

Vocabulary

keep your appetite under control

Meaning: To manage how much you want to eat.

Examples:

1. It's hard to keep my appetite under control at night.
2. She keeps her appetite under control by eating healthy snacks.

sitting in my fridge

Meaning: Already in the fridge and waiting there (not being used).

Examples:

1. I see the food sitting in my fridge and I get hungry.
2. There are leftovers sitting in the fridge from yesterday.

or the world is going to end

Meaning: An exaggeration meaning "it feels very urgent."

Examples:

1. I feel like I need to eat now or the world is going to end.
2. He acts like the world is going to end if he is late.

don't mind

Meaning: To not care; to be okay with something.

Examples:

1. I don't mind what I snack on.
2. Do you mind if I open the window?

as long as

Meaning: If one condition is true; provided that.

Examples:

1. I don't mind what I eat as long as I have a snack.
2. You can go out as long as you finish your homework.

snacks on

Meaning: Eats something as a snack (small food between meals).

Examples:

1. He snacks on chips while watching TV.
2. She snacks on fruit in the afternoon.

distracted

Meaning: Not focused because something takes your attention away.

Examples:

1. When I get distracted, I forget to eat lunch.
2. He was distracted by his phone during class.

not paying attention

Meaning: Not noticing or not focusing on something.

Examples:

1. I miss lunch because I'm not paying attention to the time.
2. He made a mistake because he wasn't paying attention.

other than that

Meaning: Except for that; besides that.

Examples:

1. Other than that, I usually remember to eat.
2. Other than that one problem, everything was fine.

control your appetite

Meaning: To manage how hungry you feel and how much you eat.

Examples:

1. It's hard to control your appetite when you're stressed.
2. Drinking water can help you control your appetite.

Vocabulary Quiz

Complete the sentences with the vocabulary above.

appetite • fridge • mind
long • snacks • distracted

1. I like fruit, and I don't ___ eating it every day.
2. Try to keep your ___ under control.
3. There is soup sitting in my ___ from yesterday.
4. He can go as ___ as he finishes his homework first.
5. She often ___ on chips while watching TV.
6. I missed the bus because I was ___ by my phone.

Maggie / USA 

Is it easy or hard to keep your appetite under control?

Hi, my name is Maggie. I'm from the United States and my question was, is it easy or hard to **keep your appetite under control**?

For me, it depends. First of all, when I wake up in the morning and I walk into the kitchen and look in the fridge and I see all the food that is **sitting in my fridge**, immediately I get so hungry and I feel like I have to eat at that moment **or the world is going to end** if I do not eat right then. I also really like to snack and I really **don't mind** what I'm eating **as long as** I have something for a snack. The only thing I don't like is coconut, but I don't really know anyone who just **snacks on** coconut for fun. So that's okay. Whatever snack that I'm eating is perfect. However, sometimes when I'm working and I get **distracted**, I feel like I will forget to eat lunch sometimes just because I'm working and I'm **not paying attention** to the time.

But **other than that**, most of the time I definitely remember to eat because I'm hungry. So I'm curious, is it hard or easy for you to **control your appetite**?

Quiz

Answer the following questions about the interview.

1) When does she feel hungry?

a) in the morning

b) at night

2) What food does she dislike?

a) coconut

b) chocolate

3) Why does she forget lunch?

a) she is working

b) she is sleeping

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

Hi, my name is Maggie. I'm **from/in** the United States, and my question **was/want**, is it easy or hard to **kept/keep** your appetite under **control/controls**?

For me, it **depends/depend**. First of all, when I **wake/wait** up in the morning and I walk **at/into** the kitchen and look **in/on** the fridge and I see all the food that is **sitting/seating** in my fridge, **immediate/immediately** I get so hungry, and I feel like I have to eat **on/at** that moment or the world is going to **and/end** if I do not eat right then. I also really like to **snack/sneak**, and I really don't mind what I'm eating as **length//long** as I have something for a snack. The only thing I don't like **as/is** coconut, but I don't really **no/know** anyone who just snacks on coconut for **funny/fun**. So that's okay. Whatever snack that I'm eating is **perfect/perfection**. However, sometimes when I'm working and I get **distracted/distraction**, I feel like I will forget to eat lunch **somewhere/sometimes** just because I'm **working/works** and I'm not paying **attention/attended** to the time.

But other than **that/then**, most of the time I **definitely/definite** remember to eat **before/because** I'm hungry. So I'm **curiously/curious**, is it hard or easy for you to control **you're/your** appetite?