

# Premier Skills English

## How to eat like a Premier League footballer Transcript

Jack: You know that my sister's getting married in September?

Rich: No, I didn't. Congratulations! Where is the wedding?

Jack: In Dubai.

Rich: Fantastic! A wedding and a holiday. What's wrong?

Jack: Well I tried to put my suit on. I haven't worn it in ages.

Rich: Oh dear! A few too many burgers?

Jack: I can't do the trousers up.

Rich: Ha ha ha

Jack: Don't laugh!

### Welcome - How to eat like a Premier League footballer?

Rich: Hello my name's Rich

Jack: and I'm Jack

Rich: and welcome to this week's Premier Skills English podcast

Jack: Where we talk about football and help you with your English.

Jack: What's happening this week, Rich?

Rich: In this week's podcast, we're talking about health and diet. We're going to look at lots of words and phrases connected with health and diet including some tricky phrasal verbs.

Jack: And we're focusing on what makes a healthy diet.

Rich: Premier League footballers need to have a really healthy diet so they get everything they need for strength, speed and stamina.

Jack: In the lesson below, there are some activities about the food Premier League footballers eat.

Rich: Do you think you eat like a Premier League footballer?

Jack: Hmm, probably not. In this podcast, we're going to speak about my diet and how I can eat more healthily and lose some weight so I can get into my suit for my sister's wedding!

Rich: And we'll ask you about your diet and talk about what you need to do if you want to eat more like a footballer in the Premier League

Jack: And we've got a new competition.

Rich: Yes, we do. You could win some football kit from your favourite Premier League team. Shirt, shorts, scarf and socks!

Jack: More about the competition later.

### Topic Focus

Rich: Great news about your sister, Jack. A wedding in Dubai - that sounds exciting.

Jack: Yes, yes it is, but I need to lose some weight for the wedding. I'm getting fat.

Rich: (encouraging) You might have put on weight - I mean, a few kilos recently but no, I wouldn't say fat. Maybe you're big boned. OK, maybe a little overweight but you can do something about it. You've got a few months to lose a few kilos!

Jack: Thanks. I want to look good in the wedding photos, I need to be able to get into my suit and the wedding will be on the beach. I've taken up running joined the gym.

Rich: That's great. Sport and exercise is always good but I think a balanced diet is the key thing.

Jack: Less cake?

Rich: Yes, less cake!

Jack: Pies?

Rich: Cut down on the pies.

Jack: Beer?

Rich: In moderation... Not too much.

Jack: Hmmmm!

Rich: You've got three months until the big day so there is lots you can do. What's your diet like?

Jack: Well, like any Englishman, I like a good English breakfast... er... fish and chips... I love pizza... some fast food... snacks and beer.

Rich: English breakfast - cut that out not even at weekends - it might have a bit of protein but way too much fat - it's not healthy. Maybe try some porridge or a banana - go for some fibre - something that will fill you up and stop you snacking later on.

Jack: But I love bacon and eggs - I could go for a run and that would burn a few calories, right?

Rich: Yes, but nowhere near enough. Diet is so much more important to lose weight. A one hour run might burn 400 calories - you'd have to run for 2 hours just to burn off your breakfast. How many hours can you run in a day?

Jack: And I should cut down on fast food?

Rich: Not just cut down - cut it out completely. Burgers chips, pizzas all this stuff is really high in calories. You need to choose something that is low in calories. What about steamed veggies with some brown rice.

Jack: meat?

Rich: Go for chicken or fish instead of red meat.

Jack: I think the biggest problem is my sweet tooth.

Rich: Avoid added sugar - biscuits and cakes and chocolate it's all processed and really high in calories. Eat carrots - honestly, you can get organic carrots and they are really sweet - peppers are nice, too.

Jack: No biscuits?

Rich: Not never but just fewer - there's too much added sugar and sugar can make you really fat. sugar's everywhere - drinks too.

Jack: So, what drink is best?

Rich: Water or tea - fizzy drinks have loads of sugar and are really bad. There're 140 calories in one can of coca cola, that's a 20-minute run. I don't think diet coke is any good either - water is best if you're thirsty.

