

Daily Conversation 7
They will work wonders.



Students should answer in complete sentences. Make sure that they understand the questions given.

1. How many meals a day do you eat?

I usually eat

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Your teacher can send you the complete material.

Please ask them to send the complete version of this material before the lesson.

4. Do you engage yourself in some exercises? What motivated you to do this?

I am engage in...

I decided to ...

5. Do you think it's important nowadays to choose the food that you eat? why or why not?

I think... because

6. How do you make sure that the food that you eat is safe?

I make sure by...

Role Play

Read the following conversation with correct pronunciation and diction.

Doug	You don't get much exercise sitting there all day long.
Les	So you spend your leisure time with sports. Did you join any health club ?
Doug	No, I'm afraid that going to bodybuilding centers is too costly. You can keep in good shape just as well on your own. There are various occasions during which you may have a stretch. For instance, at a toilet break, you may stretch out your limbs, turn around your neck, and hop in place for a couple of minutes. They will work wonders , and turn you into a fresh man.
Les	Anything special with your diet then ?
Doug	Nothing, I assure you, as we have the same box lunch every day. But I'm in a habit of taking a 20-minutes stroll after the meal. It is good for digestion.
Les	Yes. An old saying goes like this: "Take a stroll after each meal, and you can live as long as you will."

Make sure that you answer in complete sentences.

Comprehension Questions and Opinions

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5. What do you usually do after you eat?

6. Do you agree that a 20-minute walk after eating your meal is good for digestion? Why or why not?

7. Do you engage yourself in some exercises? Explain why you choose such specific exercise.

HOMEWORK : Choose the BEST meaning for the highlighted words.

revert

- n. a subordinate member of a diplomatic embassy
- v. to stick together
- n. forcible encroachment or trespass
- v. to return, or turn or look back, as toward a former position or the like

manor

- adj. guilty
- adj. caused miraculously or by the immediate exercise of divine power
- n. a person or thing connected with another, usually in some relation of helpfulness
- n. the landed estate of a lord or nobleman

legislate

- adj. foolish
- adj. veracious
- n. the yielding to inclination, passion, desire, or propensity in oneself or another
- v. to make or enact a law or laws

batten

- adj. being in an initial, early, or incomplete stage of development
- n. a narrow strip of wood
- n. a single-colored napped woolen fabric used for table-covers, curtains, etc
- v. to predict

reformer

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- adj. melancholy
- n. misfortune
- n. a servile favorite

disyllable

- n. a philanthropist
- n. a word of two syllables
- n. proverb
- adj. irascible

- n. a demon or monster that was supposed to devour human beings
- n. a brief treatise or essay, usually on a subject of current interest

foresight

- n. provision against harm or need
- n. a piece of bric-a-brac
- n. the intellectual and moral tendencies that characterize any age or epoch
- n. a breaking up of a union of persons