

Simplified Speech #053 – Fruits and vegetables

Episode description

Fruits and vegetables are essential to maintaining a healthy diet. And there are so many to choose from! In this Simplified Speech episode, Andrew and Jeremy discuss their favourites.

Fun fact

The durian is a fruit native to Malaysia, Indonesia, and Brunei. Many people call it the “king of fruits” due to its size. It is also famous for its odour. In Singapore, for example, there are many signs banning the eating of durian in public places because of its strong smell. But it’s actually really good!

Expressions included in the study guide

- Significant blow
- To troll
- To bother
- Genetic
- Pickled
- Love affair



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript.

Andrew: You're listening to the Culips English Podcast. To download the study guide for this episode, which includes the transcript, detailed vocabulary explanations, real-world examples, and a quiz, visit our website, Culips.com, C-U-L-I-P-S.com.

Hello, everybody. My name is Andrew.

Jeremy: And I'm Jeremy.

Andrew: And you're listening to Culips.

Hey, Jeremy.

Jeremy: Hey, Andrew, how are you?

Andrew: I'm doing pretty well. How about yourself?

Jeremy: Excellent. Today is a good day.

Andrew: Good, good to hear. Today we are going to do a Simplified Speech episode, which is our series where we have completely natural English conversations, but we speak a little bit slower than we do in our everyday lives. So, this is our series for, you know, beginner- and intermediate-level English learners who need a little support before they move on to faster content.

And, today, I think we have a pretty interesting topic, one, well, that sounds quite delicious, actually. It is fruits and vegetables. Fruits and vegetables.

Jeremy: Do you like fruits or vegetables more, Andrew?

Andrew: Wow, that is a difficult question. I wouldn't wanna give either one of them up, but I think if I had to choose, I would choose vegetables.

Jeremy: OK. Nice.

Andrew: Yeah. I think I just end up eating vegetables more often than fruit. So removing vegetables from my diet would be a **significant blow** to the food I eat.

Jeremy: Yeah, I can imagine, especially living in Korea, right?

- Andrew: That's right, yeah. What about yourself, would you choose fruit or vegetables if you had to remove one?
- Jeremy: I don't want to remove either one, really. But I think I end up eating more fruit.
- Andrew: Oh, OK. Interesting.
- Jeremy: Yeah.
- Andrew: So we're at opposite sides of the spectrum.
- Jeremy: Yes. It sounds like it. And my son, who is 1 year old now, he loves fruit.
- Andrew: Oh.
- Jeremy: Yeah, he always prefers eating fruit over almost anything else.
- Andrew: Well, fruit is so sweet. I could see that a child would probably be attracted to the sweet flavour of the fruit.
- Jeremy: Yeah, I agree. The first real food we gave him was an orange. And he loved it.
- Andrew: I've seen some videos on YouTube where parents **troll** their children by giving them a lemon slice for the first time. Have you ever seen these videos?
- Jeremy: Yes, and we tried to make one, but my son loved it. He just ate it all up like it was an orange.
- Andrew: So the sour taste didn't **bother** him too much?
- Jeremy: Yeah, I don't think so. But I used to like lemons as a kid as well. So maybe that's why.
- Andrew: Maybe it's **genetic**? Who knows.
- Jeremy: Yeah, could be.
- Andrew: I, myself, I don't like eating lemons, of course. But, recently, over the last several years, I've noticed that I've added lemons to my diet more than in the past. So I'll put lemon juice on a salad or lemon juice in a cup of tea. Like this, I've started using lemon more than I used to. But I'm not brave enough to eat them like an orange.
- Jeremy: So, you don't like sour-tasting things, right?

- Andrew: Yeah, it's actually true. Some people love sour candy, you know? Like sour keys or that type of thing and even—actually, it's so interesting, just talking about it right now made my mouth react in a negative way.
- Jeremy: Oh, really?
- Andrew: I'm cringing at the thought of eating something really sour.
- Jeremy: Oh, cringing, that's a good word.
- Andrew: Cringing. So, having a negative reaction. We can say cringe to describe the physical reaction, which is what I just did, kind of tightening my face and shrivelling up.
- Now, let's talk about vegetables for a little bit.
- Jeremy: Sure.
- Andrew: What are some of your favourite vegetables?
- Jeremy: I really like cabbage. I'm sure you know why.
- Andrew: Maybe because of kimchi?
- Jeremy: Yes. I eat lots of kimchi. This is a common food in Korea. It's usually spicy and a little sour, a sort of salty flavour. Kinda like a pickle, it's like **pickled** cabbage, spicy **pickled** cabbage. So I like cabbage a lot. What about you?
- Andrew: More and more these days, I've been really getting into sweet potatoes. I have a **love affair** with sweet potatoes.
- Jeremy: Those are almost like a dessert, not even a vegetable.
- Andrew: You know, I almost eat them as a dessert, to be honest with you. I put a little cinnamon on sweet potatoes and I'll eat that as a dessert after my meal.
- Jeremy: Nice. Do you roast them in your oven, or how do you cook them?
- Andrew: Yeah, I don't have an oven, so I can't roast them. But I steam them. So I have a steamer and I just cook them with steam. I also love broccoli. I really, really love broccoli and Brussel sprouts. Oh my god, Brussel sprouts. So delicious.
- Jeremy: Brussel sprouts are awesome. I love Brussel sprouts.
- Andrew: Yeah, so you're a cabbage and Brussel sprout guy?

