

Chatterbox #116 – Healthy eating

Informal Contractions in this Episode

Informal contractions are unofficial short forms of other words, and they're usually only used in casual conversation. For example, when a native English speaker talks casually, he or she might say *gonna* instead of *going to*, or *whaddya* instead of *what do you*. Even though informal contractions are usually only used in spoken English, we include them in the Culips written transcripts to help you get used to how they're used and what they sound like.

These are the informal contractions used in today's episode, along with their meanings:

- **gonna**: going to
- **kinda**: kind of
- **wanna**: want to

Transcript

Harp: Hello everyone, this is Harp.

Andrew: Hi, I'm Andrew, and we're back again here with another Culips English episode.

Harp: Yes. Make sure you check out our website, Culips.com, that's C-U-L-I-P-S.com because there you can find all our older episodes, and it's the place to go when you wanna become a member.

Andrew: That's right, and becoming a member is a great thing to do because when you become a member, you get access to transcripts of every episode that we've ever recorded. You also get detailed explanations of key phrases and terms from each episode, and you get a comprehension quiz at the end.

Harp: Exactly. And also remember that we're on Facebook and on Twitter, so if you have questions or comments, come on over there and leave us a line.

Andrew: That's right. So Harp, how are you?

Harp: I'm really **stuffed** right now.

Andrew: Really **stuffed**. Why is that?

Harp: We had a potluck today at work, and I kinda ate too much.

- Andrew: That tends to happen to me at potlucks as well.
- Harp: Oh, it was so good. Everyone brought something delicious. There were dumplings and perogies and samosas, and just things that were really filling, and I ate a lot of them.
- Andrew: What did you bring?
- Harp: I actually took the samosas, but I kinda cheated and I bought them. I didn't make them.
- Andrew: Well, that's interesting that you're talking about food because today's episode is part two of our healthy living series.
- Harp: Yes. We're gonna do a Chatterbox episode today and we're gonna talk all about healthy eating. We're gonna start with talking about healthy lifestyle choices and then we're gonna talk about different diets.
- Andrew: Yeah. And then I guess we'll end the episode by talking about things that we do to try and stay healthy. Foods that we eat that we think are gonna keep us healthy.
- Harp: OK. So let's get started. OK. So there are a lot of different healthy lifestyles choices that you can make when it comes to eating.
- Andrew: Yeah. There are lots of options for people out there.
- Harp: The one that comes to mind for me is **vegetarianism**.
- Andrew: This is maybe one of the most popular healthy lifestyles, I would say.
- Harp: Yup. Basically a **vegetarian** is someone who doesn't eat meat.
- Andrew: That's right. They don't eat meat. They're open to eating other animal products, like eggs and milk and cheese, but any meat they stay away from.
- Harp: Yup. And sometimes people will eat some fish and still be a **vegetarian**, but in general it means that most of their diet is fruits, vegetables, grains, things like that.
- Andrew: That's right, and this is, I would say, a pretty popular lifestyle in Canada. Almost any restaurant that you go to will have **vegetarian** options, and if you say that you're **vegetarian**, no one really gives you a strange look anymore like maybe it used to happen in the past. I think it's pretty much an accepted way of life.
- Harp: Yeah. I think there are very few restaurants where there are no **vegetarian** options.

- Andrew: OK and going one step further than **vegetarianism** are **vegans**. And **vegans** are people who don't eat any meat or really any animal products. So fish, cheese, milk, butter, eggs - these are things that they all avoid eating.
- Harp: It's interesting for me. I hadn't heard of **vegan** until maybe the last ten years ago. Do you know if it's existed for a long time?
- Andrew: I'm not really sure but yeah, I think that it's more of a recent thing.
- Harp: Yeah. It's become very popular now, and there are actually quite a few really good **vegan** restaurants in Montreal.
- Andrew: Yeah. My girlfriend is, well not 100% **vegan** anymore; she used to be, but still almost 100% **vegan** if I can say that, so we have eaten at those restaurants many times.
- Harp: My cousins weren't **vegans**, but there were **vegetarians**. But her husband - my cousin's husband - had so many allergies that basically by default they became **vegans**, and again I went to quite a few of the restaurants in Montreal, and also she cooked often, and it was always delicious.
- Andrew: Yeah. Sometimes it's surprising. Sometimes I think, "Ah, this food's not gonna be very good," but then I'm usually pleasantly surprised.
- Harp: Yup. And by no animal products at all, does that mean honey?
- Andrew: I think so. You know what, I think it really depends on how you define yourself; all of these lifestyles are very flexible.
- Harp: Yup, yeah, that's true actually. It's the same thing with **vegetarianism**, and some people who eat fish so...
- Andrew: Yeah, exactly.
- Harp: In general it means no animal products.
- Andrew: But I like honey, I don't think I could give up honey.
- Harp: I love honey.
- Andrew: In my tea, it's the best.
- Harp: Yup. Exactly. I actually love honey on toast.
- Andrew: Oh yeah. That's good too. I'm getting hungry now.
- Harp: Another healthy lifestyle choice that I've been seeing and hearing more about is the **raw food** trend.

