

Lesson 60: Going on a Diet

By Xandra

1. Dialogue

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

Atsushi: Hey, James! Long time no see!

James: Hi, Atushi. It's amazing how much weight you lost. I almost didn't recognize you.

Atsushi: The double chin is gone, see? So are the flabby arms and the love handles. I feel really good, too.

James: What made you decide to lose all that weight?

Atsushi: I **could hardly** move with all that weight. I was also starting to feel a lot of pain in my knees and ankles. The doctor said that the extra weight was causing stress on my small legs.

James: Well, congratulations buddy! You look a lot better now that you're thin and healthy. Where are you off to?

Atsushi: I'm heading to the gym. What about you?

James: I'm going to grab a burger for lunch. Why don't you join me so we can catch up?

Atsushi: Don't tempt me, pal. I just reached my weight goal last month.

James: Don't worry. It's a veggie burger. I'm a vegan, remember?

2. Today's Phrase

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

1. What did you say? I **can hardly** hear you. It's too noisy.
2. I'm going to ask my boss for a raise. I **can hardly** pay my bills with my meager salary.
3. I was so sleepy in class this morning. I **could hardly** understand what my professor was saying.

* can/could hardly ... / とても...できない

3. Your Task

Your co-worker (your tutor) has been losing weight fast. You've observed that she has been skipping meals. Your co-worker hasn't been very effective at work. She has been forgetting important things and doesn't have much energy for doing anything. She also looks terrible and sick. Talk to your friend and encourage her to understand that starving is not a good way to lose weight. Suggest a low-calorie diet for her too.

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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