

Catch Word #100 – You are what you eat

Transcript

Maura: Hello everyone! It's Maura.

Harp: And Harp!

Maura: And we're here with your Culips English Podcast.

Harp: Yes. And go to our website, Culips.com, that's C-U-L-I-P-S.com, because there, you can find all our older episodes and also you can become a member, which means you have access to the Learning Materials. In each Learning Material, you'll find a complete transcript, detailed explanation, and even a quiz.

Maura: So, don't forget to go check us out, because we have all kinds of past episodes there too that you can listen and learn from.

Harp: And also check us out on Facebook. We have quite an active page there, lots of people leaving comments. It's really fun.

Maura: And it's the best way for us to communicate with you and talk with you. So today's episode is a Catch Word episode, and that's where we look at related expressions and we explain them and give you examples, all that kind of good stuff. Oh my **gosh**, Harp. Guess what?

Harp: What?

Maura: This is our hundredth... that's 100 Catch Word episodes at Culips!

Harp: Wow!

Maura: I can't believe we've been making podcasts that long.

Harp: It's been a long time. There are a lot of fun episodes on the website. Go check it out!

Maura: **It seems like only yesterday.**

Harp: It does **seem like only yesterday** we started. But 100 episodes!

Maura: You're right. There are so many on our website, so if you've just started listening recently, there are a whole bunch that you haven't listened to. And if you've been listening for a while, you can go back and listen to ones to remind yourself of stuff that you've already learned. Thanks for listening. We hope you like our Catch Words.

- Harp: Today, our Catch Word is gonna focus on expressions that are related to eating healthy and exercising and staying **in good shape**.
- Maura: Exactly. So all of our expressions have to do with eating well and trying to make sure that you're the healthiest person you can be.
- Harp: Yes. So let's get started with our first expression.
- Maura: The first expression, I've known about for a long time. I remember learning this one when I was a kid.
- Harp: Me too.
- Maura: The first expression is ***you are what you eat***.
- Harp: ***You are what you eat***.
- Maura: Yes. ***You are what you eat***. And this just means exactly what it says.
- Harp: ***You are what you eat***. If you eat something healthy, you're healthy.
- Maura: Right. So what it wants to say is that what you eat reflects how healthy you are. So if you eat vegetables and fruit and good grains for you, then you will have good health. But if you eat a lot of potato chips and chocolate bars, then that might not be very good for your health.
- Harp: Yes. I've known of this expression since I was young, ***you are what you eat***. When I was young, I would remember my mom saying it to me, "Harp, remember, ***you are what you eat***." And I would say, "What am I, a cucumber? What am I, french fries?"
- Maura: Yeah. As a kid, you take it completely literally. Obviously, if you eat an apple, you don't become an apple, but if you eat an apple, that's a healthy choice so that would mean that you're probably a healthy person.
- Harp: Yes.
- Maura: OK. Let's use this expression, ***you are what you eat***, in an example.

- | | |
|--------|---|
| Harp: | Hey, ready to go for lunch? |
| Maura: | Yup. |
| Harp: | What do you have in your lunch with you today? |
| Maura: | Well, I brought a homemade vegetable soup and then a little salad on the side and then after I have an apple. |

Harp: Oh, very healthy.
Maura: Yeah, you know, I'm trying to eat less **junk food**. **You are what you eat**.
Harp: Definitely.

Maura: So in that example, I was talking about my healthy lunch and I was talking about myself, so I used the expression **you are what you eat** to talk about myself.

Harp: Yes. And we should note that you really should only use this expression with people you are close to or about yourself.

Maura: Yeah. You might use it as a joke with a friend, or with a really good friend or family member you might say something like that, but generally you don't use this expression with other people, 'cause it could be rude.

Harp: It could be rude if they're eating something unhealthy like french fries or potato chips and you say, "Oh, **you are what you eat**."

Maura: Yeah, that wouldn't be good.

Harp: It's rude.

Maura: OK. So let's give another example with **you are what you eat** when the food you're eating is not so healthy.

Harp: Let's do it!

Harp: Hello?
Maura: Hey Jane. How's it going?
Harp: It's OK.
Maura: Oh, well, what are you doing? What did you do today?
Harp: I'm being lazy. I'm just hanging out watching TV.
Maura: Oh yeah?
Harp: Yeah. I can't seem to make myself do anything.
Maura: Well, what have you had to eat today?
Harp: I had a chocolate bar and some chips.
Maura: Well Jane, **you are what you eat**, maybe that's why you're feeling so lazy.

