



English Vocabulary Booster

Episode 1

The podcasts that boosts your English vocabulary and makes you sounds like a native.

Food

Mouth-watering
Hearty breakfast
Light meal
Spoil someone's appetite
Food poisoning

Last week, Josh and I came back from our trip! We had so much fun. We were very lucky with the weather and the place was amazing! And the food! The food was **mouth-watering**! Well, for the most part... The thing is, normally, both Josh and I have a **hearty breakfast** to keep us full until lunchtime. But on one of the last days, we woke up pretty late. We had reservations at a restaurant at 12pm so we decided to simply have a **light meal** so it wouldn't **spoil our appetite**. We started looking for a place to eat something quick in the area but we couldn't find anything open. We looked for about 30 minutes when we finally found a little grocery shop . We went in and bought two sandwiches. Honestly, they didn't look great and they tasted even worse but we ate them anyway. Well, I don't know what was wrong with them, perhaps they were expired or something, but after a few hours both Josh and I started feeling really sick and really nauseous. We didn't think it was anything serious at first but it kept getting worse and worse. In the end, we realized we had gotten **food poisoning** and couldn't leave our hotel room for two full days! That was the worst!



Mouth-watering - The soups especially, they were mouth-watering!

- Why does your mouth sometimes water when looking at food? Because the food looks really good or really disgusting?
- Can you think of a mouth-watering dish?

Hearty meal - Both Josh and I usually have a hearty breakfast to keep us full.

- Does a hearty meal involve large or small portions of food? How do you feel after eating a hearty meal? Satisfied or dissatisfied?
- What do you think a hearty breakfast looks like?
- Do you have a hearty breakfast?

Light meal - We simply decided to have a light meal.

- A light meal is normally big or small?
- Does a light meal normally include fatty or fried food?
- What is an example of a light meal?

Spoil (someone's) appetite - So it wouldn't spoil our appetite.

- If you have eaten something that spoiled your appetite, are you more or less hungry than before?
- If you are hungry but you don't want to spoil your appetite, what should you have? A piece of fruit or a burger?
- If you snack in between meals, does that spoil your appetite?

Food poisoning - We had gotten food poisoning.

- What symptoms are usually associated with food poisoning? Leg pain, having to go to the bathroom or nausea?
- Can you get food poisoning from drinking something harmful?
- How can you store food so that it won't give you food poisoning?

