

- Read the dialogues below to see how English is used in everyday situations.
- Look at the tips for the dos and don'ts of social English.
- Study the vocabulary lists and learn useful words and phrases.
- Complete the exercises and test your language knowledge.
- Pull out this page and use it as a reference tool and learning aid.

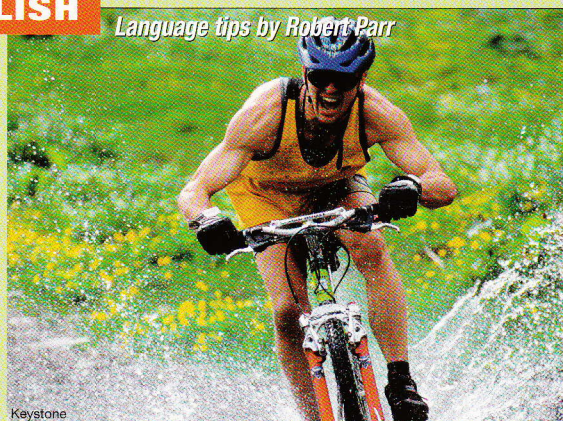
LANGUAGE

EVERYDAY ENGLISH

Language tips by Robert Parr



Listen to exercises on keeping fit on our CD/cassette



Keystone

Keeping fit

Being fit is not the same as being healthy. If you want to be fit, you have to follow a regular training programme so you can improve your strength, power and endurance. You also have to watch what you eat.

1. Any more excuses?

Alice is talking to Carol about getting some exercise.

Alice: Why don't you set your alarm clock earlier and train before breakfast?

Carol: No, I'm not an **early bird**. I need my lie-in.

Alice: I don't **blame** you. Well, why not cycle more? Cycle to work, for example.

Carol: Then I'll need all the **kit**: gloves, a cape, a lock.

Alice: Come on! It won't cost you a fortune.

Carol: OK, but then I'll get to the office all sticky and sweaty. And I'll be breathing in all those **fumes**.

Alice: Any more **excuses**?

Tips!

- An "early bird" is somebody who gets up early and/or does something before other people do. The words come from the expression "The early bird catches the worm".
- The English "blame" and the German *blamieren* are false friends. *Er hat sich blamiert* is "He made a fool of himself" in English. Here, "I don't blame you" means *Das kann ich gut verstehen*.
- In Britain, the word "kit" usually refers to the clothes and equipment you need for a sport.
- The noun "excuse" (*Ausrede*) is pronounced [ɪk'skju:z], while the verb is pronounced [ɪk'skju:z].

fumes [fju:mz]

Auspuffgase

2. Hunky-dory

Robin and Darren have gone into the Internet to find out more about body mass index (BMI).

Robin: So how does it work?

Darren: You divide your weight by your height **squared**.

Robin: But not in my head! The computer can do that.

Darren: OK. Metric or **imperial**?

Robin: Metric. **My height is** 1.78, weight 74.

Darren: **Here we go!** "Your BMI result is 23.4."

Robin: Do I get a prize?

Darren: Hardly. It's between 18.5 and 25, so everything's **hunky-dory**. You're not underweight and you're not overweight.

Tips!

- Imperial measurements express weight in pounds, length in feet and volume in pints.
- Robin says "My height is 1.78", because he's reading what he can see on the screen. Normally people in Britain would say: "I'm one seventy-eight" or "I'm five foot/five feet ten."
- Darren says, "Here we go!", because he can see that the computer has calculated Robin's BMI.
- If a situation is "hunky-dory", it's good, because there are no problems. This informal adjective cannot be used before a noun.

squared [skweəd]

im Quadrat

3. That's torture!

Laura is reading from a book called *Eating for Energy*.

Laura: It says here: no **chocolate**, no **biscuits**, no butter.

Susan: So what *can* you eat?

Laura: **Fruit** and **vegetables**. **Wholemeal** bread. Pasta.

Susan: And that's what they call a balanced **diet**?

Laura: Well, it's about energy, and energy comes from glucose. And glucose comes from **carbohydrates**.

Susan: But biscuits give you energy, don't they?

Laura: Yes, but that comes from fatty carbohydrates with a lot more calories.