Jeremy: Yeah, yup. I also like broccoli a lot. But I remember, as a kid, I did not like broccoli or Brussel sprouts at all. But now I really enjoy them. Maybe that's because I'm more mature now.

Andrew: I know what you're talking about, because when I was younger I hated tomatoes, absolutely couldn't stand tomatoes. But now I eat them regularly. I mean, I still don't love tomatoes, but I have no problem at all eating them. So I did a big 180, a huge turnaround. I went from hating them to liking them.

Jeremy: Actually, I also did a 180 with tomatoes. I completely changed my feeling about them. When I was young, I ate too many tomatoes one time and I threw up. I got sick. So after that I did not want to eat tomatoes. But now I enjoy them quite a lot.

Andrew: It's funny how our tastes can change as we get older.

Jeremy: Yeah, I think it must be related to the maturing process.

Andrew: For me, a big shift happened when I started growing my own food. When I started getting into gardening and for tomatoes, especially, when I realized how easy they are to grow. I was like, "I can just grow free food, it's a waste to not eat these. I should just eat tomatoes."

So it was almost like a switch in my head got flipped, and there was this barrier that was removed. And once that mental block was removed, then my tongue followed and it was easy to eat tomatoes. It was really strange how that happened.

Jeremy: I didn't start growing my own food until very recently, but I agree that when you grow something with your own hands, it seems a lot more delicious.

Andrew: Totally. It's grown with love, right? And I think that is reflected in the taste sometimes.

Jeremy: Exactly, exactly.

Andrew: Jeremy, we'll leave it at here for today, but I'm really curious about our listener's opinions on fruit and vegetables because, well, we have listeners from all over the world and there are different fruits and vegetables in all corners of the world. So, guys, practice your English writing today by sending us an email. You can reach us at contact@Culips.com. Let us know what your favourite fruit, favourite vegetable is, or even the opposite, tell us about a fruit or vegetable that you hate. I would be very curious to see what our listeners' tastes are like.



Andrew: We made a study guide for this episode and, if you would like to check it out, it includes a transcript, detailed vocabulary explanations, and examples, also a quiz, then simply visit our website, Culips.com and you can check out all the details and give it a download. As well, if you would like to listen to past episodes of Culips, then our website is the place to do that. We will be back soon with another episode and we'll talk to you then. Goodbye everyone.

Jeremy: Bye everyone.

Detailed Explanations

Significant blow

Idiom

In this episode, Andrew says that removing vegetables from his diet would be a **significant blow** to the food he eats. In this instance, a **significant blow** is a strong negative impact. If Andrew were to stop eating vegetables, his diet would suffer in a major way.

Here are a couple more examples with **significant blow**:

Kim: Did you hear the latest? Two major car companies are moving manufacturing overseas.

Fran: Really? How come?

Kim: They can get lower production costs in other countries.

Fran: Wow, that's going to deliver a **significant blow** to the economy.

Kim: Indeed.

Gary: How did your son's soccer tryouts go yesterday?

Wilson: Not good.

Gary: That's too bad. What happened?

Wilson: When he got on the field, everyone else looked bigger and faster than him. I think it was a **significant blow** to his confidence. I don't think he'll make the team this year.

To troll Verb

To troll someone is to harass or trick someone into some kind of reaction. **Trolling** is very common on the internet, where some people say mean and dishonest things to others for the sole purpose of causing a reaction. **Trolling** can also be a physical action. An example mentioned in this episode is that of parents putting videos online of them feeding their children something sour for the first time.

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

Carl:	Here. Take a look at this.
Rebecca:	What is it?
Carl:	Someone left a strange comment on my Instagram post. Do you see that?
Rebecca:	Oh, never mind that. Someone is trolling you. You shouldn't read things like that.

Vera:	I heard you broke up with Patrick. I'm sad to hear that.
Mary:	Actually, that's good news. He was a bit of a jerk.
Vera:	How so?
Mary:	He was obsessed with trolling people online. He spent hours every day on Facebook and YouTube trying to aggravate other people.
Vera:	Wow. I didn't know that about him. What a loser.



