

REFERENCE · USE DURING EVERY ACTIVITY

Today's 5 Phrases

Lean on these when you talk about food and health. 食べ物と健康について話すときに使ってください。

Phrase · 表現	Example · 例文
to cut back on (something) ～を控える・減らす	I'm trying to cut back on sugar.
to crave (something) ～を無性に食べたくなる	Late at night, I crave something salty.
comfort food 食べると心が落ち着く食べ物	Miso soup is my comfort food.
a sweet tooth 甘いもの好き	I have a sweet tooth, so I love cake.
to watch what you eat 食べる物に気をつける	My doctor told me to watch what I eat.

Sharing your opinion · 意見を言うとき

- For me, the most important rule is... 私にとって一番大切なのは～
- I could cut back on..., but I'd never give up... ～は減らせるけど、～はやめられない
- It depends on the day. 日によります

Agreeing & pushing back · 賛成と反論

- I see your point, but... 言いたいことは分かるけど～
- That's true for me too. 私もそうです
- Really? I'm the opposite. えっ、私は逆です