

New words

Myth: /mɪθ/ (n) a story from ancient times, and it's not true.

Sushi /'su:ʃi/ (n) a Japanese dish

Vitamins: /'vɪtəˌmɪn/ (n) an essential part of what humans and animals need to help them grow and stay healthy.

Sleeping in: (phrasal verb) sleep until after the time you usually get up in the morning

Vegetarian: /ˌvedʒə'teəriən/ (n) a person who does not eat meat or fish

Diet: /'daɪət/ (n) the food and drink that you eat and drink regularly

Expert: 'ekspɜ:t/ (n) a person with special knowledge, skill or training in something

Tip: /tɪp/ (n) advice

Junk food: /'dʒʌŋk fu:d/ (n) food that is quick and easy to prepare and eat but that is thought to be bad for your health.

Stay in shape: (phrasal verb) keep fit