

SZALAI NÓRI BEMUTATJA:

**L2U6**  
**Martha**  
**did it!**  
**Martha megcsinálta!**

Level 2 - Unit 6

Szalai Nóra  
**5perc Angol** magazin



**EBBEN A  
LECKÉBEN  
MEGTANULJUK A  
KÖVETKEZŐKET:**



***Szókincs***

egészség, fitnessz, sport, fogyókúra



***Nyelvtan***

used to



***Társalgás***

beszélgetés egészségről, fogyókúra, életmód, étrend

# MARTHA DID IT!



Martha tried a lot of diets, but nothing **helped her lose weight**. She was so **overweight** that she couldn't buy clothes in normal shops, she couldn't move quickly and easily, she couldn't even do the housework **properly**. When last year her first grandchild was born, she decided to start a very **strict diet** because she wanted to be able to play with the little girl. Thanks to her **stamina**, she lost almost 30 kilograms and **dropped several dress sizes**. Losing the weight made a big difference to her daily life. Martha sent her success story to a fitness magazine, and now a reporter is talking to her.



# MARTHA DID IT!



Reporter: Congratulations Martha! You look wonderful!

Martha: Thank you! It was a big challenge, but I did it!

Reporter: Tell us something about the time, when you were overweight!

Martha: First of all, I was not only overweight, I was fat!

Reporter: What was your worst eating habit?

Martha: I didn't use to eat big meals, but every meal was rubbish and fattening. I also used to snack a lot between meals. Actually, I was snacking all the time.

Reporter: What did you use to snack on?

Martha: I love chocolate and I used to have two or three bars in my handbag. I used to nibble on peanuts and crisps, too.

Reporter: What did you use to have for breakfast? And what do you have now?

Martha: I used to have bacon and eggs with some slices of bread. White bread, of course. Now I have a slice of wholemeal toast with peanut butter and a banana.

Reporter: What about lunch?

Martha: I used to eat out, mostly in fast-food restaurants.

Reporter: Well, that's not a healthy choice!

Martha: Not really! I used to have junk food, like hamburgers and fries. Now I usually have some chicken with a big bowl of salad.

Reporter: ... and what did you use to eat for dinner?

Martha: I used to eat a lot for dinner, too. I used to have steaks with potato and greasy sauces. I used to drink a couple of glasses of wine, too. Now, I generally have fish with steamed vegetables for dinner, and sometimes have one glass of dry wine.

Reporter: How did your life change?

Martha: I now have more clothing shops to choose from. I can walk much faster, my self-confidence grew and also my mental energy increased a lot. I can do all the household tasks and what is most important, I can play with my granddaughter all day long!

Reporter: What about your health conditions?

Martha: According to my doctor my health improved a lot. He is also delighted with my results.

Reporter: How can you maintain your weight loss?

Martha: I automatically check the fat and calorie count of everything I eat, and stick to the recommended calorie intake and I go jogging five times a week.



# MARTHA DID IT!



to help sb do sth - segíteni vkinek csinálni vmit  
overweight - túlsúlyos  
properly - megfelelően, rendesen  
strict diet - szigorú diéta  
stamina - kitartás  
to drop a dress size - leadni egy ruhaméretet  
several - számos  
challenge - kihívás  
eating habit - étkezési szokás  
rubbish - szemét, itt: rossz minőségű étel  
fattening - hizlaló  
to snack on - nassolni valamit  
to nibble on - majszolni valamit  
wholemeal - teljes kiőrlésű  
peanut butter - mogyoróvaj  
healthy choice - egészséges választás  
junk food - gyorséttermi étel  
greasy sauce - zsíros mártás/szószt  
steamed vegetables - párolt zöldség  
mental energy - szellemi energia  
to increase - növelni, növekedni  
task - feladat  
health condition - egészségügyi állapot  
to improve - fejlődni, fejleszteni  
to be delighted with - elégedettnek lenni valamivel  
result - eredmény  
to maintain - megtartani/fenntartani valamit  
to stick to - ragaszkodni valamihez  
recommended - ajánlott  
calorie intake - kalóriabevitel



# DIET DOS AND DON'TS

When you are on a diet, there are rules you have to follow, otherwise you won't lose any weight! Let's see some of these rules!

