



MISUSE OF LOOSE for LOSE

Don't say: Be careful not to loose your passport.

Say: Be careful not to **lose** your passport.

! Lose is the verb meaning **not to be able to find**. **Loose** is an adjective meaning **unfastened, free**. *The cow was **loose** in the field.*

HOW TO LOSE WEIGHT?



1. Find out how many calories you need each day
2. Eat at least 5 servings of fruit and vegetables per day
3. Do not skip meals and watch the portion size - Eating small frequent meals helps to balance your calorie intake throughout the day and also keeps your blood sugar level balanced.
4. Go for wholesome fresh foods - If possible, purchase fresh foods and avoid package (processed) and convenient foods such as fast food.
5. Don't be overly-restrictive - Everyone has his or her favourite treats. Treat yourself once in a while.
6. Understand food labels
7. Exercise - Most authorities recommend 30 - 60 minutes of physical activity a day to stay healthy.

serving- porce

skip – přeskočit, vynechat

intake – příjem

balanced - vyvážený

wholesome - zdravý

processed - zpracovaný

overly-restrictive – příliš se omezovat

treat – odměna, odměnit

food labels – informace o složení

authority - odborník

VOCABULARY BUILDING – USEFUL EXPRESSIONS WITH LOSE AND LOOSE



lose all love for - zanevřít

lose taste – stratit chut

lose yout cool - rozzlobit se

lose count of - **lose heart to** -
zamilovat se do

loose sheet - volný list

break loose - utéct

cut loose - postavit se (na vlastní nohy)

dress is loose - šaty jsou volné

loosen up – uvolnit se, rozcvičit se

QUIZ:

Choose a correct word for each blank:

treat – skip – intake – serving – balanced



1. What is your daily calorie _____.
2. You've done a great job, can I _____ you to a nice dinner?
3. Every person should have a _____ diet to stay healthy.
4. One _____ has 150 kcal.
5. If you want to lose weight, you shouldn't _____ meals.

KEY: 1. intake, 2. treat, 3. balanced, 4. serving, 5. skip
