

A Diet Dilemma

A Dialogue

Blake gives his friend Grant advice on losing weight.

Grant: I can't believe this, man. What a drag.

Blake: What's with you?

Grant: Coach Turner just put me on a diet. He said I'm five pounds over my weight class. If I don't shed five pounds, I won't be able to wrestle in the State Tournament.

Blake: So what's the big deal? Lay off the potato chips, jog a few miles and lose the pounds. It's not like you have to lose fifty pounds. Five pounds shouldn't be too hard.

Grant: You don't get it. My Aunt Susan is in town. And man, oh man... she's been cooking up a storm, and if you refuse to eat, she cries.

Blake: Yeah, I remember her. Didn't she just get divorced or something?

Grant: Yeah, and now she's using food to fill the void. Unfortunately, she's making everyone else eat with her. Last night, she made me eat three pieces of apple pie. If I continue at this rate, I'll be as big as a blimp in no time.

Blake: I guess you do have a problem. Of course, you don't want to hurt your aunt's feelings. But you can't let her stop you from making the tournament. You're the best wrestler in your weight class.

Grant: I sure am. But if I don't get out of Aunt Susan's food binge, I'll be wrestling in the sumo weight class in no time.

Blake: Seems to me like you're going to have to tell her to back off, somehow. Just explain the situation to her. I'm sure she'll understand.

Grant: I'm not so sure. She's really into this cooking thing. And I hate to say it, but she's already pretty plump around the waist, too.

Blake: Hey, I got an idea.

Grant: Lemme hear it dude. I'll take anything at this point.

Blake: Your Aunt Susan is cooking to help her cope with the divorce. So if you can't beat her, join her.

Grant: But I'm trying to lose weight, not gain it.

Blake: Shut up and listen. Just tell your Aunt Susan to start cooking healthy, fat free meals, stuff that are low in carbs and high in protein.

Grant: Well, that might work. But Aunt Susan is really into pasta... and the desserts that follow. I don't even wanna know how many calories that apple pie had. ➡

Blake: But surely you can suggest different meals.

Grant: Well, I guess it wouldn't hurt.

Blake: Look, Grant, the team needs you. Either you open your mouth at dinner time and suggest healthy meals... or you can say goodbye to making the State Tournament.

Grant: I know I know... maybe I can check out a cookbook at the library and take it home with me?

Blake: Now you're talking. I'm sure you'll find a way to drop five pounds without hurting your Aunt Susan's feelings. Don't stress out about it. Come on, I'll walk over to the library with you.

B Comprehension

- 1 Grant needs to lose weight in order to _____.
 - a) become healthier
 - b) impress a girl
 - c) compete in a sports competition
- 2 How much weight does Grant need to lose?
 - a) five pounds
 - b) fifteen pounds
 - c) fifty pounds
- 3 Why is Grant eating too much?
 - a) Someone in his family is cooking a lot.
 - b) He is stressed out about school.
 - c) He likes to eat fast food.
- 4 One person causing Grant problems is his _____.
 - a) coach
 - b) aunt
 - c) girlfriend
- 5 What does Blake suggest?
 - a) Grant should become a vegetarian.
 - b) Grant should eat healthier meals.
 - c) Grant should take cooking classes.
- 6 Where do they go at the end of the conversation?
 - a) the supermarket
 - b) the gym
 - c) the library

C Vocabulary

blimp	a type of large, round air vehicle
binge	a time of consuming excessive amounts of something
plump	fat
carbs	carbohydrates
dilemma	a difficult decision between two difficult choices

D Phrases

to shed weight	to lose weight
<i>"I need to shed five pounds to wrestle in the State Tournament."</i>	
to lay off something	to give up something; to stop doing something
<i>"Just lay off the junk food and you'll lose five pounds."</i>	
to make	to get into; to participate
<i>"You shouldn't let your aunt stop you from making the State Tournament."</i>	
to cope with	to deal effectively with something difficult
<i>"She's trying to cope with her divorce by cooking a lot."</i>	
to say goodbye to something	to accept that you will not get what you want
<i>"If you don't lose the five pounds, say goodbye to the State Tournament."</i>	
to check out [a book]	to borrow
<i>"Maybe I'll check out a cookbook about healthy food and give it to her."</i>	
'What a drag.'	"This is annoying."
<i>"Coach Turner just put me on a diet. What a drag."</i>	
"What's with you?"	"What is happening with you?"
<i>"What's with you, Grant? Is something bothering you?"</i>	

Proceed to next page.

"What's the big deal?" "This is not a big problem."

"What's the big deal? Just exercise and you'll lose five pounds."

"You don't get it." "You don't understand."

"You don't get it. My Aunt Susan is here and she's been cooking a lot."

"Back off." "Stop being so aggressive."

*"Maybe you should tell your Aunt Susan to **back off**, somehow."*

"Lemme..." / LEM - mi / "Let me..."

"Lemme think of something to help with your problem."

"Shut up." (informal) "Stop talking."

This is a rather rude expression. In this context, it is used between two close friends.

"I thought you want to help me lose weight, not gain more."

*"Just **shut up** and listen."*

"It wouldn't hurt." "It would be a good idea to try."

"It wouldn't hurt to tell your aunt to cook healthier meals."

"Now you're talking." "Now you're saying the right thing."

"I should go to the library and borrow a cookbook about healthy meals."

"Now you're talking. I'll come with you to the library."

cooking up a storm cooking a lot of food

*"My Aunt Susan is here and she's **cooking up a storm**."*

fill the void feel better after a loss

*"Ever since the divorce, she's been using food to **fill the void**."*

really into very interested in

*"My Aunt Susan has been **really into** cooking these days."*

E Speaking

A delicate situation

Describe a time when you had to resolve a difficult situation and there was danger of hurting someone's feelings. How did you handle it?

Vocabulary Quiz

Put the correct vocabulary in the sentences.

cope with	what a drag	it wouldn't hurt
really into	back off	made
say goodbye to	what's the big deal	what's with you

- 1 My sister _____ the final round of the spelling bee, but she did not win.
- 2 Daniel has been trying to _____ the accident through painting.
- 3 If you don't get your grades up, then _____ your trip to Disneyland.
- 4 I think Bethany doesn't like you, Mike. You should probably _____.
- 5 You've been very quiet today. _____? Is there something bothering you?
- 6 Although I am not _____ action movies, I enjoy watching the *James Bond* movies.
- 7 _____ - I've been photocopying these reports for almost an hour.
- 8 _____ if we come late to the party? It's just a small get-together.
- 9 If you're going to study abroad, _____ if you get an international driver's license.

Answer Key



Comprehension

1) c 2) a 3) a 4) b 5) b 6) c

Vocabulary Quiz

- 1 made
- 2 cope with
- 3 say goodbye to
- 4 back off
- 5 what's with you
- 6 really into
- 7 what a drag
- 8 what's the big deal
- 9 it wouldn't hurt