- Andrew: Yes, the **raw food** trend. And I'm not an expert about this, but what I think it means is that all the food that you eat is raw.
- Harp: Yeah. That's exactly what it means. I went to an event, maybe two years ago, and they served **raw food**. It was a catering company that specializes in this. So I didn't realize it in the beginning when I started eating some of the hor d'oeuvres, but it was like sushi rolls, but with nothing that was cooked. So I don't remember exactly what they put but it tasted not exactly like a sushi roll but really delicious, and all the food was amazing, and there was not a single cooked thing.
- Andrew: Hmm. I think the **raw foods** movement is really closely connected with **vegetarianism** as well. There wouldn't be people out there eating raw chicken or raw hamburger, but mostly just raw vegetables, maybe some raw fish.
- Harp: Yup. Exactly because the idea is that vegetables have the most nutrients when they're raw, so cooking them destroys that. To be healthier, eat things raw.
- Andrew: Yeah, it makes sense really.
- Harp: Now another trend that I've heard about recently is the **local food** movement.
- Andrew: Yes. The **local food** movement. This is really popular I would say, and essentially what it means is that when you are part of this lifestyle. you eat only things that are raised or come from a farm that is near your house.
- Harp: Yeah. So I've heard of the hundred mile diet, which means that basically all the food that you eat has to come from a farm within a hundred miles of your house, but basically the idea for local foods is that it comes from close by, and you're not buying strawberries from really far away or oranges from really far away. You're trying to eat food that comes from close by.
- Andrew: Yeah. And I think this lifestyle is really concerned about the environment and the pollution that is caused by shipping food from all different parts of the world. So, like you're saying, if your orange is from Florida and pineapple's from Brazil, or I don't know. Where do pineapples come from? Somewhere far away. Then you've really created a lot of unneeded pollution, so it's better to just eat the food that is produced in the area that you live in.
- Harp: And another lifestyle choice, a healthy lifestyle choice that's not such a defined one is, but it seems more popular, people are trying to eat less junk food.
- Andrew: That's right. Yeah. I think this is started almost in the United States with

Michelle Obama. She was really **pushing**, for kids especially, to eat less junk food.

Harp: Yup. Eat more healthy food, not just snacks or deep-fried food.

Andrew: Yeah. And even at the grocery stores and at restaurants now, you see that they have sort of a healthy choices option almost everywhere you go.

Harp: Yup. And a lot of places in the US now in restaurants they have the calories for each item on the menu, so you can make more educated decisions about what you're gonna eat.

Andrew: That's right. I think education and sort of knowing what you're eating, that's really changed in the last couple of years.

Harp: Yup. OK let's go on to our next topic about **diets**.

Andrew: Yeah, **diets**. Have you ever dieted before, Harp?

Harp: I have to be honest, I have maybe two times in my life and it has been a miserable failure.

Andrew: I think I would be the worst dieter ever; I just love eating so much, I don't think I could stop for any amount of time.

Harp: Np. Exactly. The one diet that I tried, and I tried this one twice is the cabbage soup diet.

Andrew: Cabbage soup diet. Does that you mean that you only eat cabbage soup?

Harp: You eat a lot of cabbage soup, and you eat some other things once in a while, one day maybe a potato, I don't remember all of them. This was a couple years back that I did it. But the thing I learned and realized very quickly about myself is that if I'm trying to cut something completely out of my diet, I'm gonna end up craving it and eating even more. So it was a failure.

Andrew: That's right. We have the expression **everything in moderation** and I think that sort of applies for **diets** as well.

Harp: Yeah. Exactly. One thing that I'm hearing a lot about are **cleanses**.

