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## **Episode #036**

Food Vocabulary Lesson –  
Eat Healthy at a Restaurant

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Hi, everyone!

I'm Georgiana, founder of [SpeakEnglishPodcast.com](http://SpeakEnglishPodcast.com). My mission is to help YOU to speak English fluently and confidently.

- Today I'll help you to learn new **food vocabulary**, and I'll give you some tips on how to eat healthier when we're eating out.
- Later you'll practice your speaking with a funny mini-story with questions and answers.

As you can see, you can learn English in a fun and effective way, only by listening! Please help me to spread the word by sharing it with your friends and family or by writing a review on iTunes. That means a lot to me. Thanks.

Great! Let's get started!

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Eating out can be a pleasure: someone else cooks for you and brings the hot food to your table, while you have fun with friends or family.

On average, Americans eat out about five times a week.

Sadly, when we eat out, we tend to exaggerate. Curiously some people are self-conscious about what they eat when they're at home, but when they go out, they forget about the consequences.

The other day I listened to a funny joke. A woman was ordering a **slice of cake**, and when she was

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asked if she wanted to take away or eat at the coffee shop, she said that she would prefer eating at the coffee shop because, at home, she was on a diet!!

If we don't order the food wisely, we'll have to face the sad consequences. You'll probably need to buy new clothes again, and who wants to spend money on new clothes? I certainly don't want that!

So, before you order, examine the menu and pay close attention to foods that are **high in fat, sugar, and calories**. You want to avoid foods that are **creamy, crisp, fried, or breaded**.

Instead of choosing this type of dish, you may want to opt for **grilled or steamed foods**. This is usually a healthier cooking method.

Also, instead of ordering **French fries**, replace them with steamed or **grilled veggies**. I usually prefer **grilled vegetables** because they're tastier than **steamed vegetables**. When you're at home, try cooking some **zucchini** or **kale chips** or even **pepper sticks**. These are absolutely delicious! And to make them even yummiier, you could use **seasonings** like **pepper, garlic powder, or cayenne**.

Another way to avoid overeating is to order a **salad** or **soup**. And always order your **salad dressing** separately. You'll see how you will consume fewer calories during the entire meal.

And what if you're in the mood for a **pizza**, but you don't feel like cooking it yourself? Then you could considerably lower the amount of fat by asking the chef to **light the cheese**. Every day, 40 million people across the US eat pizza. It depends on how you eat it; you could ingest a significant number of calories and unnecessary fat.

Let's not forget about the **drinks** you order. Avoid drinking an **alcoholic beverage** or **sweetened tea**. It's much better to drink water with meals. Every time I eat at a restaurant, I prefer drinking **sparkling water** instead of **still water**.

I hope these tips will aid you to eat healthier when you eat out and that you've learned some new food-related vocabulary.

Let's continue with a story with questions and answers!

## **Mini-Story**

**(Practice your Speaking)**

I've prepared a mini-story using all the expressions that I've mentioned in the first part of the episode.

Let's see how it works:

- I'll give you some information. (A phrase or two).
- I'll ask simple questions.
- After each question, there will be some seconds of silence: it's your turn to answer the question!  
Just try to give an easy and short answer, not a complex one.
- After you answer, I'll give you a correct answer.

This process will continue, and little by little, I'll be telling a story using questions and answers.

Let's get started!

**Tom's an overweight middle-aged man who wants to lose weight.**

**Is Tom young, or is he old?**

Tom isn't young, but he isn't old either.

**Is he fit or overweight?**

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No. No. Tom isn't fit. He's overweight.

**Does he want to gain or to lose weight?**

No to gain weight. He wants to lose weight.

**What does he want to lose? His dignity?**

No. No. Not his dignity. He wants to lose weight.

**Does he want to eat a slice of cheesecake?**

He probably wants to eat a slice of cheesecake, but he shouldn't if he's serious about losing weight.

**His dietician tells him that he has to eat a variety of foods but in moderation.**

**Does his dietician prohibit him from eating greens like spinach or kale?**

No. No. His dietician doesn't prohibit him from eating greens. He tells him to eat a variety of foods. He can eat spinach and kale too.

**Can Tom eat any sweets?**

Yes. Tom's dietician says that he can eat a variety of foods so he can also eat sweets.

**Can he order French fries when he eats out?**

Yes, he can. He can order French fries when he eats out but in moderation.

**Does the dietician say to Tom that he should only eat big pieces of homemade pizza?**

No. No. The dietician doesn't say to Tom to eat big pieces of homemade pizza. He tells him to eat foods in moderation.

**When he eats at a restaurant, Tom tries to follow the doctor's advice.**

**When does Tom try to follow the doctor's advice?**

**When eats at a restaurant?**

Yes. Tom tries to follow the doctor's advice when he eats at a restaurant.

**Does Tom order plenty of high-fat dishes when he eats out?**

No. No. Tom doesn't order plenty of high-fat dishes when he eats out.

**Does he want to eat healthy or unhealthy when he goes to a restaurant?**

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Not unhealthy. Tom wants to eat healthy when he goes to a restaurant.

**Whose advice does Tom want to listen to? His friend's advice?**

No. No. Not his friend's advice. He follows his doctor's advice.

**He usually orders all the dishes on the menu but eats only half of each plate.**

**Does he usually order all the dishes on the menu or only half the dishes?**

Tom usually orders all the dishes on the menu. Not only half the dishes.

**Does he usually order all the dishes on the menu or only occasionally?**

Not occasionally. He usually orders all the dishes on the menu.

**He only eats half of each dish. Right?**

Right. He orders all the dishes on the menu, but only eats half of each plate.

**After some time, Tom becomes heavier than ever and doesn't understand why.**

**When does he become heavier than ever?**

After some time, Tom became heavier than ever after some time.

**Who becomes fatter? His cat?**

No. No. Not his cat. It's Tom who becomes fatter than ever.

**Does he understand why he gets heavier than ever?**

No. Tom doesn't understand why he gets heavier than ever.

After all, he did what his doctor recommended him.

Awesome! It's the end of this short story. I hope that you've enjoyed it!

Can you see how many questions you can answer?

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I'll be back with a new episode next week.

Bye! Bye!



*Georgiana*

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