

Lesson 60: Going on a Diet

By Xandra

1. Dialogue

First, repeat after your tutor. Then, practice each role.

Rieko: I'm going out to **grab a bite**. Would you like to come with me?

Jackie: No. I'll just stay here.

Rieko: I'll order takeout for you. What do you want?

Jackie: Don't worry about me. I'll just munch on some carrot sticks.

Rieko: Carrot sticks?

Jackie: Yeah. I'm on a diet.

2. Today's Phrase

First, repeat after your tutor. Then, make a few sentences using Today's phrase.

1. I need to **grab a bite** before my big meeting.
2. Let's **grab a bite** at the new restaurant on Maine Street.
3. Are we **grabbing a bite** before we go to the movies?

* grab a bite / 軽い食事を取る

3. Your Task

Your friend (=your tutor) would like to lose weight by going on a diet. He asks you for advice on how to be thin and strong like you. Give him some advice on what to eat for breakfast, lunch and dinner.

4. Let's Talk

Tell your tutor about what you usually eat every day.

Which do you like better: meat or vegetables? Why?

5. Today's photo

Describe the photo in your words as precisely as possible.



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