

Gabe needs to lose weight

Vocabulary (คำศัพท์)

- **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 (อ้วน, น้ำหนักเกิน)

Idioms: (สำนวน)

- **lose weight** หมายถึง ลดน้ำหนัก, ลดความอ้วน
- **I'm just kidding.** หมายถึง จังๆล้อเล่น
- **I can't live without ...** หมายถึง ฉันอยู่ไม่ได้ถ้าไม่มี ...
ใช้เมื่อต้องการบอกว่า สิ่งใดสิ่งหนึ่งมีความสำคัญมากจัก
ขาดไม่ได้
- **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.: _____.