Andrew: Yeah. Cleanses. A lot of my friends have done **cleanses** recently.

Harp: So what I basically understand of a **cleanse** is for a certain amount of time, even a couple of days, you stop eating normal food, and you're just eating juices, or something very specific that's gonna clean out your body, clean out all the toxins.

- Andrew: Yeah. The idea is just like you said, to clean out your toxins, to sort of reset your body back to its natural state. And yeah, what you do a lot of times is you only sort of drink tea or lemon water maybe with a little bit of honey, maybe some raw vegetables. But yeah, you really restrict your eating and it sounds not very fun.
- Harp: No, that doesn't sound fun at all.
- Andrew: Yeah. And one of the side effects of a **cleanse** is that you're always running to the washroom while it's happening, and it just sounds really bad to me.
- Harp: So a lot of your friends are doing it though?
- Andrew: Yeah. It's definitely something that's popular, and people say that they feel good afterwards, so maybe there's **something to it**. But I don't feel unhealthy that I need to take that desperate of a step.
- Harp: I agree with you. There's a girl at my work and she was talking to me about **cleanses**, but I don't think she ever ended up doing one.
- Andrew: Yeah. I don't know. Not for me. Not yet, but maybe someday.
- Harp: Yeah. Another diet that I'm hearing about, which is a little bit less of a diet - but still - are juices.
- Andrew: Juices. Yeah. Especially green juices. Have you heard of this?
- Harp: Yeah, so it's like people start the day. It's most often taken in the morning.
- Andrew: I think so. It's kind of like a way to start your day with making your own glass of juice, and people are buying juicers. and they're making these really elaborate, fancy - they actually sound pretty good - juices with a lot of vegetables and fruit. Yeah, it's a popular thing nowadays.
- Harp: Now green juice. I don't think I've really heard of that. So what does it have in it? Broccoli?
- Andrew: I don't know, perhaps, I think a lot of spinach, and I think green vegetables are supposed to have more anti-oxidants than other vegetables, so it sounds actually not that bad, I'd **be down to** try some spinach juice.
- Harp: I'll give my opinion on that in our next topic about what we do to eat and be healthy.
- Andrew: Yeah, what we do to eat and do to be healthy. I'm curious to know about your healthy eating choices. What do you do, Harp?

- Harp: OK. Before I answer that question, I'm gonna say something about the juices right now, because I'm thinking about it, I can think of a million better ways to eat spinach and carrots or whatever else they put in juice. I don't know, to me, I think it would take away a lot of the nutrients because you're taking away a lot of the fibre out of it. I don't know I don't like juices.
- Andrew: I don't know. I think I eat a lot of salad, and when I buy spinach, it takes me a lot of time to eat it. And I can't eat a ton of spinach in one sitting, but if you take a box of spinach you can make one glass of juice, so it's a way to get maybe 10 times of the vegetable in one sitting as you would - otherwise you would have to eat 10 salads.
- Harp: OK. That's a good point, but it doesn't sound very good, but either way.
- Andrew: I'm interested in the juices.
- Harp: So you would try maybe buying a juicer and doing the juicing?
- Andrew: Yeah. I googled it actually, and I'm **on the fence**, but I'm gonna try it some time.
- Harp: My parents have a juicer. My dad used to make really elaborate juices.
- Andrew: I think it's one of those things that I would start off and be really **gung ho** about and then after a month the juicer would just be sitting in my cupboard, and I would never use it again, so that's why I will probably never do it.
- Harp: Yeah. And that's actually my **take on** being healthy, is that I try to not follow trends, I just try to focus on eating a lot of vegetables, trying to reduce the amount of meat I eat, trying to not eat as much junk food, even though I really love junk food and I wanna eat it all the time. I really try to focus on being healthy.
- Andrew: Yeah. I think that's a good overall plan, think about what you're eating and trying to reduce the amount of junk food.
- Harp: What about breakfast? You know everyone says it's the most important meal of the day Do you eat breakfast everyday Andrew?
- Andrew: I eat the exact same breakfast everyday, which is three eggs.
- Harp: Everyday you eat three eggs?
- Andrew: That's all I eat, is three eggs. Yes.
- Harp: With toast or bacon or just on their own?