To bother

Verb

To bother is to annoy someone. **To bother** is more of a minor annoyance than some major action against someone.

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

Jungho:	Welcome to my home. How are you?
Dan:	Very good, thank you.
Jungho:	Oh, I forgot to tell you. I have a dog. I hope you don't mind.
Dan:	No problem. I love dogs.
Jungho:	OK. Just tell me if he bothers you. I can put him in another room.
Dan:	Sure.

Yann:	Excuse me?
Diane:	Yes?
Yann:	I'm sorry to bother you, but would you mind taking our picture?
Diane:	Sure, no problem. Um, do you want it with the flash on or off?



Genetic Adjective

In this episode, Jeremy says that his son has similar tastes in food to when he was young. Andrew wonders if it might be **genetic**. **Genetic** has to do with passing down our genes to the next generation.

Here are a couple more examples with **genetic**:

Xavier:	Rita, you have the clearest blue eyes I have ever seen!
Rita:	Thanks. But, really, you should see my father's eyes.
Xavier:	Really? Are they clearer than yours?
Rita:	Yeah. Here's a picture.
Xavier:	Wow, you're right. That's like winning the genetic lottery. What colour are your children's eyes?

Ben:	Do you think you could cover my shift at work tomorrow?
Trevor:	Actually, I have to go for a check-up.
Ben:	Oh. Is everything OK?
Trevor:	I hope so! It's a regular check-up. There are a few genetic conditions that run in my family that the doctor likes to follow.
Ben:	I see. Good luck.

Pickled Adjective

In this episode, Jeremy compares the staple Korean food kimchi to a kind of **pickled** cabbage. To pickle something is to put it in a solution of vinegar or brine to preserve the food longer. The **pickled** food ends up having a particularly sour taste, as a result.

Here are a couple more examples with **pickled**:

Nancy:	Hey, do you have a lot of experience making pickled foods?
Erik:	A little.
Nancy:	What are some of the easiest foods to pickle, in your opinion?
Erik:	I usually try it with eggs, or sometimes radishes. But, really, you can use almost anything.

Vick:	Hey, do you have any plans this weekend?
Phil:	No, actually. I'm free.
Vick:	Cool. I was wondering if you want to come over to my place. We're going to be pickling things.
Phil:	Pickling things?
Vick:	Yeah. I do it once a year. I throw a party where we make various pickled vegetables in jars. Really, it's just an excuse to have a party.
Phil:	All right. Do you want me to bring anything?

Love affair Idiom

The standard meaning of **love affair** is a mutual love between two people. But, in this episode, Andrew says he has a **love affair** with sweet potatoes. This is a common way for people to say that they really like something.

Here are a couple more examples with **love affair**:

Ryan:	Any plans for the winter vacation?
Julia:	Actually, Kelly and I are going to Universal Studios for a few days.
Ryan:	Really? What draws you there?
Julia:	It's Kelly's never-ending love affair with the Harry Potter series.
Ryan:	Oh, right.

Tina:	Hey, do you want to come out with the girls tonight?
Winnie:	No, that's OK.
Tina:	But we're going to the new place downtown. Do you have better plans?
Winnie:	I do, actually. I was thinking of continuing my love affair with chocolate and red wine, sitting in front of the television.
Tina:	Ha! That's a good love affair to have!



Quiz

1. Is trolling a positive or negative thing to be doing?

- a) positive
- b) negative

2. Which of the following is NOT affected by genes?

- a) your mother
- b) your pet dog
- c) your favourite potted plant
- d) your new generation smartphone

3. Which of the following does the expression love affair relate to?

- a) people
- b) interests
- c) A and B
- d) none of the above

4. Does the verb to pickle apply to non-food items?

- a) yes
- b) no

5. Which of the following is much stronger than the verb to bother?

- a) to inconvenience
- b) to trouble slightly
- c) to hassle
- d) to distract



Writing and Discussion Questions

1. Which do you prefer, fruits or vegetables? Why is that? Which ones do you prefer?
2. Is there a fruit or a vegetable that, even if you eat it 10 times a day, you never get tired of?
3. Many people have mottos regarding eating fruits and vegetables, such as “the greener, the better” or “you should eat many different colours every day.” What rules or mottos do you have regarding fruits and vegetables?
4. What is a fruit or vegetable from your home country that you would miss if you moved to another country?
5. How have your tastes changed over the years? Are there some foods you used to dislike but now eat frequently, and vice versa?

Quiz Answers

1.b 2.d 3.c 4.b 5.c

Episode credits

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