Harp: Yeah, maybe I should go eat a salad or something.

Maura: Yeah, definitely.

Maura: And there's an example where someone was not eating healthy food.

Harp: And how it affected them.

Maura: Right. So if you're gonna eat unhealthy food, it might mean that you're a kind of person who is not interested in a healthy lifestyle, but if you're eating healthy food, then that reflects the kind of person you are too.

Harp: Yes. Even though I'm healthy most of the time, sometimes I just like french fries.

Maura: Oh, for sure. You gotta have a good balance of the good and the bad. Come on!

Harp: That's true. OK, let's move on to the next expression.

Maura: The next expression is a longer one, and this one is particularly about weight and dieting and people wanting to control how much food they're eating.

Harp: Yes. This expression is ***a moment on the lips and a lifetime on the hips***.

Maura: Mmhmm. I'll repeat it: ***A moment on the lips and a lifetime on the hips***. And that means that the food that you eat is only on your lips for a moment. When you eat it, it's a very short amount of time that you actually enjoy the food.

Harp: Yes, but if it's unhealthy and full of sugar and fat, it's probably gonna make you gain a little bit of weight.

Maura: Yeah. So then it will be on your hips for a very long time and your hips are kind of the middle of your body, right below your stomach and torso and right above where your legs start. So that's where it's saying that all of this sweet, delicious food will go if you enjoy it.

Harp: Yeah, because to enjoy, let's say, a donut, you only enjoy it for one or two minutes, but it's a lot of calories and fat and sugar and...

Maura: Yeah, so that donut can stay with you, somewhere on your body, for a very long time afterwards. Now, this expression is really long: ***A moment on the lips, a lifetime on the hips***, so some people might even just say the first part: ***a moment on the lips***, and everyone knows that the rest is ***a lifetime on the hips***.

Harp: Yes, definitely.

Maura: There's also some variations of this, too, we'll mention them in our Learning Materials. But you might also hear, ***a moment on the lips, forever on the hips***, so it's the same general message, but some of the words might be changed around a little bit.

Harp: Yes. So let's do an example with this expression.

Maura: Let's do it.

Harp: Oh, that dinner was amazing.

Maura: It was delicious.

Harp: Should we get some dessert?

Maura: Yeah, I don't know if I have room.

Harp: I think I might get the chocolate cake.

Maura: Remember: **A moment on the lips, a lifetime on the hips.**

Harp: I know. That's true. OK, I am trying to lose weight. I'll **skip** dessert tonight.

Maura: Yeah, maybe on the way home, we can eat an apple or a strawberry or something.

Harp: Not as fun, but much healthier. Good plan.

Maura: So, in that example, it was two friends who were maybe going to order dessert and one friend told the other friend, ***a moment on the lips, a lifetime on hips***, because that friend was trying to remind the other one that they wanna eat healthy.

Harp: Mmhmm. Yes, which is nice for her to remind her.

Maura: Yeah, it wasn't too harsh.

Harp: Nope.

Maura: OK. Let's give another example. And in this example, the person will be using this expression to talk about their own situation.

Harp: Sounds good. Let's do it.

Harp: Hey, how's your morning?

Maura: Yeah, it's good so far. You know, just trying to get to work.

Harp: OK. Well, John brought in some donuts, you should go get one.

Maura: Oh, hmm. Well it does sound good, but I'm trying to just repeat in my mind over and over again: **A moment on the lips, a lifetime on the hips.** It's my new **mantra**.

Harp: I wish I had come to talk to you before I ate the donut.

Maura: Next time come see me.

Maura: So, there's another example where someone might be using this expression to talk about eating better or, really, people use this when they're trying to stop eating something that is delicious and sweet and fattening.

Harp: Yeah. You know, the first time I actually heard of this expression was at a friend's house, and my friend's mom had put this little picture on the fridge with the saying on it. And so every time she would go to open the fridge, she would see the expression and think, "OK, I don't need a snack," or "I don't need this."

Maura: That's cute. This expression is particularly used more by women, mostly because it's women who talk more openly about going on a diet or trying to stay away from fattening foods. So you would hear woman say this more than men, for sure.

Harp: Yes.

Maura: OK, now, we looked at **you are what you eat** and **a moment on the lips, forever on the hips**, and then we have one last one that's a little bit different.

Harp: Yes, our last expression is **no pain, no gain**.