1. Change your eating habits!
2. Don't diet! Make a permanent change in your lifestyle!
3. Limit, but don't cut out high fat foods!
4. Eat more frequently!
5. Eat 4 or 5 smaller meals a day! Digesting burns a lot of calories, so eat more often and burn more calories!
6. Never eat before bed! Have your last meal at least 2 hours before bed.
7. Eat slowly.
8. Eat foods that take a lot of energy to burn: these include most vegetables and proteins sources such as meat.
9. Weight loss diets are not easy, so give yourself a break sometimes!
10. Plan one day ahead when you can eat whatever you want.



# FOOD vs FOODS

Jogos a kérdés, hiszen azt tanultuk, hogy a food szó ételt jelent, viszont megszámlálhatatlan, így nem is lehet többes számba tenni. Az igazság az, hogy a food szó kétféle jelentéssel bír. Ha élelmiszerre, mint átfogó gyűjtőnévre értjük, akkor megszámlálhatatlan. Ha élelmiszer fajtára vagy típusra értjük akkor lehet megszámlálható, így többes számba is tehetjük.



# WHAT DID YOU EAT YESTERDAY?



## What did you eat yesterday?

Sarah is a 23 year-old student from Cambridge. She is talking about her daily diet to a dietician to know if she eats properly or not. Brian Stewart is a nutritional expert; he helps her chose healthy food.

## Sarah's food diary

### BREAKFAST

"I had a croissant with jam and butter then a cup of coffee latte."

The expert's opinion: "Michelle's diet today is too high in fat. To cut down on fat, she should have her coffee with low-fat milk. Instead of having a croissant with jam and butter, she should have a roll with ham, low-fat cheese and some slices of cucumber and tomato."

### LUNCH

"I didn't feel well, so I only had a bowl of home-made chicken noodle soup."

The expert's opinion:

"A good bowl of home-made chicken soup helps relieve colds and makes people feel better in general, so it's always a good choice. Michelle is low on fruit and vegetables, so I suggest a bowl of salad after the soup"



# WHAT DID YOU EAT YESTERDAY?



## SNACKS

“I got a box of chocolates last week for my birthday and I had a couple of them. They are so delicious! In the afternoon I also had a handful of crisps.”

The expert’s opinion:

“One or two chocolates are fine as a treat but too not too many. Crisps can be fine, too but not after chocolates as they’re very high in fat and salt. Instead of crisps she should go for an apple.”

## DINNER

“When I got home from school I didn’t feel like cooking so I ordered a pizza.”

The expert’s opinion:

“Pizzas are also very high in fat and there are plenty of quick meals that are much lower in calories and fat, for example a chicken and vegetable pie.



# WHAT DID YOU EAT YESTERDAY?



dietician - dietetikus  
nutritional expert - táplálkozási szakember  
opinion - vélemény  
to be high in ... - magas a ... tartalma  
to cut down on - lecsökkenteni valamit  
instead of - valami helyett  
home-made - házi készítésű  
to relieve - enyhíteni, segíteni  
to be low on - keveset fogyasztani valamiből  
to suggest - javasolni, tanácsolni  
a handful of - egy maréknyi ...  
crisps - chips, rágcsálnivaló  
to go for something - valamit választani



# GOING TO THE GYM



If you want to look good on the beach or lose weight a gym membership can be a solution. Here is a short guide to help you choose the right gym.

In a gym you can run, cycle, row, cross country ski, swim or take an exercise class. If you want to tone or build your body there are weight machines and free weights.

When you are ready with your workout, relax in the spa or in the Jacuzzi. You can also have a massage or a beauty treatment.

to lose weight súlyt - leadni, fogyni

gym membership - konditerem bérlet

solution - megoldás

guide - útmutató

to row - evezni

to cross country ski - sí futni

free weight - kézi súlyzó

workout - edzés

spa - gyógyfürdő, fürdő

beauty treatment - kozmetikai kezelés



# GOING TO THE GYM

**stepper**  
taposógép

**rowing machine**  
evezőpad

**treadmill**  
futógép

**exercise bike**  
szobakerékpár

**elliptical/elliptic trainer**  
ellipszis tréner

**gym bench, weights, bar**  
edző pad, súlyok, súlyzó rúd

**exercise mat, rubber band, dumb bells, fitness ball**  
fitnesz szőnyeg/matrac, gumikötél, kézi súlyzók, fitnesz labda



# CHATTING AT THE GYM



Man: Wow, this was a great spinning class!

