

Catch Word #21 – Pig Out

Transcript

- Maura: Hello everyone out there, this is your pal Maura...
- Jessie: And your pal Jessie!
- Maura: And we're here today with the **Catch Word** podcast. As always, we talk about one word or expression and explain it with lots of examples and lots of synonyms, similar expressions. If you want to see the transcript for this or any of our episodes, you can go to our website.
- Jessie: Yup, that's at Culips.com, C-U-L-I-P-S.com.
- Maura: Right, and you can check out the Lipservice, become a member – it's free – and sign up for our Lipservice. Now, today's expression...
- Jessie: Oh, today's expression is a good one!
- Maura: Jessie, can you tell us what today's expression is?
- Jessie: I sure can! Today's expression is **“to pig out.”**
- Maura: Yeah! **Pig out**, that's right, like “pig,” the animal.
- Jessie: Yeah! Well, you know what pigs do, right? They love to eat.
- Maura: For sure! They're fat things, right, they eat, they don't exercise, they sit around, so **“to pig out”** in English means that you eat a lot.
- Jessie: Exactly! **“To pig out”** kind of means to overeat.
- Maura: Exactly, so you're like a pig because you're eating so much just like pigs do.
- Jessie: Exactly.
- Maura: So, sometimes people **pig out** around **the holiday season**.
- Jessie: Yeah, **the holidays** are a really good time for **pigging out**.

- Maura: Yeah. So, maybe Thanksgiving or Christmas, families get together and you have, you know, the turkey and stuffing and all of that food, and you eat so much.
- Jessie: Hey, speaking of stuffing, I think there's another phrase that means kind of the same as "to have **pigged out**." So, you could say, "Oh I **feel stuffed**."
- Maura: Yeah, so if you ate a lot, you feel full after, so I **feel stuffed**.
- Jessie: Yeah, so you could say after you **pig out**, you **feel stuffed**.
- Maura: Yeah! We also use the expression like "**pig out**," another one is "**stuff my face**" or "**stuff your face**."
- Jessie: Yup, "**to stuff your face**" is "**to pig out**."
- Maura: Right! "To eat a lot," so "to stuff something" is like, you grab the food and you just push it into your mouth and eat it really fast.
- Jessie: Maybe you don't even chew.
- Maura: Yeah! If you're really hungry, maybe not. So, when's the last time that you **stuffed your face**?
- Jessie: The last time I **stuffed my face**, hmm, probably last weekend. I went to visit my parents and my mom cooked a really nice dinner and I was really hungry, so I stuffed my face, totally **pigged out**, afterwards I **felt stuffed**.
- Maura: Yeah, for sure! Especially if you go home to visit your parents and they make you a nice dinner, you eat a lot. What's another expression, like "**pig out**," "**stuff your face**"?
- Jessie: Well, sometimes after we **pig out**, sometimes we exaggerate a little and we say, "Oh, I **gained 10 pounds**."
- Maura: Yeah, because you ate so much food it's like you **gained weight** right away.
- Jessie: Yeah! And I mean you know that you didn't really **gain 10 pounds**, but it's kind of to show that you ate so much. You want to exaggerate.
- Maura: Exactly! So sometimes people **pig out** when they go to a **buffet**, because you pay \$10 and you can eat as much food as you want.

- Jessie: Yeah, when I'm at an all-you-can-eat **buffet**, I find I always **pig out** and I usually overeat.
- Maura: Just today we had a **potluck** lunch and "**potluck**" is when so many people, everyone there, brings one kind of food, so everyone shares the food and so, of course, there's so much food. This is a good time to **stuff your face**.
- Jessie: For sure, because people usually bring really good food.
- Maura: Yeah and today I definitely did, I **stuffed my face** with all of the great food!
- Jessie: And did you **gain 10 pounds**?
- Maura: Maybe, maybe I did **gain 10 pounds**!
- Jessie: So, if I was talking to my friend and I noticed that they were eating a lot, should I say, "Hey, you're really **pigging out**"?
- Maura: No, definitely not! It's very rude to say that to someone.
- Jessie: Really! Well, when could I say it then?
- Maura: Well you would just use it to talk about yourself because you can say what you want about yourself. If you're eating a lot of chips or popcorn at a party, you could say "Oh, look at me, I'm **pigging out**!"
- Jessie: Oh, OK, that makes sense. So I can say it about myself, but I shouldn't say it about other people.
- Maura: Yeah, definitely not, it is not polite at all. People won't like if you tell them they are **pigging out**.
- Jessie: OK.
- Maura: OK, good. That's a good point to remember. OK, let's finish up there. So we had "**pig out**," "**stuff your face**," and then you "**feel stuffed**," and what was the last one?
- Jessie: "**I gained 10 pounds**."

Maura: Awesome! OK, so have a great night or day, wherever you are and remember to go our website, Culips.com, and visit us often. This has been Catch Word with Maura...

Jessie: And Jessie.

Maura: And we'll see you next time. Bye!

Detailed Explanation

Pig Out

“**To pig out**” is to eat a lot or to eat too much food.

“**To pig out**” is to overeat. A **pig** generally is fat and eats a lot. A **pig** isn’t known for exercising, but just gaining weight.

If you eat a lot, especially fattening food, you can say that are you **pigging out**. We wouldn’t normally say someone **pigged out** if they were eating fruits and vegetables because it is so healthy.