Maura: Yeah. Very simple, and it rhymes! **No pain, no gain**. And this expression can be used to talk about a whole bunch of different things, not just food and exercise, but **no pain, no gain**, really can be used to talk about exercising and trying to lose weight through exercising. And the expression means that you have to experience pain in order to get some success.

Harp: Yes.

Maura: The reason this expression is more about exercise is because of the word *gain*. Normally when you think of *gain*, you think of gaining weight, putting on weight, **putting on the pounds**, and people usually don't wanna do that. They usually wanna lose weight, so that's why this expression isn't really used with food, but it's used with exercise. And you need to really push yourself to the limit and work hard in order to stay **in good shape**.

Harp: Yes, exactly. So **no pain, no gain** is really more with exercise. It's not so much with eating.

Maura: Yeah. And like we said, this could be used in other situations too. It could be used with work or some other area of your life where you wanna have success.

Harp: Yeah, basically anywhere where you have to work hard to gain something, you can use this expression.

Maura: So, let's use this expression now, talking about exercising.

Harp: Let's do it.

Harp: What are you doing tonight?

Maura: I'm going to the gym.

Harp: Again? I thought you went last night.

Maura: I did go last night but I'm trying to lose weight, I'm trying to get **in shape**. **No pain, no gain**.

Harp: That's true. Well, good luck.

Maura: Thanks, I'll need it.

Maura: So, there's an example with **no pain, no gain** when the person was exercising and the person was talking about herself.

Harp: Yes.

Maura: So let's give an example now, talking about exercising again, but where the person uses this expression towards another person.

Harp: OK.

Maura: So here we are. Five kilometres.

Harp: **I'm dying**. Can't we stop for a rest?

Maura:	No pain, no gain!
Harp:	You're killing me. OK, let's keep going.

Maura: So there's an example with two friends exercising together and the one says to the other, "**No pain, no gain!**"

Harp: Exactly.

Maura: And people really use this to encourage the other person, to remind them that sometimes it's painful, but also it might need to be in order to reach your goal.

Harp: Exactly.

Maura: Now, this episode has made me hungry.

Harp: Really? It's made me wanna go to the gym.

Maura: But I'm gonna actually eat some raspberries, so, you know, if I go with the expression that **I am what I eat**, then I'm good.

Harp: Yes, then you're healthy.

Maura: OK. So let's go over the expressions one more time.

Harp: All right. We started with ***you are what you eat***.

Maura: And then we looked at ***a moment on the lips and a lifetime on the hips***.

Harp: And the last one was ***no pain, no gain***.

Maura: So, that's it for us today. Don't forget to go to our website, Culips.com, that's C-U-L-I-P-S.com, and if you like what we're doing, you could help us out by making a donation.

Harp: Yup, for sure. We really, really appreciate that. Thanks to everyone who's already donated.

Maura: Yeah, thank you. And we'll talk to you soon. Goodbye!

Harp: Bye everyone!

Detailed Explanation

Gosh

At the very beginning of this episode, Maura says, “Oh my **gosh**,” when she announces that this is our 100th Catch Word episode at Culips. The word **gosh** is used to express shock or surprise.

The word *God* is also used to express shock or surprise like this, and it’s actually quite common in regular conversation and is often used in television shows and movies. But some people, especially people who are more religious, feel that this is not appropriate and because it’s disrespectful to God to use the word *God* in this way.

The word **gosh** is a more polite replacement for the word *God* in these kinds of expressions. Instead of saying, *oh my God*, you can say, *oh my gosh*. By using **gosh** in place of *God*, you are sure not to offend anyone.

It seems like only yesterday

Maura uses this expression when looking back to the past, as she feels that time has passed quickly. ***It seems like only yesterday*** is only part of the whole expression. In this case, the whole expression would be ***It seems like only yesterday that we started making the Culips podcast.***

The meaning of this expression is that something that happened some time ago feels like it happened very recently, because time has passed quickly. When it feels like time passes quickly, it’s usually because the time was enjoyable. It feels like time passes quickly when we’re having fun, a fact that has led to the very popular English expression *time flies when you’re having fun*.

Maura doesn’t finish this expression when she uses it in this episode. There are many expressions in English where the second part doesn’t really need to be said because the expression is so well known. When Maura says ***it seems like only yesterday***, she doesn’t need to finish the expression, because we already understand it in the context.

Here’s an example using this shortened version of the expression, like Maura does:

John: Wow! Look at these old pictures of us in high school.

Lucy: Ha! You still look the same.