- Andrew: No just three eggs, scrambled eggs, with a little bit of hot sauce and some pepper.
- Harp: Everyday the same thing? I'm intrigued.
- Andrew: Yeah. Everyday the same thing. Sometimes, on a Sunday, I'll splurge, and have something different. But definitely Monday to Friday and usually Saturday as well. I just have and I have coffee, I have a glass of water, two cups of coffee and three eggs. That's my routine.
- Harp: Wow. That's really regimented.
- Andrew: Yeah.
- Harp: Now you're eating just the eggs, because you think it's a healthy way to start your day?
- Andrew: Yeah. Well, like I mentioned last episode, I ride my bike everywhere, so I feel like the protein from the eggs really helps me. I experimented with it a while ago, and if I would eat cereal I'd feel just sort of like I didn't have the energy, and if I ate toast I didn't have the energy, but when I switched to eggs I felt really good so I just stuck with it.
- Harp: So scientific of you.
- Andrew: Yes.
- Harp: I like eggs. I eat eggs often, but variety is necessary in my life. I can't eat the same thing all the time.
- Andrew: So what's your favourite breakfast then? What do you like to eat in the mornings?
- Harp: I actually really like scrambled eggs and toast.
- Andrew: Yeah.
- Harp: But it's also a problem, 'cause I really like to sleep so I don't often have enough time in the morning to do that.
- Andrew: But eggs are so quick, that's another thing I love about them, is you can literally have breakfast ready in five minutes.
- Harp: Except I literally give myself 15 minutes to get ready in the morning. But I'll often make myself some toast really quickly and eat it on the go or eat it when I get to work, because I don't like to eat when I'm walking or on the bus, but I'll make myself something really quickly when I'm at work.

- Andrew: Yeah. I think actually that's how I started really getting into eggs, is when I worked in Korea. Everyday when I got to work, one of my co-workers would give me hard-boiled eggs everyday. She would just, I don't know why, but she was really into preparing hard-boiled eggs for everyone in the office, and a lot of people were like no, no I'm not into that so there would be a lot of leftover eggs, and I would be really excited, "yeah I'll take these eggs." And that's what got me started on the egg trend.
- Harp: That's funny, I love boiled eggs actually, but that takes way too much time in the morning for me.
- Andrew: Yeah. That's too long.
- Harp: What other things do you do to eat healthy?
- Andrew: Well. I guess about six months ago, I started not being 100% **vegetarian**, but being as **vegetarian** as I can be.
- Harp: OK. That's interesting.
- Andrew: So the rules that I set out for myself are that when I'm at home, and when I'm cooking and when I'm in control of the food that I'm making, that I'm gonna go **vegetarian**. But if a friend invites me out to dinner, and he wants to make me some food or something, and he wants to make meat, then I will eat that.
- Harp: OK. That's a good decision, good compromise. And do you cook well?
- Andrew: I love to cook actually. I feel like I cook maybe 98% of the time, so this is really reducing my meat intake, but I like to go out and eat with friends as well.
- Harp: OK.
- Andrew: I'm leaving a **loophole**.
- Harp: That's actually kind of how I grew up. My mom would always cook Indian food, and I would say close to 90% of the time we were eating **vegetarian**. It wasn't something she was doing in a conscious way, it's just there's so much variety in terms of Indian curries that she could make, that it was easy for her, it was fast, it was cheaper. So growing up I was predominately a **vegetarian**. And now I eat a lot more meat, but I still try to reduce it as much as possible.

- Andrew: I don't even really miss meat. There's so many things that you can make, that are vegetable-centred that it's really quite easy. And the reason that I've decided this is mostly because I'm a student, my income is sort of smaller right now, so a lot of the meat that they sell in grocery stores that is in my price range is just poor quality and filled with a lot of chemicals and antibiotics and from factory farms. So I think once I graduate, and start making more money then perhaps I can buy better quality meat, and I'll start eating more meat, but for now I've just decided to stop.
- Harp: Yeah. I agree, I try to focus on the meat that I do buy on it being organic or free range. I try to be conscious of that as much as possible. But like you said, it is more expensive, so I can't do it all the time. That's why I would just prefer to reduce the amount of meat.
- Andrew: Yup. Perfect.
- Harp: OK, so now that we talked about all this healthy stuff, I'm really hungry. Do you wanna cook me a **vegetarian** meal?
- Andrew: Yeah. So let's recap what we talked about today.
- Harp: All right. So we started by talking about some healthy lifestyle choices.
- Andrew: Yeah. And then after we talked about that, we talked about **diets**.
- Harp: And then we talked about our own personal experiences and what we do to eat healthy.
- Andrew: We try our best.
- Harp: We do. And remember listening to Culips is a part of a healthy diet. You should listen to it while you're running or while you're cooking a healthy meal.
- Andrew: That sounds perfect. Yeah.
- Harp: Make sure you check out the website everyone. Culips.com, C-U-L-I-P-S.com, and sign up and become a member because it's an excellent way to support us to make more wonderful episodes.
- Andrew: That's right. And check us out on Twitter and Facebook and iTunes.
- Harp: Exactly. So that's it for us. Bye everyone.
- Andrew: Bye bye.

