

Junk Food

 **LISTEN AND ANSWER**

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Short Summary

James shares funny stories about growing up in a health-conscious family that limited sugary foods and junk food. Although he disliked those rules as a child, he now appreciates the healthy habits his parents taught him. He tells humorous stories about drinking too much soda, eating an entire bag of Skittles, his love of M&M's, and a visit to the M&M's store in London. In the end, he encourages viewers to eat healthier and take care of their bodies.



- Full video transcription

Video Transcription



GOING ENGLISH

Junk Food

QUESTIONS

1 - What was James's childhood like when it came to food and snacks?

2 - How did James feel when he saw what his friends ate for lunch?

3 - Why did James's parents prefer buying healthier foods?

4 - How does James feel about his parents' eating rules now that he is older?

5 - What healthy habits did James learn from his parents?

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VOCABULARY

1. Health nuts

Meaning: People who are very interested in healthy eating and exercise.

Video: "I wouldn't consider my parents health nuts..."

Example: My aunt is a **health nut**. She drinks green smoothies every day.

2. Health kernels

Meaning: A joke. A **kernel** is a small seed or grain. He means his parents were healthy, but not extremely healthy.

Example: They aren't health nuts, just health kernels.

3. Instill

Meaning: To gradually teach someone an idea, habit, or value.

Video: "Instill these healthy eating habits..."

Example: Parents should **instill** good manners in their children.

4. Wiser

Meaning: Having more knowledge and experience.

Example: I'm older and **wiser** now.

5. Gross

Meaning: Disgusting or unpleasant.

Example: The milk smells **gross**.

6. Barbecue (BBQ)

Meaning: An outdoor meal where food is cooked on a grill.

Example: We had a **barbecue** last weekend.

7. Be on the lookout for

Meaning: Watch for something; expect it.

Example: **Be on the lookout for** my new video next week.

8. Grubby

Meaning: Dirty.

Video: "Grubby little hands"

Example: The kids came home with **grubby** hands.

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VOCABULARY

9. Punished

Meaning: Given a consequence for doing something wrong.

Example: He was **punished** for breaking the rules.

10. Thoughtful

Meaning: Kind and considerate.

Example: It was **thoughtful** of you to buy me a gift.

11. Roast (someone)

Meaning: To make fun of someone in a humorous way.

Video: "We were not allowed to **roast** each other."

Example: My friends love **roasting** each other.

12. Flagged

Meaning: Marked by a system as a possible problem.

Example: My comment was **flagged** by the website.

13. Sued

Meaning: Taken to court legally.

Example: The company was **sued** for breaking the contract.

14. Junk food

Meaning: Unhealthy food with lots of sugar, fat, or salt.

Example: Too much **junk food** can be bad for your health.

15. Flossing

Meaning: Cleaning between your teeth with dental floss.

Example: Dentists recommend **flossing** every day.