

Lesson 60: Going on a Diet

By Xandra

1. Dialogue

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

Beth: Would you like more mashed potatoes?

Keiko: Thank you but no more for me.

Beth: But you hardly ate anything. Don't you like the food? Is it too salty? Maybe I went a little too far by using three kinds of cheese on the lasagna.

Keiko: It's not your food. I should have told you that my doctor told me to **go easy on** the calories.

Beth: I see. Is something the matter with your health?

Keiko: I just found out that my sugar's too high. It's nothing serious but it's best to be cautious with my food intake.

Beth: That's too bad because I made triple chocolate cake for dessert.

Keiko: (thinking) Maybe I'll just have a taste. I'm sure a thin slice of cake won't kill me.

2. Today's Phrase

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

1. I couldn't sleep at all last night. I think I'll have to **go easy on** the coffee.
2. (ordering in a restaurant) I'd like a tuna sandwich, please. Please **go easy on** the mayonnaise.
3. A: What's wrong with your leg? B: I sprained it during my gymnastics training. A: I'll tell the coach to **go easy on** you.

* go easy on ... / ...を控えめにする ; (人に) 優しくする、手加減する

3. Your Task

You are a gym instructor. One of your students (=your tutor) is getting frustrated about not being able to reach his/her weight goal. The student has been working out in the gym for a month and he/she is thinking of giving up their exercises. Encourage your student by talking to them about their weight issues. Give them some advice on what should be included in their diet.

4. Let's Talk

Have you ever gone on a diet in the past? Tell your tutor about it.

Do you have a healthy lifestyle? Why do you say so?

5. Today's photo

Describe the photo in your words as precisely as possible.



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