Remember, we also mentioned something really important in this episode. It is not polite to tell someone else that they are **pigging out**. It is generally not polite to make any comments about another person’s eating habits. Someone might say this to a close family member or friend, but it is always impolite and rude.

Here are some more examples with “**to pig out**”:

Ryan: Oh, I am so hungry.
Tania: I know. Me too! I am really **pigging out**.

Peter: Let’s watch a movie and **pig out** tonight.
Louise: Yes! I’ll bring the pizza.

“**To stuff your face**” also means to “**pig out**”:

Jon: I really **stuffed my face**.
Kevin: Yeah, that pizza was so good.

The holiday season

We say in this episode that people often **pig out** around **the holidays** or **the holiday season**.

“**The holidays**” or “**the holiday season**” generally refers to Christmas and New Year’s Eve. At this time, people often eat a lot when they are celebrating with friends and family.

At other times in the year, **the holidays** could mean Thanksgiving, especially in the U.S.A., as this is a big celebration there. People also often eat a lot at Thanksgiving, too.



At Christmas and Thanksgiving, we traditionally have a turkey and stuffing (bread and spices that are cooked inside the turkey).

To feel stuffed / full

This expression is close to “**to pig out**.” Like Jessie says, after we **pig out** we **feel stuffed**. Our stomachs are **stuffed** full of food.

When something is “**stuffed**” it means that we put many things into one place, and now that place is really full. There is no more room in that one place because there are so many things in it. The place is **stuffed**.

We can say, “**I stuffed my bag full of books**” or “**She stuffed so many tissues into her pocket**.”

So “**to feel stuffed**” is simply when you put too much food into your stomach. And in just the same way, we can say “**to feel full**.”

Here are some examples:

Jon: Whoa! I just **pigged out**.
Pia: Yeah, me too. I **feel** so **full** now.

Kiley: That food was delicious.
Oscar: Yeah, I can't eat any more though. I **feel stuffed**.

We can also use these expressions with “to be” instead of “to feel” and it means “**full** with food.”

I **am stuffed**. That food was delicious.

She **is full**. She doesn't want to eat any more.

Chew

“**To chew**” is to use your teeth to break the food down in your mouth. When you eat a hamburger, you need to **chew** it before you can put it into your stomach.

For example, we have **chewing** gum. And what do you do with gum? You **chew** it!

Sometimes when we are hungry, we eat so fast that we don't **chew** very much.

Gained 10 pounds / gained weight

In English, we like to exaggerate or make stories bigger and more interesting than they actually are. To say that you **gained 10 pounds** after eating something is a definite exaggeration. The truth is that you ate a lot of food and you feel really **full**, but we say that we **gained weight** to exaggerate.

Jane: I **gained**, like, **10 pounds** over **the holidays**.

Shannon: Yeah, me too. I really **pigged out**.

Jane probably didn't really **gain 10 pounds** and neither did Shannon. They ate a lot, they **pigged out** and so they exaggerated by saying that they **gained 10 pounds**. Maybe Jane and Shannon did gain weight, but probably not 10 pounds. It takes longer than a couple days to gain 10 pounds.

You could say that you gained 10 pounds, 15 pounds, 20 pounds, etc. It is just an exaggeration anyway. We often use "**10 pounds**."

Buffet

A "**buffet**" is a special kind of restaurant. At a **buffet** restaurant, all the food is presented on a special kind of heated table. The food is not served to you, but you go and choose which food you want yourself.

A **buffet** is nice because you can try many different things, and if you find something you like, you can go back and get more! They are often called "All-you-can-eat **buffets**" because you can eat as much as you can fit into your stomach, or as much as it takes for you to **feel full**.

The prices for **buffets** vary. Sometimes they are \$10 and sometimes there are more.

Also, "**buffet**" is a French word and so we pronounce it like the French. It sounds more like, "buff – eh." We do not pronounce the hard T at the end. Listen again to the podcast to hear how we pronounce it.

Here are some other French words where we don't pronounce the hard T ending:

ballet	ball – eh
chalet	chal – eh
gourmet	gour – meh

Potluck

A "**potluck**" is another way to eat and share food. At a **potluck**, a group of people are invited and each person brings some food to share. It is usually very open, for example, one person could bring a salad, and another person might

bring pasta or stir fry or sushi. People also bring desserts, cakes and fruits. Most people make the food that they bring, but it is also acceptable to buy food and bring that, too.

The **potluck** possibilities are endless. And potlucks are always a good place to **stuff your face!**

Quiz (see the answers at the bottom of this Lipservice)

1. When can we use the expression, “to pig out”?

- a) to talk about others
- b) to talk about yourself
- c) to talk about pigs
- d) to talk about going out

2. William: That food was delicious!
Paul: I know. I totally stuffed _____.

Please fill in the blank.

- a) my pig
- b) my face
- c) full
- d) stuffing

3. When do people often pig out?

- a) in the morning
- b) during the holidays
- c) at church
- d) before going to sleep

4. What is the name for a restaurant where we serve ourselves and eat as much as we want?

- a) potluck
- b) banquet
- c) buffet
- d) diner

5. After we pig out and our stomachs are full, which expression could we use?

- a) I feel filled.
- b) I filled.
- c) I stuffed.
- d) I feel stuffed.

6. Hannah: I went to a _____ last week. Matt brought this delicious lasagna and Jack brought great brownies.

Please fill in the blank.

- a) potluck
- b) lucky pot
- c) buffet
- d) restaurant

Answers: 1.b 2.b 3.b 4.c 5.d 6.a