Woman: Yes, I like coming here very much! Do you do any other sports?

Man: Yes, I play tennis once a week and I like swimming, too.

Woman: You must be very fit! I don't do many sports. I like coming here three times a week to keep fit, but that's all.

Man: Listen, I have an idea! Why don't you come and play tennis with me?

Woman: Oh, I can't play tennis!

Man: It's not difficult. You can learn it easily! Tennis is a great sport!

Woman: All right. I'll give it a try.

Man: How about Friday?

Woman: Okay. It sounds good for me.

Man: Let's meet here and go together. It's just a short walk from here.

Woman: Well, then see you on Friday!



# CHATTING AT THE GYM



## IMPORTANT PHRASES

This was a great ...! – Remek volt ez a/az ...!  
You must be very fit! – Nagyon fitt lehetsz!  
That's all. – Ez minden.  
I have an idea! – Van egy ötletem.  
Why don't you come with me? – Miért nem jössz velem?  
It's not difficult. – Nem nehéz.  
You can learn it easily. – Könnyedén megtanulhatod.  
All right. – Rendben van.  
I'll give it a try. – Megpróbálom.  
How about ...? – Mit szólnál ...-hoz/-hez/-höz?  
It sounds good for me. – Nekem jól hangzik.  
Let's meet here. – Találkozzunk itt.  
It's just a short walk from here. – Csak egy rövid sétára van innen.

## IMPORTANT WORDS

spinning class – spinning óra  
to do sports – sportolni  
be fit – fittnek lenni  
to keep fit – formában maradni, jó formában lenni  
to have an idea – valakinek van egy ötlete



# THE TRAINER'S ADVICE

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Katie: Hello, my name is Jane, and I'd like to ask you a few questions about getting fit.

Trainer: Hi, Jane! What can I do for you?

Katie: I think I'm a bit overweight. I'd like to get in shape for my wedding.

Trainer: You're in the right place! Did you do any sports before?

Katie: No, unfortunately I didn't.

Trainer: Which type of exercise do you enjoy doing?

Katie: I like aerobics, and I also like the stepper.

Trainer: How often can you work out?

Katie: Twice a week, maybe three times.

Trainer: Why don't we start with an aerobics class?

Katie: It sounds fine to me.

Trainer: You'll need to start slowly because you didn't do any sport before.

Katie: What kind of equipment do I need?

Trainer: Just a pair of comfortable trainers. And don't forget to join the Fitness Club.

You'll need your membership card to enter the class.

Katie: Of course! Thank you very much!



# THE TRAINER'S ADVICE

## IMPORTANT PHRASES

I'd like to ask you a few questions about ... . – Szeretnék néhány kérdést feltenni a/az ...-val/-ve kapcsolatban.

What can I do for you? – Mit tehetek önért?

I'd like to get in shape. – Szeretnék formába jönni.

You're in the right place. – Jó helyen jár./Pont jó helyen van.

How often can you ... ? – Milyen gyakran tud ...?

It sounds fine to me. – Nekem jól hangzik.

What kind of equipment do I need? – Milyen felszerelésre less szükségem?

Don't forget to ... . – Ne felejtse el ... .

Of course! - Természetesen.



# THE TRAINER'S ADVICE

## IMPORTANT WORDS

to ask a question about – feltenni egy kérdést valamivel kapcsolatban

to get fit – formába jönni

overweight – túlsúlyos

to get in shape – formába lendülni

exercise – gyakorlat, testmozgás

to enjoy doing something – élvez csinálni valamit

stepper – taposógép

equipment – felszerelés

comfortable – kényelmes

trainers – edzőcipő

membership card – tagsági igazolvány

to enter ... – belépni/bemenni valahova