John: Yeah. ***It seems like only yesterday.***

In that example, John does not need to say the full expression, because we can understand what he’s talking about from the context. For John, ***it seems like only yesterday*** that they were in high school.

You are what you eat

You are what you eat doesn't mean exactly what it says. If you eat a cucumber, you don't turn into one! This expression means that if you eat healthy food, you're a healthy person and you will feel good. If you don't eat healthy food, you might not feel good. This expression can be used to talk about general eating habits or individual situations.

Here are two examples, one using the expression in general and one using it to talk about a specific situation:

Maxine: Today I'm eating only fruits and vegetables! I want to clean out my system.

Kelly: Great idea! **You are what you eat!**

Henry: I usually try to eat only home-cooked meals. I never eat fast food and I only eat junk food occasionally.

Justin: Nice. I guess you know that **you are what you eat!**

An apple a day keeps the doctor away

In this episode, Maura says that eating an apple is a healthy choice. In fact, this is such a common belief that there's even an expression about it. *An apple a day keeps the doctor away* is a very old expression! People believed that if you ate an apple every day, it could keep you healthy, meaning that you wouldn't get sick and have to go to the doctor. This expression can still be heard today, because, of course, apples are good for you!

Junk food/Fast food

Junk food is food that is not good for your health, food with little or no nutritional value. In North America, some of the most common types of **junk food** are chocolate bars, candy, chips, and soda pop. People might also consider sweetened desserts and fried foods like french fries **junk food**. The term **junk food** has been around since the early 1970s.

Fast food is food that is usually fried and unhealthy, like fries and hamburgers, with pre-prepared ingredients. Technically, any food that can be prepared quickly can be called **fast food**, but healthy food that can be prepared quickly is usually not considered **fast food**. **Fast food** often means specifically that food is fast, but unhealthy.

Most **fast food** is considered **junk food**, but not all **junk food** is **fast food**.

A moment on the lips, a lifetime on the hips

The two basic variations of this expression are mentioned in this episode: **A moment on the lips, forever on the hips**, and **A moment on the lips, a lifetime on the hips**.

Forever and *a lifetime* essentially have the same meaning in this expression. This expression means that the enjoyment you get from eating lasts only a short time, but the weight gain you get from eating unhealthy food can last much longer!

This expression is not scientifically proven, but is used socially. Different eating habits and different body types mean that this expression can sometimes be true and other times not. Regardless of the truth of this expression, it is used to remind people to not eat unhealthily, and to stick to their diet plan.

We mention in this episode that this expression should only be used with close friends or family because it could be considered rude. This saying and others like it (like *you are what you eat*) could be considered rude, but it depends on your relationship with the person and on whether that person cares about what they eat or feels like you are being unkind. Here's an example when using this expression is rude:

Kali: Wow, all the desserts look delicious. I can't wait to try every single one!

Oliver: Whoa, Kali. Remember: A moment on the lips, a lifetime on the hips. You don't want to get fat, do you?

Kali: I'll eat what I like. Mind your own business! You're always making rude comments about my weight and I'm sick of it.

To skip something

The verb **to skip** has a few different meanings. When a person **skips** an event or activity, it means that they don't do it. **To skip** something is a casual way of saying to miss it on purpose, to decide not to go to it. When a person **skips** something, it's always by their own choice.

In this episode, we talk about **skipping** food. In one dialogue example, Harp says that she's going to **skip** dessert, meaning that she's decided not to have dessert. This expression is not just used with food. People often say that they **skipped** school or **skipped** a class.

Here are a couple more examples with **to skip**:

Adam: I decided **to skip** the meeting this morning.

Manuel: Good choice. We didn't talk about anything important anyway.

Jean: Are you going to the party tonight?

Ken: Yes, but I think I'm going **to skip** the cocktails and just come for dinner.

A mantra

The word **mantra** is more proof that English is a constantly evolving language that accepts new words from other languages and cultures. **Mantra** is actually a Sanskrit word that means a word formula that is chanted and repeated many times as a kind of prayer. In English, it has the same meaning, but people also use **mantra** to mean any phrase that a person repeats to themselves, often just in their mind, to help remind them of how they want to live their lives. People might take any expression to be their personal **mantra** or create a new expression themselves.

In this episode, in one dialogue example, Maura says that her new **mantra** is *a moment on the lips, a lifetime on the hips*.

No pain, no gain

No pain, no gain means that sometimes you need to work hard, or experience discomfort or pain, to reach your goal or to gain something positive in your life.

