

## 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