

**Daily Life - Junk Food** (C0200)

A: I'm hungry, let's grab a bite to eat.

B: Sure! How about we go home and prepare a couple of sandwiches?

A: Nah! Let's go get a burger and fries.

B: All you ever do is have unhealthy fast food Pizza, fries, burgers and hot dogs! You have to start eating better!

A: What are you talking about? I have salads sometimes.

B: Yeah right! I'm serious! You should also cut down on your sugar intake as well. You drink carbonated drinks that are high in fructose syrup! It's really not healthy!

A: Fine! I'll start drinking and having home cooked meals that are low in fat. Are you happy now?

B: It's a start, but I'll be happy when I see you stick to your promise!

## Key Vocabulary

grab a bite	<i>phrase</i>	get food that can be eaten quickly
all you ever do	<i>phrase</i>	something frequently done
cut down	<i>principle verb, present simple</i>	reduce the amount taken or used
how about	<i>phrase</i>	what do you think
stick to	<i>phrase</i>	continue doing (something)

## Supplementary Vocabulary

Calorie	<i>common noun, singular</i>	a unit of energy
Saturated Fat	<i>common noun, singular</i>	A fat that consists of triglycerides containing only saturated fatty acid radicals.
Fiber	<i>common noun, singular</i>	An indigestible portion of plant foods having two main components

Serving	<i>common singular</i>	<i>noun,</i>	A specific amount or portion of food or liquids
Obese	<i>Adjective</i>		condition of having excess body fat, to the extent that it may have an adverse effect on health, leading to reduced life