

Lesson 59: Health

By Xandra

1. Dialogue

First, repeat after your tutor. Then, practice each role.

Bob, the gym instructor: Hi, Keiko. How are you feeling today?

Keiko: I feel awesome. I'm starting on the new workout routine that you gave me.

Bob: How about your food intake? Are you following the low-carb diet program I recommended?

Keiko: Yes. Not all the time, but I am.

Bob: What do you mean?

Keiko: Well, my Aunt Akiko arrived last week. She's been whipping up a storm in the kitchen.

She said I've been **starving myself** too much.

Bob: What have you been eating?

Keiko: She's been feeding me loads of Japanese food. Why don't you come over to my house and help me eat?

Bob: Who am I to refuse someone who needs my help? What time is dinner at your house?

2. Today's Phrase

First, repeat after your tutor. Then, make a few sentences using Today's phrase.

1. Jack has been secretly **starving himself** to lose weight.
2. Stop playing video games and have something to eat. You'll **starve yourself** to death.
3. Super models would **starve themselves** to maintain their skinny figure.

* starving oneself / ひもじい思いをする、減食する

3. Your Task

You have taken your grandmother to a doctor. Your grandmother is complaining about back pain. She can't speak English so you have to speak for her. Tell the doctor (=your tutor) her health issue. The doctor will be asking about your grandmother's daily activities and her diet. Be ready with your answers.

4. Let's Talk

Are you a healthy person? Why do you say so?

What do you think is the secret to Japanese longevity?

5. Today's photo

Describe the photo in your words as precisely as possible.



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