

Eating Habits

Fill in the gaps in the following statements about eating habits and say whether you can relate:

not touch with a barge pole carcinogenic scrumptious weaned myself off stodgy gorge myself on copious ease up on preachy eat you out of house and home epitome



1. I always have a _____ breakfast in the morning. It gives me energy and helps my body perform at its best, so I never skip it.
2. I'm learning to eat mindfully, understanding the _____ or anti-_____ properties of various foods. I've already _____ red meat, alcohol and processed foods.
3. I am an avid animal lover and would _____ any animal product _____. That's why I went vegan.
4. The strongest food cravings hit me when I'm at my weakest point emotionally. This is when I tend to _____ fast food and chocolate.

5. I despise _____ vegans. You can't get them to shut up and stop shoving veganism in your face. They're self-righteous and look down on you.
6. I'm all for healthy eating as I would like to boost my life expectancy. Vegetables, fruits and meat rich in protein make up the bulk of my meals. However, I can let myself go every so often by allowing myself something really _____ like a piece of vanilla cheesecake.
7. I try to steer clear of fast food restaurants and drive-ins, because the food in these places is _____ and high in cholesterol.
8. When I need to lose some weight I prefer to _____ high-calorie foods rather than slog away for hours in the gym.
9. After several years of following a strict health regimen, I'm the _____ of health.
10. I hate cooking with a passion. It's boring and time-consuming! And no matter how much you've cooked your children will _____ in a matter of hours! A vicious circle!

