



**WALK  
'N'  
TALK** #601  
LEVEL UP









# DIETS ON CHRISTMAS?

**Hello everyone!**

In this episode of Walk 'n' Talk Level Up you learned new vocabulary and new expressions! Now you can continue studying, by checking out the dialogue, the expressions with written explanations, and by repeating all the sentences!

## DIALOGUE

Henry: I knew this would happen.

**Sarah: What?**

Henry: I told you it would, but you never listen!

**Sarah: Hold up. Stop, and rewind. What are you talking about?**

Henry: I told you that if we went to your parent's house for Christmas, I'd gain weight.

**Sarah: Is that what this is about? You look great, babe.**

Henry: I've gained three pounds and it's not even Christmas yet!

**Sarah: We'll be fine. Once we get back, you can start a new diet.**

Henry: I hate diets. This is your mom's fault. Her food is just too good!



# NEW EXPRESSIONS!

## If... would Conditional

The second conditional is usually formed by using the word “if” in conjunction with the modal verb “would”. It’s used to talk about an imaginary situation, something that is not real. It’s formed by the “if” clause and the “result”, shown by the use of “would”. The order of those clauses doesn’t matter in the sentence.

If you knew the truth, you **wouldn’t** be angry.

She **would** feel lonely **if** she moved cities.

If I were rich, I **would** travel all over the world.

If he had a car, he **wouldn’t** need to borrow mine.

They **would** be sad **if** we didn’t invite them.

I **would** love you forever **if** you bought me that ring.

## Pounds

The word “pound” has two meanings. It can mean the standard unit of money used in the UK and some other countries, symbolized by £, or it can mean the unit for measuring weight. In this conversation, it means the weight. A pound is around 454 grams.

One **pound** is approximately equal to 454 grams.

Ann’s baby weighed eight and a half **pounds** at birth.



## Once

“Once” means “after the fact”, “when”.

**Once** you try Thai food you will want more.

You can pay for it **once** you get here.

Listen to this episode as many times as you want, and follow it up with this file. This way, you'll be able to memorize all the expressions and vocabulary you've learned! You'll also be able to use it in conversations in the future. And remember, the more contact you have with English, the better. So make sure to tune in for our next episode!