

M: Hello everyone and welcome to **EnglishPod**! Happy New Year! My name is **Marco**.

E: And I'm **Erica**.

M: Happy New Year!

E: Happy New Year, Marco!

M: It's December thirty-first and we are on **New Year's Eve**.

E: That's right and since it's New Year's Eve, we're talking about New Year's resolutions.

M: Right, in many places it's very common to make a promise for the New Year.

E: Yeah.

M: Something that you will change.

E: A promise to yourself.

M: To yourself.

E: To change something.

M: And that's what our dialogue is about today, so, why don't we take a look at our "**vocabulary preview**" for this lesson?

Voice: Vocabulary preview.

M: Okay, on vocabulary preview today we only have one word.

E: **Eating habits**.

M: Eating habits.

E: Eating habits.

M: So, what are eating habits?

E: The regular way you eat.

M: Right.

E: So, if you eat healthy or if you eat lots of unhealthy food.

M: Or even maybe what time you eat, right? If you eat everyday at certain time.

E: Yeah.

M: Eating habits.

E: Okay.

M: So, we're ready to listen to our dialogue today and it's gonna be a little bit fast, but don't worry about it.

E: We'll come back and explain all of the key vocabulary after.

DIALOGUE, FIRST TIME

E: So, Marco, do you think this guy will be successful in changing his eating habits?

M: Hehe. Well, I guess he'll never change, but this gives us a great opportunity to look at some great vocabulary in this lesson in "**language takeaway**".

Voice: Language takeaway.

M: Our first word on language takeaway is **junk**.

E: Junk.

M: Junk.

E: Junk.

M: So, junk comes from **junk food**.

E: Exactly.

M: Unhealthy food.

E: Yeah, fries, chips.

M: Hamburgers.

E: Yeah.

M: **All that junk**.

E: All that junk.

M: Hehe. Okay, our second word for language takeaway – **transform**.

E: Transform.

M: Transform.

E: Meaning...

M: To change.

E: Yep.

M: Change.

E: Uhu, so, this guy is going to transform his eating habits.

M: He's going to change his eating habits.

E: Yeah, our third word is...

M: **Stuffed.**

E: Stuffed.

M: Stuffed.

E: I'm stuffed.

M: So, we have some great examples on how we can use **stuffed** and you'll get the meaning from it.

Voice: Example one.

A: Come on! Have one more piece of cake.

B: Oh, I can't. I'm stuffed.

Voice: Example two.

C: Oh, I ate way too much! I'm stuffed!

M: Okay, I'm stuffed.

E: The feeling you get if you eat too much food.

M: Right, I'm full.

E: Yeah.

M: Alright, so, these are some great words that you can use talking about food...

E: And eating habits.

M: And eating habits. Ah, and now we can listen to our dialogue a second time and this time like always it's gonna be slow.

DIALOGUE, SECOND TIME (slow)

E: There's a lot of great language in this dialogue, isn't there?

M: Yeah, a lot of great language that we can take a look at with our "**fluency builder**".

Voice: Fluency builder.

E: The first phrase we have for you is...

M: **Stick to it.**

E: Stick to it.

M: Stick to it.

E: Yes, we've got some examples of how this phrase is used, so, let's listen.

Voice: Example one.

A: Quitting smoking is so hard.

B: Stick to it! It's good for you!

Voice: Example two.

C: I can't solve this math problem!

D: Stick to it! I'm sure you'll get it!

M: So, stick to it, right?

E: Basically means keep doing it.

M: Right. Even though English learning can be hard...

E: You should stick to it.

M: Stick to it.

E: Yeah.

M: Exactly. Okay, let's look at our second phrase for fluency builder – **I mean it.**

E: Mean it.

M: Mean it. Well, this is a great way of saying...

E: I'm serious.

M: I'm serious.

E: Yeah.

M: I mean it.

E: I'm not joking.

M: I'm not joking.

E: Uhu.

M: Right.

E: Yeah. And our final phrase in fluency builder...

M: **Cut out.**

E: Cut out.

M: Cut out.

E: Again, we've got some examples of this phrase as native speakers use it, let's listen.

Voice: Example one.

A: You have to cut out the salt from your diet. No more chips, no more French fries, no more popcorn.

Voice: Example two.

B: It's time for me to focus on my work. I'm going to cut out everything else from my life!

M: Okay, so, cut out means...

E: To remove.

M: Completely remove.

E: Take it away.

M: Take it away.

E: Yeah.

M: Okay, some great language, some great phrases in our dialogue today. So, why don't we listen to it a third time? And we'll come back in a little bit.

DIALOGUE, THIRD TIME

M: Okay, so, New Year's resolutions are really common and popular thing in North America.

E: It's tradition to make a promise to yourself on New Year's and stick to it throughout the whole year.

M: Right, but the funny thing is that very few people actually stick to their New Year's resolution.

E: That's true.

M: The most common ones are I'm gonna **quit smoking**.

E: Yeah.

M: That never happens.

E: No.

M: I'm gonna **go on a diet**.

E: Like this guy.

M: Hehe. I'm gonna **quit drinking**.

E: Aha.

M: That almost never happens either. On New Year's Eve you're still drinking.

E: I mean it's... it's a bad time, oh, come on!

M: Hehe. And another really common one is I'm going to **join a gym**.

E: That's why gym membership sales are so high in January.

M: Right, everyone joins a gym in January, but by...

E: Come February...

M: Yeah, and very few people in a gym.

E: Yeah, so, Marco, do you have a New Year's rev... resolution for this year?

M: Yes, I have a New Year's resolution and I resolve to continue bringing everyone some great lessons.

E: Oh, that's... that's so good.

M: And I think I can stick to that one.

E: Yes, well, I... I do hope that you do stick to that one, Marco.

M: We will, we will, but today we're out of time. So, please go to our website and leave all your questions and comments...

E: At englishpod.com.

M: And, uh, we'll see you there, but until then it's...

E: Good bye!

M: Bye!