

Dieting ;)

Task 1. Have you ever tried to lose weight? Is it easy? Discuss.

Task 2. Match the words/phrases in column A with their meanings in B.

A	B
1. fudge	a. to make sb want to do sth they shouldn't do
2. cut down	b. self-discipline
3. tempt	c. diarrhoea (
4. in the zone	d. to eat or drink less
5. willpower	e. 14 pounds (lb) = 6.3 kilograms (kg)
6. a stone (st)	f. in a state of full concentration
7. dysentery	g. sth soft and sweet which is made from sugar, butter, and milk
8. have a guess!	h. to give an answer without knowing all the facts

Convert the following into kilograms. You can calculate yourself or use an online converter e.g. at <http://www.csgnetwork.com/directwtlb2stone2kgcv.html>¹ :

A stone and a half = _____ kilograms

10 pounds = _____ kilograms

2 pounds = _____ kilograms

Task 3. Translate the Polish fragments. Then compare your work with a partner.

To jest ciasto?

Tak, tort Sary.

Tak myślałam, że to ciasto.

Pycha.

Czy wszyscy jedzą ciasto? [...] Well, is it chocolate-and-butter cream?

Chocolate fudge.

Chocolate fudge cake... uwielbiałam takie...

Hmm?

¹ Online converter <http://www.csgnetwork.com/directwtlb2stone2kgcv.html> (access date 13.09.2012)

Mówię, że takie uwielbiałam...

Sorry, mogę sobie skończyć this e-mail?

I'm not having any cake. **Ograniczam się.**

Sorry, do you want me to move it? Nie chciałam cię kusić.

No, no, no, **w porządku, w porządku**, because I'm in the zone. And when I'm in the zone, I'm in the zone.

God, you're lucky. Ja nie mam silnej woli.

I've been really strict with myself **od zeszłego poniedziałku.**

Dobra robota!

It's just dropping off.

Fajnie masz!

Zgadnij, ile schudłam.

Oh...

Ile schudłam od zeszłego poniedziałku?

Nie mam pojęcia.

O.K., **strzelaj!**

I don't know.

Come on, look at me. **Strzelaj!**

Well, I don't think you needed to lose any weight.

Boring! Whatever! How much? Just guess!

Trudno powiedzieć.

Nie denerwuj mnie, just guess! Ile schudłam?!

Wolałabym nie.

Just guess!

Stone and a half?

A stone and a half, a stone and a half ...**w tydzień?**

Oh yeah, of course, 10 pounds?

10 pounds? I haven't got dysentery! Come on!

5 pounds?

Dobra, nieważne.

3...3 pounds...zrzuciłaś 3 pounds.

Zrzuciłam 2 pounds.

Dobry początek!

Yes, it is.

Tak trzymaj!

[:) :) :) sth is happening..... :) :) :)]

Zadowolona ?!!!!

Task 4. Now watch and check:

https://www.youtube.com/watch?v=3f5k_3jiZII²

Task 5. Act out the dialogue in pairs.

² Chocolate Fudge Cake - Catherine Tate Show - BBC by BBC Comedy Greats
https://www.youtube.com/watch?v=3f5k_3jiZII (access date 14.09.2012)

The key to Task 1:

1. g
2. d
3. a
4. f
5. b
6. e
7. c
8. h

A stone and a half = 9.5 kilograms

10 pounds = 4.5 kilograms

2 pounds = 0.9 kilograms

The key to Task 2:

To jest ciasto? Is that cake?

Tak, tort Sary. Yes, Sarah's birthday cake.

Tak myślałam, że to ciasto. I thought that was cake.

Pycha. It's lovely.

Czy wszyscy jedzą ciasto? Is everyone having cake? [...] Well, is it chocolate-and-butter cream?

Chocolate fudge.

Chocolate fudge cake... **uwielbiałam takie... I used to love that...**

Hmm?

Mówię, że takie uwielbiałam... I said I used to love that...

Sorry, mogę sobie skończyć do you mind if I just finish this e-mail?

I'm not having any cake. **Ograniczam się. I'm cutting down.**

Sorry, do you want me to move it? Nie chciałam cię kusić. I didn't mean to tempt you.

No, no, no, **w porządku, w porządku, it's fine, it's fine** because I'm in the zone. And when I'm in the zone, I'm in the zone.

God, you're lucky. Ja nie mam silnej woli. I haven't got any willpower.

I've been really strict with myself **od zeszłego poniedziałku. since last Monday.**

Dobra robota! Well done!

It's just dropping off.

Fajnie masz! Good for you.

Zgadnij, ile schudłam. Guess how much weight I've lost.

Oh...

**Ile schudłam od zeszłego poniedziałku?
How much weight have I lost since last Monday?**

Nie mam pojęcia. I've no idea.

O.K., **strzelaj! have a guess!**

I don't know.

Come on, look at me. **Strzelaj! Have a guess!**

Well, I don't think you needed to lose any weight.

Boring! Whatever! How much? Just guess!

Trudno powiedzieć. It's difficult to say.

Nie denerwuj mnie Don't be annoying , just guess! **Ile schudłam How much weight've I lost?!**
Wolałabym nie. I wouldn't like to.

Just guess!

Stone and a half?

A stone and a half, a stone and a half ...**w tydzień in a week?**

Oh yeah, of course, 10 pounds?

10 pounds? I haven't got dysentery! Come on!

5 pounds?

Dobra, nieważne Right, forget it.

3...3 pounds...zrzuciłaś you've lost 3 pounds.

Zrzuciłam 2 pounds I've lost 2 pounds.

Dobry początek That's a good start!

Yes, it is.

Tak trzymaj Keep up the good work!

[(:) :) :) sth is happening..... :) :) :)]

Zadowolona Happy now?!!!!