

# Vocabulary

## slow me down

**Meaning:** To make someone move, work, or act more slowly.

**Examples:**

1. I eat light food so it doesn't slow me down.
2. A big lunch would slow me down in the afternoon.

## so for me

**Meaning:** From my point of view; in my opinion or situation.

**Examples:**

1. So for me, eating a salad every day is easier.
2. So for me, exercise is part of a healthy life.

## a little bit

**Meaning:** A small amount; slightly.

**Examples:**

1. My answer might be a little bit boring for you.
2. She's a little bit tired after work.

## keep going

**Meaning:** To continue doing something without stopping.

**Examples:**

1. I eat light lunches so I can keep going at work.
2. She kept going even when she was tired.

## throughout my day

**Meaning:** During the whole day; from morning until night.

## Examples:

1. I try to eat fruits and vegetables throughout my day.
2. I drink water throughout my day to stay hydrated.

## lifestyle

**Meaning:** The way a person lives, including daily habits and choices.

## Examples:

1. She tries to have a healthy lifestyle.
2. Traveling is part of his lifestyle.

Veronica / America 

## What do you usually eat for lunch?

Hello. My name is Veronica, and I'm from the United States. And my question today is, what do you usually eat for lunch?

Well, get ready because my answer might be *a little bit* boring for you. I usually eat the same thing for lunch every day, and it's normally a salad. And the reason why I eat the same thing for lunch every day is because it's a lot easier to do that, plus, I try to have a healthier *lifestyle*.

So for me, if I'm eating a salad at lunch every day, I know that I'm getting the amount of vegetables and fruits that I need *throughout my day*, plus I don't have a lot of time to sit down and actually eat a big meal, *so for me* if I'm able to stop and have something healthy and refreshing, it's not going to *slow me down*. I know that there are a lot of cultures that believe in eating a big meal at lunch. But if I were to eat, say for example, a big steak and a potato, I would need a nap right afterwards, so normally I just have a salad for lunch every day so that I can stay healthy and *keep going*.

## Quiz

1) What does Veronica eat for lunch?

- a) different things
- b) the same thing**

2) Why does she say about her lunch?

- a) It is refreshing.
- b) It is unhealthy.

3) She would not eat steak for lunch because \_\_\_\_\_.

- a) She would need a nap.
- b) She is vegan.

**What is the correct word?** Listen to the audio to hear the answer!

Hello. My name is Veronica, and I'm from the **Unity/United States**. And my question today is, **when/what** do you usually eat for lunch?

Well, get ready **become/because** my answer might be a little bit **boring/bored** for you. I usually eat the **same/some** thing for lunch every day, and it's **normal/normally** a salad. And the reason why I eat the **some/same** thing for lunch every day is because **it's/its** a lot easier to do **that/those**, plus, I try to have a **healthier/health** lifestyle.

So for me, if I'm **eating/eaten** a salad at lunch every day, I **know/now** that I'm getting the **around/amount** of vegetables and fruits that I need **throughout/through** my day, plus I don't have a **let/lot** of time to sit down and **actually/actual** eat a big meal, so for me if I'm able to **step/stop** and have something healthy and **refreshed/refreshing**, it's not going to slow me down. I **know/knew** that there are a lot of **cultures/culture** that believe in eating a big **meal/meals** at lunch. But if I were to eat, **says/say** for example, a big **stake/steak** and a potato, I would need a nap right **afternoon/afterwards**, so normally I just have a salad for **lunch/launch** every day so that I can **stay/state** healthy and **keep/kept** going.

## Vocabulary Quiz

Complete the sentences below with the vocabulary words.  
so for me • throughout • keep going  
slow me down • a little bit

1. I like soccer, \_\_\_\_, practice is fun.
2. The weather is hot \_\_\_\_ the year.
3. I need to \_\_\_\_ despite being tired.
4. Eating a big meal will always \_\_\_\_.
5. Malia's presentation was \_\_\_\_ boring.