New words

Myth:/mɪθ/ (n) a story from ancient times, and it's not true.
Sushi /ˈsuːʃi/ (n) a Japanese dish
Vitamins: /ˈvɪtəmɪn/ (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: /ˌvedʒəˈteəriən/ (n) a person who does not eat meat or fish
Diet: /ˈdaɪət/ (n) the food and drink that you eat and drink regularly
Expert: ˈekspɜːt/ (n) a person with special knowledge, skill or training in something
Tip: /tɪp/ (n) advice
Junk food: /ˈdʒʌŋk fuːd/ (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

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