EPISODE 381

Are Pancakes Healthy?

Full transcript · mini-story · vocabulary review

Hi! I'm Georgiana, and I'm back with a new episode. I'm here to help you speak English more easily and with confidence.

If you want to help me, share the podcast with your friends and family. That would make me very happy. Thank you!

Great! Let's start!

Today, I want to talk about something very important.

Pancakes.

Yes. Pancakes.

I'm trying to eat more protein and fewer carbs these days. In English, we often say **low-carb**. That means we try to eat fewer carbohydrates, like sugar, bread, pasta, rice, or white flour.

But there is one little problem.

I love pancakes.

Maybe you understand me. You want to eat healthier, but then you think, "Oh, pancakes would be nice." And suddenly, your healthy plan is in danger.

So today, let's learn some useful English vocabulary about making a healthier pancake. Not a perfect pancake. Not a magic pancake. But a simple pancake with more protein and fewer carbs than a normal pancake.

First, let's look at some useful words.

Protein is something your body needs. You can get protein from eggs, yogurt, meat, fish, cheese, nuts, and protein powder.

Low-carb means low in carbohydrates. A low-carb meal has less sugar and less flour.

Ingredients are the foods you use to make a recipe. For example, eggs, yogurt, banana, and protein powder are ingredients.

Batter is the mixture before you cook the pancake. It is usually soft and liquid.

To flip means to turn the pancake over in the pan. This is the dangerous part. Many pancakes die during this moment.

You want to flip the pancake beautifully, like a chef. But sometimes the pancake breaks and looks like a sad omelet.

That's okay. It still tastes good.

Another useful word is **filling**. If food is filling, it makes you feel full. Protein is usually very filling. That's why a high-protein pancake can be a good breakfast.

Now, here is a simple idea for a protein pancake:

You can use two eggs, a small banana, a little Greek yogurt, and maybe some protein powder or peanut powder. You mix everything and cook it slowly in a pan.

If you add banana, the pancake is not completely low-carb. Bananas have natural sugar. But if you use only a small banana, and you don't add flour or sugar, it can still be a healthier option than regular pancakes.

And here is the most important thing:

Healthy eating doesn't have to be perfect.

Sometimes we think, “If I can’t do it perfectly, I won’t do it at all.”

But that’s not helpful.

Maybe your pancake is not perfect keto. Maybe it has a few more carbs than you planned. But maybe it also has eggs, yogurt, and protein. Maybe it helps you avoid cookies, cereal, or a big piece of cake.

That is still progress.

The same thing happens when you learn English. You don’t need to speak perfectly. You need to practice consistently.

Small steps matter.

A healthier breakfast.
A little more protein.
A little less sugar.
A little more English every day.

That’s how we improve.

Mini-Story

Speaking Practice

Answer the questions aloud with short and quick responses. Repeat the Mini-Story several times to improve your speaking and listening.

Ready? Let’s go!

Zoe wanted to eat more protein and fewer carbs, but she had one serious problem: she loved pancakes.

Zoe, did you want to eat more protein?
Yes. I wanted to eat more protein.

Zoe, did you want to eat more carbs or fewer carbs?
Fewer carbs. I wanted to eat fewer carbs.

Zoe, what was your serious problem?
My serious problem was pancakes. I loved pancakes.

Zoe, did you hate pancakes?
No, I didn’t hate pancakes. I loved pancakes.

Every morning, Zoe looked at her eggs and said, “You are healthy, but you are not pancakes.”

Zoe, what did you look at every morning?
My eggs. I looked at my eggs every morning.

Zoe, were your eggs healthy?
Yes. My eggs were healthy.

Zoe, were your eggs pancakes?
No. My eggs were not pancakes.

Zoe, what did you say to your eggs?
I said, “You are healthy, but you are not pancakes.”

One day, Zoe decided to make a protein pancake with eggs, Greek yogurt, and peanut powder.

Zoe, did you decide to make a cake or a pancake?
A pancake. I decided to make a protein pancake.

Zoe, what kind of pancake did you want to make?
A protein pancake. I wanted to make a protein pancake.

Zoe, did you use eggs?
Yes. I used eggs.

Zoe, what else did you use?
I used Greek yogurt and peanut powder.

Zoe mixed the ingredients in a bowl. The batter looked strange, but Zoe was brave.

Zoe, where did you mix the ingredients?
In a bowl. I mixed the ingredients in a bowl.

Zoe, what is batter?
Batter is the mixture before you cook the pancake.

Zoe, did the batter look perfect or strange?
Strange. The batter looked strange.

Zoe, were you scared or brave?
Brave. I was brave.

Zoe poured the batter into the pan and waited. Suddenly, the pancake started to grow muscles.

Zoe, where did you pour the batter?
Into the pan. I poured the batter into the pan.

Zoe, did you wait?
Yes. I waited.

Zoe, what happened suddenly?
Suddenly, the pancake started to grow muscles.

Zoe, did the pancake grow flowers or muscles?
Muscles. The pancake started to grow muscles.

The pancake stood up in the pan and said, "I have protein. I am powerful."

Zoe, did the pancake stay flat?
No. The pancake didn't stay flat. It stood up in the pan.

Zoe, what did the pancake say?
The pancake said, "I have protein. I am powerful."

Zoe, why was the pancake powerful?
Because it had protein. The pancake was powerful because it had protein.

Zoe, was this a normal pancake?
No. This was not a normal pancake. It was a very powerful protein pancake.

Zoe tried to flip the pancake, but the pancake flipped itself.

Zoe, did you try to flip the pancake?
Yes. I tried to flip the pancake.

Zoe, what does "to flip" mean?
"To flip" means to turn the pancake over.

Zoe, did you flip the pancake?
No. I didn't flip the pancake. The pancake flipped itself.

Zoe, who flipped the pancake?
The pancake flipped itself.

Finally, Zoe ate half of the pancake. It was filling, tasty, and only a little ridiculous.

Zoe, did you eat all of the pancake?
No. I didn't eat all of it. I ate half of the pancake.

Zoe, was the pancake filling?
Yes. It was filling.

Zoe, was it tasty?
Yes. It was tasty.

Zoe, was it a little ridiculous?
Yes. It was a little ridiculous. In fact, it was very ridiculous.

After breakfast, Zoe felt proud. She had eaten more protein, fewer carbs, and one pancake with muscles.

Zoe, how did you feel after breakfast?
Proud. I felt proud after breakfast.

Zoe, had you eaten more protein?
Yes. I had eaten more protein.

Zoe, had you eaten fewer carbs?
Yes. I had eaten fewer carbs.

Zoe, what kind of pancake had you eaten?
A pancake with muscles. I had eaten a protein pancake with muscles.

And that's the end of this mini-story.

Today, you learned some useful words: **protein, low-carb, ingredients, batter, flip, and filling**.

Remember, you don't need to be perfect. Not with food. Not with English.

Thanks for listening, and I'll see you in the next episode.

Review

Vocabulary from This Episode

Review the most useful words and expressions before listening again.

01 **protein** a nutrient your body uses to build and repair tissue.	06 **to flip** to turn food over so the other side can cook.
02 **low-carb** containing fewer carbohydrates than usual.	07 **filling** making you feel full after eating.
03 **carbohydrates / carbs** foods such as sugar, bread, pasta, rice, and flour.	08 **protein powder** a powdered product used to add more protein to food or drinks.
04 **ingredients** the foods or substances used to make a recipe.	09 **pan** a shallow cooking container used on a stove.
05 **batter** the soft or liquid mixture used before cooking a pancake.	10 **healthier option** a choice that is better for your health than another choice.

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