In this episode, this expression was used just for exercising, but it can be used for anything in your life that you need to work hard to achieve. People might use **no pain, no gain** to talk about a healthy diet, but it's not as common. The reason for this is that *gain* means to acquire or get more, and people usually use *gain* to talk about gaining weight. This is often the opposite of why people are changing their diet or exercising. People don't want to gain weight; they want to lose weight.

Here's an example with **no pain, no gain**, not related to exercise or food:

Samantha: I've just got to keep studying, but I'm so tired!

Jim: **No pain, no gain**. I know you can ace the test. Just spend a couple more hours on it.

To put on the pounds

To put on the pounds is an expression that means to gain weight. Generally, in North American culture and in many parts of the world, it is desirable to be thin. If someone **puts on the pounds**, it is seen as negative because most people do not wish to weigh more than they already do. *Pounds* are the unit of measurement that we often use in Canada, and almost always in the US, to talk about human weight.

Here's an example with **to put on the pounds**:

Donna: Did you see Andrea at the high school reunion?

Bernard: Yep! She really **put on the pounds**, didn't she?

To be in shape

If someone is **in shape**, it means that they are in good physical condition. Usually when someone is **in shape**, it's not just about eating well, but also about being physically active. We use this expression a few times throughout this episode.

Here's an example with **to be in shape**:

Erin: Shayne is so not **in shape**. He needs to start getting active!

Ivan: I know! Maybe we should sign him up for a class or something.

There are many variations with the expression **in shape**. For example, you can also say **to get in shape** or **to be in bad shape** or ask **what shape are you in?**

I'm dying/You're killing me

In our last dialogue example, Harp says that she's dying and tells Maura that **she's killing her**. These expressions sound so violent, but don't worry, they're not.

When someone says **they're dying**, it can simply mean that they are in an uncomfortable situation. In the dialogue example, Harp is running so much that she's tired and uncomfortable. She wants to stop! This is why Harp says **she's dying**. A person can die of embarrassment or die of boredom too. These are all uncomfortable situations to be in.

Harp also says **you're killing me**. This means that one person is expecting too much from the other person. The person who says it means that they feel that the expectations are so much and they have to work so hard that they will die. We really like to exaggerate in English, don't we?

Here are a couple of examples with these two expressions:

Chris: I almost **died** of boredom last night.

Irene: I know. The movie wasn't very good.

Greg: My new teacher **is killing me**. I'm so tired of working on our class project. It's taking forever.

Nick: Maybe it'll be worth all the hard work in the end! I'm sure you'll get a great mark.

Quiz

1. Which of the following words can you use to express shock or surprise, without worrying about offending anyone?
 - a) gosh
 - b) God
 - c) gods
 - d) gunk

2. What would be the full sentence using *it seems like only yesterday* to talk about adopting a cat?
 - a) It feels like only yesterday.
 - b) It seems like only yesterday that we adopted our cat.
 - c) Feels like cat only adopted yesterday.
 - d) Seems like only yesterday.

3. What is the main Catch Word expression from this episode?
 - a) You are what you neat.
 - b) You aren't what you eat.
 - c) You are what you put on your lips.
 - d) You are what you eat.

4. Which of the following is not fast food?
 - a) a hotdog
 - b) a hamburger
 - c) french fries
 - d) an apple

5. Jonah says he skipped exercising this morning. What does that mean?
 - a) For his exercise, he skipped rope.
 - b) He didn't exercise this morning.
 - c) He exercised at night.
 - d) He exercised really hard.

6. Which expression in this episode is not only used for exercise, weight, and staying in shape?

- a) You are what you eat.
- b) A moment on the lips, a lifetime on the hips.
- c) No pain, no gain.
- d) None of the above.

7. Why is *no pain, no gain* usually not used to talk about losing weight?

- a) *Gain* is often associated with gaining weight.
- b) Losing weight is not difficult.
- c) It is very painful to lose weight.
- d) All of the above.

8. George: I decided to get in shape after my heart attack.

What is probably true about George, given this statement?

- a) He is eating junk food and watching a lot of TV.
- b) He is eating healthy food and exercising.
- c) He has always been healthy.
- d) He has not made any changes.

9. Serena: I almost died when my ex-boyfriend showed up at the party last night.

What is probably true about Serena?

- a) She felt awkward and uncomfortable when he arrived.
- b) She felt comfortable and confident when he arrived.
- c) She became physically ill when he arrived.
- d) She left through the back door when he arrived.

Answers:

1.a 2.b 3.d 4.d 5.b 6.c 7.a 8.b 9.a