

(In the classroom)

Ela: I don't feel well. I'm so hungry.

Cody: Are you all right? Have you had breakfast \_\_\_\_\_?

Ela: Yes, I have \_\_\_\_\_ had breakfast, but I only ate a banana. I'm on a \_\_\_\_\_.

Cody: How long have you been on a diet?

Ela: \_\_\_\_\_ I last saw the \_\_\_\_\_ of us in the Line group. I look fat in the photo. Now I eat very little for each meal, and sometimes, I just skip meals.

Cody: You haven't eaten enough food for over a week. That's \_\_\_\_\_!

Ela: I know, but I really want to be \_\_\_\_\_ \_\_\_\_\_.

Cody: Appearance is not everything, and I think you look great.

already as as possible crazy  
diet photo Since slim yet

Cody: If you really want to lose weight, I have some \_\_\_\_\_ for you.

Ela: \_\_\_\_\_!

Cody: A balanced diet is important. Eating so little or eating only one \_\_\_\_\_ of food is bad for your health.

Ela: I didn't know that. What else?

Cody: Have you \_\_\_\_\_ tried exercising?

Ela: No, I never have. I don't like to exercise.

Cody: You haven't seen my sister for a long time, have you? She has lost five kilograms since she started exercising.

Ela: Five kilos? How does she do it?

Cody: She exercises \_\_\_\_\_ three times a week.

Ela: So building a \_\_\_\_\_ of exercising is also important?

Cody: \_\_\_\_\_

Ela: I see. I need to \_\_\_\_\_ now.



at least ever habit I'm all ears take action  
tips type You got it.