrase)
5. obesity(noun)
6. pile on the pounds(phrase)