

Podcast Episode 3 (eating habits)



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Tell me a bit about your **eating habits**.

Frankly speaking, I didn't use to be a **healthy eater**. I used to have a lot of **junk food**, **fizzy drinks** and **precooked** and **canned food** which were really **fattening**. However, I **radically changed** my eating habits. Now I try to make more healthy choices. I have more **veggies** and fruits, and **less red meat**. I try to eat **in moderation** and **watch my portion sizes**. Actually, I try to **eat a balanced diet** including **nourishing** meals. I've also **cut down on** dinner. If I feel hungry, I have a **light meal** early in the evening.

Eating habits: the kinds of things a person eats or drinks

Frankly: (adv) honestly and directly

Example: He answered all the questions frankly.

Frank: (adj) honest **Synonym:** **candid**

Healthy eater: someone who eats healthy food

Junk food: (n) food that is not healthy, for example because it contains a lot of fat, sugar etc.

Fizzy drink: a drink with bubbles of gas

Precooked food: food that is partly or completely cooked before it is sold so that it could be quickly heated up later.

Canned food: food that is sold in cans

Fattening: (adj) likely to make you fat

Radically: (adv) A radical change or difference is very big, important and fundamental

Veggie: (n) vegetable. (adj) veggie food is made using vegetables, nuts, beans etc. rather than meat of fish

Example: (n) fresh veggies (adj) veggie lasagna

In moderation: if you do something in moderation, such as drinking alcohol or eating certain foods, you do not do it too much

Watch: (v) to act carefully in order to avoid unwanted situations

Example 1: He is an athlete; he has to watch his weight.

Example 2: Employees should watch what they say in personal emails.

Portion: (n) an amount of food for one person **Synonym:** **serving, helping**

Example: He had a huge portion of roast beef.

Balanced: (adj) giving equal attention to all sides, **fair**

Example: a balanced view

Balanced diet: a diet that is healthy because it contains the right foods in the right amounts

Nourishing: (adj) food that is nourishing makes you strong and healthy **Synonym:** **nutritious**

cut down on: to use less of something

Light: (adj) a light meal is a small one and does not make you feel full **Antonym:** **rich, big**

Example: I had a delicious light snack in the afternoon.