Tips!

- Be careful with the pronunciation of "chocolate" [ˈtʃɒklət], "biscuits" [ˈbɪskɪts] and "vegetables" [ˈvedʒtəbəlz].
- "Fruit" is often used in an uncountable sense: "Eat plenty of fresh fruit." In a countable sense, the plural is formed with an "s": "This juice is made from different fruits."
- The word "diet" has two main meanings. It can mean the food you eat every day: "It's important to have vitamins and minerals in your diet." But it can also mean a limited amount or kind of food: "She's always on a diet."

carbohydrates [ˌkɑ:bəu'hɑdreɪts]

Kohlehydrate

wholemeal [ˈhəʊlmi:l] UK

Vollkorn-

LANGUAGE

Language tips to pull out and keep

EVERYDAY ENGLISH

4. Chill out, Mum!

Amy is talking to her 15-year-old son, Mike.

Amy: You need to get some exercise. You're looking **pale**.

Mike: **Don't hassle me**, Mum! I'm fine. Anyway, I do get exercise. I **do sport** every week.

Amy: "Armchair" sport, **slouched** in front of the TV! Don't you want to get fit?

Mike: I am fit. I just don't want **bulging muscles** like some brainless bodybuilder.

Amy: What about a team sport? It'd be a chance to make some new friends.

Mike: I've got loads of friends. **Chill out**, Mum!

Tips!

- "Don't hassle me!" is an informal way of saying "Stop getting on my nerves!"
- The noun "sport" combines with the verb "do", not "make": "I enjoyed doing sport at school."
- In Britain, "sport" is used as an uncountable noun to talk about physical activity in general. In the US, it is used as a countable noun in this sense: "He likes watching sports on TV."

bulging muscles [ˌbʌldʒɪŋ ˈmʌsəlz]	Muskelpakete
chill out! [tʃɪl ˈaʊt] <i>ifml.</i>	beruhig dich!
pale [peɪl]	blass
slouch [slaʊtʃ]	hängen

5. Get a whatsit!

Chris wants to **take up** running. Stuart is giving him some advice.

Stuart: So, have you got a **decent** pair of running shoes?

Chris: Well, **put it this way**: they're OK to start with.

Stuart: And then I'd get a **whatsit** to measure your heart-beat.

Chris: In case I **collapse**?

Stuart: No, no. It's just a **strap** round your chest and a watch to make sure you don't run too quickly.

Chris: I don't think there's much chance of that.

Stuart: You'd be surprised. It's the most common mistake people make.

Tips!

- The adjective "decent" is a common word in spoken English. Here, it means "good": "Are there any decent pubs around here?" It can also mean honest and fair: "It was very decent of you to pay for us."
- "Put it this way" is a fixed expression. You use it to show that you are going to say something which sounds more positive than it really is. Here, Stuart doesn't have a good pair of running shoes.
- "Whatsit" is used when you can't remember a word.

collapse [kəˈlæps]	zusammenbrechen
strap [stræp]	Gurt
take sth. up [teɪk ˈʌp]	mit etw. (als Hobby) anfangen

Spotlight 9/05

EXERCISES

1. Which word is it in scene 1? The first letter is given.

- cars and lorries produce them: **f**_____
- when you stay in bed longer than usual, you have one: **i**_____
- physical activity: **e**_____
- clothes and equipment for sport: **k**_____

3. Which words have two syllables when they are pronounced? Which has three?

biscuits • chocolate • diet • glucose • vegetables

5. Match a verb to a noun phrase.

- | | |
|------------------|----------------------|
| a) calculate ... | a diet |
| b) do ... | your alarm clock |
| c) go on ... | new friends |
| d) make ... | sport |
| e) measure ... | your body mass index |
| f) set ... | your heartbeat |

2. Which words in each row rhyme?

- bird • card • word
- height • light • night
- fight • plate • weight
- cape • harp • grape

4. Which words does Mike use instead of the words in green?

- Don't **annoy** me, Mum! _____
- I don't want **big** muscles like a brainless body-builder. _____
- I've got **lots** of friends. _____
- Relax**, Mum! _____

plus For a further exercise relating to this topic, see **Spotlight plus 9-10/2005**