

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

In this issue: a quick test, Idioms and Health Tips

— **Test**

Have you been studying hard? Let's check! Try the test below. Good luck!

Choose the correct word for the *italicized* word in the sentences below.

1. Wash your hands! Dinner will be ready *IMMEDIATELY*.
 - a. at first
 - b. sooner or later
 - c. right away
2. If you study hard, *EVENTUALLY* you will become fluent in English.
 - a. at first
 - b. right away
 - c. sooner or later
3. She *BOARDED* the bus in front of Daimaru.
 - a. got in
 - b. got on
 - c. got out
4. He *BOARDED* the car and drove home.
 - a. got in
 - b. got out
 - c. got on
5. He had to pay a *PENALTY* for parking there.
 - a. free
 - b. fine
 - c. present


Please check *LATEST NEWS* on the Kenko English home page for the answers.


www.kenkoenglish.com/special.php

----- Idioms -----

Dress up:


To dress nicely or to wear formal clothes; 盛装する


 We should *dress up* to go to Hakata-za.

 We don't have to *dress up* for Taro's birthday party.

To find out:

To get information about something; 何かを探す

 Will you *find out* what time the movie starts?

 I'll *find it out* this afternoon.

----- Vocabulary -----

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

Develop good eating habits: 良い食習慣なるように

Suggestion: おすすめ

Record: ノートに書く

Realize: 気づく

Measure serving size: 量を測る

Immediately: すぐ

Depressed: 気が重い

Bored: 退屈

Set goals: 目標を

Achieve a goal: 目標を達成する

..... Health Tips

How to do a Food Journal:

What do you eat each day? How much do you eat? Why do you eat?

Keeping a food journal can help you develop good eating habits and help you lose weight.

Suggestions...

- 1) Record all food and drinks that go into your mouth... sugar for your coffee, mayonnaise for your vegetables, water, etc.
- 2) Measure serving sizes: Often people don't realize how much they are eating. Use measuring cups and spoons.
- 3) Record when (time of day), how (e.g. sitting in front of the TV, in restaurants) and why (hungry, depressed, bored, etc) you are eating. This can help to identify eating patterns.
- 4) Record immediately after, or while eating. If you wait to record it, you may forget some things you ate.
- 5) Start small: keep a food journal for 2 weeks. This will help you see patterns in your eating habits. Make changes to your eating habits and record for another 2 weeks.
- 6) Set small achievable goals (e.g. eat healthy, lose weight). Don't try to change everything at one time.

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We hope you can find something useful in this month's issue! Thank you for reading.

Until next month,

Kenko English