

## 《英语口语每天说上半小时100 ( 78 ) 》

### 78 Diet

1. Do put yourself on the diet, otherwise you will be too fat.
2. I can't bear eating less.
3. But I think I eat it too much.
4. Are you on the diet now?
5. You need diet.
6. You got to eat the things on the list.
7. I eat my diet at lunch time.
8. The doctor put her on the diet.
9. Do you think going on the diet is a good way to keep fit?

#### Dialogue 1:

Oh dear, my weight has gone up again.

I am not suprised, you eat too much.

And I suppose sitting at the desk all day in the office doesn't help.

No, I wouldn't think so.

I do wish I could lose weight.

Well, why don't you go on the diet?

I've tried diets before but they've never worked.

Perhaps you should exercise more. Why don't you go to an exercise class.

Yes, maybe I should.

**Dialogue 2:**

Hi Jane, you look great.

You too. Have you lost some weight?

Yes, I took off 4 kilos. I am glad you notice it.

Not some crazy diet fat I hope.

No no, I just changed my eating habits. I eat a balance meal. and I eat less than before.

Good for you, keep it up.

**Dialogue 3:**

Peter, how often do you exercise?

Well, I swim and run every day.

Now, tell me, what do you eat?

Well, I don't eat any meat, but I do eat fish and eggs.

Do you eat a lot of vegetables?

Oh yes, and fruit, I love fruit.

What do you drink?

Well, I never drink alcohol, coffee or tea. They are very bad for you.

What do you drink?

I drink a lot of milk. It's very good for you. I have milk and sugar with my cereal every morning. In order to stay healthy, it's important to help balance the diet. In other words, food that contains something from each of the 3 main groups of food. These groups are protein, carbohydrate and fat. Proteins are very important for building our bodies. They help us to build new cells as old ones die. Meat and made products are major source of protein, but not the only ones. We can also get protein from fish, eggs and beans. Carbohydrate and fat are important to enable us to store energy. They provide fuel for the body. Carbohydrate are found in sugar and then cereal such as rice, maize and wheat. Fat are found in vegetable oil in butter and nuts. Our bodies also need minerals, such as island calcium and vitamins.

Fish, vegetables and milk contain most of the minerals we need. Vetamines are found in fresh vegetables and fruits.

#### **Diet:**

1. What's your weight?
2. My weight has dropped from 150 pounds to 120.
3. I lost weight in spite of my good after diet.
4. Are you still using the sleeping pillows?
5. I am afraid I am putting on weight.
6. I have to watch my weight.
7. I am gaining weight these days.
8. That's ridiculous for you to lose weight.
9. You should actually gain some weight.
10. Meat has too many calories.

#### **Dialogue 1:**

Linda, would you care for some candies or cookies?

No, don't try to tend me. I'm becoming chubby, and I have to slender down.

You are not really chubby. You are actually thin enough.

I don't think so. I know I've put on weight this winter.

So you are watching your weight, aren't you?

Yes, to tell you the truth. I am on the diet.

**Dialogue 2:**

Alison, would you like to have some more?

No thanks. I have it enough.

Actually you haven't have much.

To tell you the truth, I am on the diet.

That sounds ridiculous. Why?

Well, I am gaining weight these days, and I have to watch my calories.

**Dialogue 3:**

How can I lose weight, doctor? I seem to get fatter even when I just no eat food?

Well, Jim. It is a combination of how much you eat, the type of food you eat, and when you eat your meals.

I never eat breakfast though.

That's a big mistake, you should always have a good breakfast. You will not run your car without fuel, and as well you won't expect your body to work without food.

I never thought about it that way.

I bet you eat a large evening meal, then sit and watch TV or read a book. Then instead of burning off your energy, your body stores it as fat.

Oh doctor, I feel so foolish.

Well control is really using common sense when you plan your eating habits.

I know doctor, thank you so much.

That's ok. It's important for all people to take care with their diet. A good diet can improve the lank of your life. And what just is important a good diet can improve the quality of your life. We all know the benefit of a balance diet with a lot of fruit and vegetables, a little meat, some grains and some milk. Three small balance meals every day are better for us than one huge meal. Certainly we can not all be fashion models, that will be silly. But if we watch our diet, and become exceptive of our body shape, we can all live longer and happier.

