

KE Mail Magazine a monthly magazine providing readers with study tips, practice exercises for studying English, as well as health and fitness advice.

This issue focuses on Idioms and Healthy eating tips.

+++++ **Idioms** +++++

- ✿ Native English speakers use many idioms in daily conversation
- ✿ Understanding idioms will help you to be a better communicator in English

To get in/to get on:

to enter or to board a vehicle / 乗り物に乗る。 **To get in** is used for cars; **to get on** is used for all other forms of transportation. 車に乗る時は **to get in** が使います。車以外、飛行機や、バスや、電車などの場合は **to get on** は使います。

- ✿ Get in the car and we will go for a drive.
- ✿ Get on the #5 bus. It goes to Tenjin

To get out of/to get off:

to leave or to descend from a vehicle / 乗り物を降りる。 **To get out of** is used for cars; **to get off** is used for all other forms of transportation. 車に乗る時は **to get out of** が使います。車以外、飛行機や、バスや、電車などの場合は **to get off** は使います。

- ✿ Let's stop and get out of the car for a while.
- ✿ Please get off the train in Tenjin.

+++++ **Vocabulary** +++++

- ✿ Use the following vocabulary to help you read **Health Tips**.

Journal/diary: 日記

Habit: しゅうかん

Meal: 食事

Chew: 噛む

Swallow: 飲み込む

