

## Lesson 25: New Year's Resolution

☑ متن مکالمه :

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?

☑ لغات و اصطلاحات جدید :

diet

رژیم غذایی

transform

تغییر دادن

cut out

قطع کردن

eating habits

عادت غذایی

stick to ...

بر روی تصمیمی پافشاری کردن

wait and see

باید منتظر ماند و دید

stuffed

سیر شدن

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