Set #1: The Best of Both Worlds

Dialogue

Jerry: My friend Tommy eats like a horse but still doesn't gain any weight, despite getting on in years.
Linda: Lucky guy. I eat like a bird but still have to watch my weight. I do try to spice things up though with different kinds of salads and things like that.
Jerry: Tough break! I generally eat whatever I want but my wife can tell when I start to eat too much junk food!
Linda: Ideally, I'd have the best of both worlds. I could eat junk food but also not gain weight. It's not my fate though!

Vocabulary

The best of both worlds: Getting the benefits of two things at the same time. For example, having children but being able to afford a full-time nanny.
Spice things up: To make things more interesting or exciting.
Eat like a bird: To eat very little.
Eats like a horse: To eat a lot.
Getting on in years: Becoming older.
Tough break: When something unlucky or bad happens.
Junk food: Unhealthy food. For example, potato chips, fast food or candy.
Watch my weight: Gaining weight easily and having to be careful about what you eat.
Fate: Something that happens over which you have no control.
Exercise

Fill in the blanks with the correct phrase or idiom

1. She _____ but she's still so skinny.
2. I love to eat _____, especially while I'm watching TV.
3. I appreciate the fact that my teacher is trying to _____ a little bit but it comes across badly.
4. My doctor said that I have to _____.
5. Having grandchildren but not having to watch them all the time is _____.
6. I'm worried about my mom. She _____ these days.
7. The ball deflected in off the defence. What a _____.
8. My dad is _____ and may have to go to a care home.
9. My son thinks it's his _____ to take over the family business. But I do think he has a choice in this.

Answers:

1. eats like a horse
2. junk food
3. spice things up
4. watch my weight
5. the best of both worlds
6. eats like a bird
7. tough break
8. getting on in years
9. fate