**Chapter12饮食健康**

I'm trying to lose weight我正在减肥

It’s my treat我请客

Dinner=supper

Snake蛇 snack小吃 注意发音

外卖 takeaway /delivery food

Lay the table摆桌子

Pop the kettle on=i’m going to make some tea

tomato两个读音

The small little thing mushroomed into a big problem.

Business has mushroomed.

It has gone pear-shaped不好的

Beefy adj.肌肉发达的

Beef up

Porky=a little bit fat

Upset stomach拉肚子

Key/crucial ingredient重要原料

Grind v努力