

Diet Plan – Vocab

Matching Exercise

Are you going to _____ on ice cream and cookies? They aren't good for you

It is sometimes _____ to eat right when you are really busy

You should eat smaller _____ of rice with your meals

My father is very _____ about my eating habits, so I know exactly what he is thinking

Why do you always _____ your plate with French fries and deserts?

Portions

Load up

Cut back

Blunt

Tough

Mixed-up Sentence Exercise

my weight./about/is very/brother/blunt/My