Detailed Explanation

To be stuffed

In this episode, Harp tells Andrew that she is **stuffed** after going to a potluck. **To be stuffed** is an expression used after eating to imply that you have had a lot to eat and are full, and that you can't eat anymore. **To be stuffed** is another way to say you are full of food. When something is **stuffed**, like a stuffed toy, it is full of something. A stuffed toy would be full of cotton. So, if you are **stuffed**, you are full of food.

Here is another example of **to be stuffed**:

Marilena: That pasta was delicious. I think I'd like some dessert. Do you want to split something?

Sonia: I don't think so. I'm **stuffed**.

Marilena: I'm pretty full too, but I always have room for dessert!

Vegetarians and vegans

A **vegetarian** is someone who doesn't eat meat. Some **vegetarians** don't eat meat because of their beliefs, and some avoid meat for their health. A **vegan** is similar to a **vegetarian** but they take it one step further and don't eat anything made or produced by animals at all, such as honey or milk. Usually, **vegans** avoid wearing animal products as well, so they don't wear things made of leather or fur or wool. **Vegans** are generally **vegans** not for health but for beliefs, because they do not want animals to be used for human use.

The concept of not eating meat or avoiding meat products is a relatively recent trend. Certain **vegetarian** practices that are related to religion have been around for a long time, such as the Hindu religion not eating cows because cows are sacred to them. For reasons of health or ethics, however, **vegetarianism** and **veganism** has been popularized in the 20th and 21st century. The first successful **vegetarian** restaurant on record was opened in 1961 in England.

Veganism has a more recent history, and has non-violence toward animals as its basis. **Vegans** believe that animals are not here solely for our benefit and we have no right to use them or hurt them for our own uses. The word **veganism** was coined in 1944, and is becoming increasingly popular these days as people become more aware of factory farm processes and the environmental affects that animal use has the world's ecosystem.

Raw food

A **raw food** diet is one that consists of non-cooked, unprocessed food only. The idea behind this diet is that foods that are cooked lose their nutritional value, and foods that are processed, such as pasteurized milk and bleached wheat used in bread, contain harmful additives or loses nutritional value in the processing.

The **raw food** diet was first developed in Switzerland in 1897 as a treatment for certain medical conditions. A book published in 1984 talking about the benefits of eating a fresh, raw, and unprocessed diet further popularized the **raw food** trend. Today, there are even restaurants that serve only **raw foods**. An example of one of their dishes might be a mixture of sprouts, cranberries, and almonds wrapped in a raw cabbage leaf.

Local food

A **local food** diet is one that consists of food that is grown and produced in your general area. That means that you eat seasonal vegetables and fruits because produce that is out of season would have to be flown in. The idea of this diet is that **local food** has more nutritional value because it is always fresh, and that buying locally helps the community's economy, as well as reducing the environmental effects of transporting food. People who eat **local food** only are called locavores.

Local is sort of a vague term, because what some people consider local may be what other people consider foreign or long distance. That's why there are many variations of the **local food** diet. One such variation is the 100 mile diet, which means that you only eat food that is grown and produced within a 100 mile radius from your house. Another is the low carbon diet, which just means that you aim to eat while keeping your carbon footprint as low as possible. Your carbon footprint is how much you contribute to pollution. If you try to have a small carbon footprint, it means that you try and keep your lifestyle in such a way that the carbon you produce from driving, flying, or throwing out garbage is minimized.

To push for something

To push for something means to advocate or support it by telling others about it and trying to get others to join in. In this episode, we Andrew talk about Michelle Obama, the US First Lady, and her attempts to get American kids to eat less junk food. Andrew says she was really **pushing for it**. What Andrew is saying is that Michelle Obama was trying to get people to eat less junk food by publicly talking about it and supporting places that advocated healthy eating.

