



Name: \_\_\_\_\_ No.: \_\_\_\_\_ Class: \_\_\_\_\_

# Gabe needs to lose weight

## Vocabulary (คำศัพท์)

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- **fit into (v.):** to be the right shape and size for somebody or something (พอดี)
  - **anymore (adv.):** at the present or from now on (อีกต่อไป, ตั้งแต่เดี๋ยวนี้)
  - **fond of (adj.):** feeling affection for somebody or something (ชอบ, โปรด)
  - **chocoholic (n.):** a person who likes chocolate very much and eats a lot of it (คนที่ชอบกินช็อกโกแลต)
  - **overweight (adj.):** too heavy and fat (มีน้ำหนักเกิน)

## Idioms: (สำนวน)

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- **lose weight** หมายถึง ลดน้ำหนัก, ลดความอ้วน
  - **I'm just kidding.** หมายถึง ฉันล้อเล่น
  - **I can't live without ...** หมายถึง ฉันอยู่ไม่ได้ถ้าไม่มี ...  
ใช้เมื่อต้องการบอกว่า สิ่งใดสิ่งหนึ่งมีความสำคัญมากจนขาดไม่ได้
  - **It's up to ...** หมายความว่า แล้วแต่..., ขึ้นอยู่กับ.





# Conversation:

## Gabe needs to lose weight

Gabe: Nick, I need to lose weight. I can't fit into my clothes anymore.

Nick: Buy a bigger size! No, I'm just kidding.  
How often do you exercise?

Gabe: Hardly ever.

Nick: You should exercise regularly.  
Do you eat fruit and vegetables?

Gabe: I'm not fond of fruit, but I like salad.

Nick: That's good! What about hamburgers and fries?

Gabe: Those are my favorites. I eat them all the time.

Nick: You shouldn't. They have lots of fat.  
And do you eat much sugar?

Gabe: Yeah. I like ice cream, desserts, and... chocolate.  
I'm a chocoholic.

Nick: Too much sugar is bad for you.

Gabe: I can't live without chocolate.  
It makes me feel good.

Nick: Well, it's up to you. Do you prefer to stay overweight and feel bad?





# About the Conversation

1. Why does Gabe feel bad?

Ans.: Because he can't fit into his clothes anymore.

2. What should he do?

Ans.: \_\_\_\_\_.

3. What should he eat?

Ans.: \_\_\_\_\_.

4. What are his favorite foods?

Ans.: \_\_\_\_\_.

5. What sweets does he eat?

Ans.: \_\_\_\_\_.

6. What shouldn't he eat?

Ans.: \_\_\_\_\_.

