

M Hello everyone and welcome to EnglishPod. My name is Marco

C My name is Catherine.

M And today we have a very healthy lesson for everyone. We are going to have healthy food.

C So we're going to the grocery store, and we're choosing what food to buy. You're going to hear a lot of words about eating right, and eating healthy, so let's turn to this dialogue first and we'll back in a moment to talk more about it.

### *Dialogue first time 0:30- 1:25*

M So it's a very popular topic nowadays, people want to eat light. So why don't we take a look at some of these words and phrases now in "language takeaway".

### *Voice: Language takeaway*

C The first kind of food here we have is **whole wheat bread**. So maybe you're buying bread at the grocery store, and you see a number of different kinds of bread. There's white bread, there's rye bread, but we have whole wheat bread, which is mainly the healthiest option.

M So it's made out of wheat. All right, so we have whole wheat bread. Now as you say it's a type of bread that uses wheat as its main ingredient.

C Right. So it's made from wheat, flour, it's usually a brownish kind of bread, that means the color is brown, not white.

M And it's healthier than white bread, because white bread uses that processed flour right?.

C It does, it's processed and also uses a lot more sugar.

M Ahem. Okay so whole wheat bread is a healthy option, and also we are having **skimmed milk**.

C Right, so as you know when milk comes out of the cow, it's very very fatty. It has a lots of fat. And so skimmed milk means that when the dairy is processing the milk, the fat is taken away. So this is one of the healthier kinds of milk. You have fat free and skimmed milk, which are the healthiest.

M So when you buy normal milk, what is that called?

C Well, you have whole milk,

M whole milk ..

C you have also 2% milk, which is 2% fat,

M and then skimmed milk and fat free milk. Okay good. Now when we were talking about the carrots, she said: you know what, we also buy **organic** carrots. So eh this is a very popular word nowadays, organic vegetables, or organic carrots. What does it means if it is organic?

C Well in general, things that are organic come from nature. But in food, things that are organic don't use chemicals. So a lot of people are very nervous about food that comes

from farms that have pesticides or chemicals on them, but organic food is safe within this area. There's no pesticides or chemicals.

M Okay, so what about when you talk about chickens or animals, they also say it's an organic farm. That means that they don't have **chemicals** injected into them.

C That's right. They're not stuffed with chemicals or given a chemical shot, and also the food that they eat is real food. It's not like chemical food to make them fatter.

M Okay, very good. So eh organic foods and you mentioned the word chemicals a lot. So when we talk about chemicals, we're talking about substances that are artificial, right?

C That's right, they're not organic. They.. these are things that are chemicals that scientists come up with, to help make food. For example: help make fatter chickens, or to make greener vegetables. And these are not natural, these are man-made. And chemicals can also mean pesticides. So some sprays or things that we put on plants to keep the bugs away. And these are all things that have been found to hurt human beings.

M Yeah, I guess - e.g. when you are eating something and you see on the box, and it says it has certain preservatives - those are chemicals right, that help keep the food fresh for a longer period of time.

C That's right.

M Okay, so chemicals, and that's the last word that we have for you on "language takeaway". Four keywords here, why don't we go back, listen to the dialogue again and we'll be back in a bit.

### *Dialogue second time 4:55 - 5:50*

M All right, we're back. So now let's take a look at three key phrases on "fluency builder".

### *Voice: Fluency builder*

C This first key phrase, is one that .. I think it was very very common in America in the late eighties or early nineteen nineties. Eh people in America have been struggling with eating healthy food, and not eating so much fatty food and so, there was an emphasis on **eating right**.

M That's right, to eat right. Now, how do you eat right? I mean it's sounds like you want to eat with your spoon correctly.

C No, eating right is more about the kind of food you eat. It's about not eating pizza everyday, pizza and hamburgers.

M Okay.

C So we say eating a balanced.. we say eating right, involves having a balanced diet. That means eating vegetables and greens, and a little bit of meat. And not so many sweets or oils.

M Okay, so that's what it means when you're eating right. So you have to eat right, that means eating healthy.

C That's right.

M Now the opposite, if you're not eating healthy , that's because maybe you're eating too much **junk food**. And that's our next phrase.

C Right, so junk food is .., you know, junk garbage food, it's a..it's the kind of food that is very unhealthy for you. Potato chips, pizza, ice cream. It's all the best kind of food, but it's also the worst for you body. So we call it junk food.

M Okay. So everything that is e.g. fast food, is usually considered to be junk food.

C Yes, it's high in oils and fats.

M Okay, so junk food. And for the last phrase for today,

*(M: eh what is it C: healthy life style, M: eh healthy life style) ,*

M and for the last phrase we are starting a **healthy life style**. So what does it mean by a healthy life style?

C Well we don't say "life", we say "life style", because this is the way in which a person lives. It's your **life style**. Okay, so this involves exercise, diet, what kind of food you eat, eh the way that you worked, do you get too much sleep, not enough sleep. So your life style is about the choices you make in all parts of your life. And so having a healthy life style, as I said, it's not just about not eating junk food! It's about running five miles, or trying to get eight hours of sleep. So it's important to maintain a healthy life style. And usually in the news we always hear. It's usually in the news we hear this phrase, not "healthy life", but "healthy life style".

M Right. So maybe somebody who leads a dangerous life style, maybe does a.. maybe has a job that's very dangerous,

C That's right. Or an unhealthy life style: someone who eats one meal a day.

M Ahem, okay. Very good. So those are key phrases for "fluency builder", why don't we go back, listen to the dialogue for the last time, and we'll back to talk with you a little bit more.

### **Dialogue third time 8:45 - 9:40**

M All right we're back. So talking about healthy food and healthy eating, how healthy do you eat Catherine?

C I think I eat pretty .. pretty decently. I eat.. I try to eat a balanced diet, like I said earlier. I think a balanced diet is a key to healthy life style. Eh I don't really eat fast food,

M oh really..

C yeah, I try not to eat too much meat or too much sugar.

M Ahem. Eh what about organic stuff. Are you .. are you a big fan of organic vegetables or organic meats.

C I am. And this .. this comes from a part of the dialogue we didn't cover. One of the characters says that vegetables are the **green option**. Okay, so trying to eat organic food, and and think about green, is a part of thinking about the environment. Eh and so I think eating organic vegetables is an important part of caring about the environment, because the more chemicals the more pesticides you put into the world: The more harmful it is for the earth, for animals and for ourselves.

M Ahem. Yeah that's absolutely true and has become a more popular aspect around America and eh Europe, people choosing to go with organic vegetables. E.g. eggs that were grown on an organic farm, and so it is the healthier option, and obviously the green option. as we saw in the dialogue.

C Yes.

M Okay, so a very interesting topic. We wanna know what your opinion is on it. Why don't you come to our website, [Englishpod.com](http://Englishpod.com), and tell us if you are a fan of the light or green or organic life style, or maybe you just really don't really care.

C Maybe you love junk food.

M Maybe.

C Let us know, [Englishpod.com](http://Englishpod.com)

M All right, we'll see you guys there.

C,M Bye.