Here is another example of **to push something**:

Klaas: What are your plans for the summer holidays? Are you going away?

Suliman: Actually, my parents want me to go to summer camp.

Klaas: Oh, that would be fun. Are you going?

Suliman: Well, they're really **pushing for it**. They think it would be good for me to do some outdoor activities.

Klaas: I think it sounds fun. You should definitely go.

Diets

Diets are plans or methods of eating that are supposed to cause something to happen, whether it's a change to your health, weight, or wellbeing. The word **diet** actually simply means what you eat, so we could say a panda's **diet** is mostly eucalyptus. When the word **diet** is used the way it is in this episode to talk about specific and variable theories of food and eating, it means that you are changing the way you eat to produce a change in your health or how much you weigh or your impact on the environment.

We talked about **raw food** and **local food diets** already, but there are many other popular **diets**. They are usually pretty trendy, which means they are popular for a short time and then something new comes along and becomes more popular. Harp talks about the cabbage food **diet** in this episode, where you eat only cabbage soup and the occasional vegetable for about a week or so. This **diet** is used for rapid weight loss, and is very popular with boxers if they have to lose a certain amount of weight before a competition.

Other **diets** that are popular include the Atkins **diet**, the South Beach **diet**, and the paleo **diet**. The Atkins and the South Beach **diet** focus on eating foods that have little or no carbohydrates in order to lose weight. The paleo **diet** is more about health and environmental impact than it is for weight loss. A paleo **diet** is short for a Palaeolithic **diet**, and it is also sometimes called the caveman **diet**. It is based on the likely **diet** of our ancestors during the Palaeolithic era (10,000 years ago). It is assumed that our ancestors ate what they could find around them by hunting and gathering, such as wild plants and animals. The **diet** advocates eating simple and unprocessed food.

Everything in moderation

Everything in moderation is a common maxim (meaning a saying that contains advice) that means that you should never do things in extreme or go overboard with things, but neither should you avoid them altogether. If you moderate yourself, you should restrain yourself from taking, eating, or using too much or too little of something. In other words, **everything in moderation** means never too much and never too little.

Here is another example of **everything in moderation**:

Jackson: Would you like a soda? I'm going to get one.

Anna: No, I've been drinking way too much pop lately. It's too much sugar, and it's not very healthy.

Jackson: Yeah, I agree. I only have one once in a while.

Anna: **Everything in moderation**. I'm sure it's not going to hurt you if you don't do it too often.

A cleanse

A cleanse is similar to a **diet**, but instead of having the goal be weight loss or environmental sustainability, the goal of **a cleanse** is to rid your body of toxins. Ridding your body of toxins is a relatively new theory, and is the idea that our bodies accumulate toxins over time because of the processed food we eat and the polluted air we breathe.

The most popular **cleanses** are juice **cleanses**, which are **cleanses** where you only drink certain kinds of juices that are full of vegetable and fruits and other vitamins, for a designated period of time. Some people call this a juice **diet** or just juicing, as oppose to juice **cleanse**, but they are all the same thing. You are not supposed to eat any solid food during this time, nor are you supposed to drink anything other than the juices and plain water.

Juice **cleanses** have become increasingly popular during the past decade or so because of all the scientific studies linking processed foods to health complaints and illnesses. A lot of people want to get rid of all the processed food still in their body and basically start over with a clean system.

There's something to it

There's something to it means there's some validity or truth in what someone is saying. In this episode, Andrew says that there may **be something to cleanses**. What Andrew is saying is that there might be some truth to the claim that **cleanses** are good for you and make you feel healthier.

Here is another example of there's something to it:

Beatriz: What are you doing tonight?

Giseon: I'm actually going to yoga tonight. I decided it's time I try it. I have trouble sleeping and my friend said that it could be help.

Beatriz: Yeah, I think there's **something to that**. It's very relaxing and it reduces stress.

Giseon: Yeah, I hope it works!

To be down to do something

To be down to do something means to be willing and able to do something. In this episode, Andrew tells Harp he'd **be down** to try some spinach juice. What Andrew is saying is that he'd be willing to try some spinach juice.

Here is another example of **to be down to do something**:

Moe: Sam and I are going to the movies tonight, do you want to come?

Barbara: What are you going to see?

Moe: That new documentary on whales.

Barbara: Oh, I heard it's really good. Yeah, I'd **be down to do that**.