Jack: Lots of things to remember. It's true that I need to make a few changes to my diet. But will these changes get me into my suit?

Rich: Yes, it might even make you look good on the beach if you're lucky.

### Task - Language Focus

Rich: What we'd like you to do now is think about what you normally eat.

Jack: Are you as healthy as a Premier League footballer or do you need to cut down on a few things like me?

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Rich: There were a few phrasal verbs in the previous section. One of them was to cut down on. It means to reduce the amount of something. I told Jack earlier that he needs to cut down on the number of pies he eats. He needs to eat fewer pies.

Jack: And you told me to cut out fast food. Cut out is another phrasal verb. It means to stop doing something completely.

Rich: So first, we want you to think of your current diet. Is there anything you need to cut out of your diet? Is there anything you need to cut down on?

Jack: Then, we want you to start thinking of what you should eat more of. Do you eat lots of fresh fruit and vegetables?

Rich: Do you think you have the right amount of vitamins, fibre and protein in your diet? Do you think you have a balanced diet?

Jack: Yes, a balanced diet is when you have the right amount of everything your body needs. If you have a balanced diet you won't put on weight.

Rich: Another phrasal verb - put on. It means to become heavier, to gain weight.

Jack: Do you think the food you eat is high in calories or low in calories? If you don't want to put on weight it shouldn't be too high in calories.

Rich: We want you to think of a healthy dish from your country and tell everybody why it is healthy and good for you.

Jack: It can be breakfast, lunch or dinner. A dish that is healthy, not too much fat or sugar or salt. Something that's not too high in calories and made with fresh ingredients so it's got lots of vitamins.

Rich: Write the dish in the comments section with its ingredients and how it's made.

Jack: We want other people to comment on the dish. Does it sound like it's healthy? Does it sound tasty? Do you think it would fill you up?

Rich: It would be great to learn some healthy dishes from around the world and get people experimenting with food from different countries. Why don't you make a start, Jack and write a dish in the comments section?

Jack: Good idea! I will.

### Competition

Rich: We said earlier that we have a new competition for you.

Jack: That's right. You could win some kit from your favourite Premier League team. We've got a Premier League shirt, shorts, scarf and socks to give away as a prize. What do you have to do, Rich?

Rich: It's all about health and diet. Under this podcast, you can see the title competition. We want you to look at the puzzle there. There are a number of questions. If you can answer all the questions correctly you will reveal a word connected to football.

Jack: And all you have to do is complete the form with the correct answer and you have a chance to win this fantastic prize.

Rich: I'll repeat what you have to do again. First, answer the questions. When you have the answers you will see a mystery football word. Then, write the football word where it says answer. Finally, write your name and contact details and click submit. Easy!

### Can you work out this week's football phrase?

Rich: Have you got a football phrase for us this week?

Jack: Yes, I have, but first, last week's football phrase. The phrase was 'training drill'.

Rich: A training drill is a repeated activity that you do again and again so you get better at it. In training, players have shooting drills passing drills and defensive drills. There are lots of different ones.

Jack: We had lots of correct answers. Well done to Liubomyr from Ukraine, Elghoul from Algeria, Mon from Egypt, Shobonenok from Russia, Ahmed Adam from Sudan, Kwesimanifest from Ghana and finally Phhchoung123, anhduongspurs, and anhthaicutecocudai all from Vietnam. You all got the right answer!

Rich: So, what's this week's football phrase, Jack?

Jack: This week's phrase is to \*\*\*\* something \*\*. It's a phrasal verb that means to start doing something new usually as a hobby - something you do in your free time. It's not specific to football but it's a phrase I used earlier when I was talking about trying to get fitter. I said I've \*\*\*\*\* \*\* running.

Rich: Great. I think I should \*\*\*\* it \*\*, too. I'd like to lose a few kilos for the summer! Right, that's all we have time for this week!

Jack: Don't forget to write your answers to our questions and make a guess at our football phrase in the comments below. And enter our fantastic competition to win some football kit!

Rich: Bye for now and enjoy your football!