Moe: Perfect. Meet us at the theatre at 7:00 tonight.

To be on the fence

To be on the fence means to be undecided about something, so you're neither for it nor against it. If you think about a fence, it usually divides two areas. If you're on that fence, you're not on one side or the other. That image, of sitting on an actual fence instead of being on one side or the other, is where this saying comes from. In this episode, we hear Andrew say he is **on the fence** about going on a juice **diet**. What Andrew is saying is that he's undecided whether he wants to go on a juice **cleanse** or not.

Here is an example of **to be on the fence**:

Kiley: How do you feel about our new math teacher?

Damon: I'm still **on the fence** about him. Sometimes he seems so nice but other times he can be really strict.

Kiley: I think he's just being strict because he wants us to do well in school. He seems all right. I like him.

Damon: I'm sure I'll end up liking him. I've only had one class with him so I haven't had time to make a decision about him.

To be gung ho

To be gung ho means to be very enthusiastic or very eager about something. If you're **gung ho** about a cause or idea, you're fully committed to it and are ready to do it or support it. To be gung ho can also mean you are eager to participate in something and committed to succeed.

The expression comes from a World War II motto used among soldiers. **Gung ho** is a variation of the Chinese Mandarin word *gonghé*, which means 'to work together'. Gung ho was used among soldiers to provoke togetherness and enthusiasm before going into a battle.

Here is another example of **to be gung ho**:

Steven: What are you going to be for Halloween this year?

Noel: I'm not sure I'm going to dress up at all.

Steven: Really? You're usually so **gung ho** about the costume competition at school.

Noel: I know. I just don't have a good costume idea this year so I'm not as excited as I usually am.

My take (on something)

My take on means my opinion on or my perspective on. In this episode, Harp says that her **take on** being healthy is to not follow trends but simply focus on eating lots of vegetables and avoid junk food. What Harp means is that her perspective, or her own personal method of eating, is to just eat what she knows is good for her instead of following popular **diet** trends.

Here is another example of my **take on**:

Ramona: Want to come jogging with me tonight? It's going to be such a nice night.

Nolan: I don't know. I don't think I'm enjoying jogging as much as you are.

Ramona: But it's such good exercise!

Nolan: I know, but my **take on** exercise is that if you don't enjoy it, it's not going to be that beneficial to you. I'm going to try swimming instead.

A loophole

A loophole is another word for an exception or a way to avoid a rule. The origin of the phrase is because **loopholes** were small slits in castle walls that archers would use to shoot arrows through at oncoming enemies. So, **a loophole** would be a way around the castle wall, or a way to bypass the solid structure that is a castle wall. Today, we use the word to refer to anything that is a way around something or a way to bypass something, usually a rule, law, or guideline.

Here is another example of **loophole**:

Olga: Are you going to try out for the school play this year?

Leon: I don't think I can. There's a rule that you can't try out for the play unless you have a full course-load, and I'm only taking 3 classes this semester.

Olga: I'm sure they'd make an exception for you. Your grades are so high. I bet there's a **loophole** for people who do really well in school.

Leon: Maybe. I'll ask the drama teacher this afternoon.

Quiz

1. Which of the following is NOT a popular diet?

- a) the Atkins diet
- b) the South Beach diet
- c) a juice cleanse
- d) the paper diet

2. What do vegans avoid?

- a) eating at night
- b) diets
- c) all animal products
- d) grain and wheat

3. What is the purpose of cleanses?

- a) to get rid of toxins in your body
- b) to avoid trendy diets
- c) to gain muscle
- d) to strengthen your teeth

4. What is a locavore?

- a) someone who doesn't eat nuts or grains
- b) someone who only eats food that is grown and produced in his or her area
- c) someone who recently discovered a dinosaur
- d) someone who eats both meat and plants

5. What do people who follow raw diets eat a lot of?

- a) uncooked fruit and vegetables
- b) processed foods
- c) raw pork and beef
- d) canned food, jams, and preserves

6. What does gung ho mean?

- a) a special dish that people on juice cleanses are allowed to eat
- b) someone you eats too much junk food
- c) enthusiastic and eager
- d) someone who follows the latest trend diets

7. Where does the term loophole come from?

- a) a hole in the bottom of a ship that causes it to sink
- b) a knot in a rope
- c) a chain that links doors of a gate together
- d) a small opening in castle walls

Answers:

1.d 2.c 3.a 4.c 5.a 6.c 7.d