TRANSCRIPT · EPISODE 202

Weekly English Recap: Popcorn, Health and Everyday English

English learning resource · EN

Full episode script · English

113 lines

Study task: Listen again and notice the expressions you studied.

Welcome back to Your English Toolbox.

I am Peter, and this is your weekly English recap.

Today we will practise forty-two sentence pairs from episodes one hundred and ninety-five to two hundred and one.

We will revisit popcorn, health, appointments, careful science, a story about giving, clear explanations and the word light.

First, listen to a useful sentence.

Then you will have four seconds to repeat it aloud.

After those four seconds, I will say the same idea in different words.

Listen for the meaning and notice what changes.

The first sentence comes from an episode you heard this week.

The second sentence gives you another way to communicate that idea.

You will also have a short pause after the second sentence.

Use that pause to try the alternative phrasing yourself.

If the sentence feels difficult, say the part you remember and keep going.

This is a chance to practise speaking, not a test of perfect memory.

Keep your voice relaxed and take the full four seconds.

Let us begin in the kitchen with popcorn and useful action words.

A popcorn kernel contains a small amount of water surrounded by starch.

A little water sits inside each popcorn seed, with starch around it.

A tough outer hull holds the contents inside.

A strong outer covering keeps everything in the kernel.

Some of it turns into steam.

Part of the water changes into hot water vapour.

The steam cannot escape easily through the strong hull.

The hard outer layer makes it difficult for the steam to get out.

So pressure builds up inside.

The pressure gradually increases within the kernel.

The kernel bursts open.

The popcorn seed suddenly breaks apart.

Now we will practise expressions for health and recovery.

I am getting over a cold.

I am recovering from a cold.

I hope you will be back on your feet soon.

I hope you can return to your normal activity soon.

I am feeling a bit under the weather today.

I feel slightly ill today.

My grandfather is eighty and still fit as a fiddle.

My grandfather is eighty and still very healthy.

I have been feeling run down this week.

I have felt tired and low in energy this week.

A quiet weekend helped me recharge my batteries.

A peaceful weekend helped me get my energy back.

Next, let us make and change plans politely.

Could we move our appointment to Thursday?

Would it be possible to arrange our appointment for Thursday instead?

Would Friday morning work for you instead?

Would Friday morning be convenient for you as another option?

Something has come up at work, so I cannot make Wednesday.

An unexpected work issue means I cannot attend on Wednesday.

Is there another time that suits you?

Is a different time convenient for you?

I am afraid I cannot do Friday, but Tuesday afternoon is free.

Friday does not work for me, but I am available on Tuesday afternoon.

I am sorry for the change.

I apologise for changing the arrangement.

Now let us practise describing research carefully.

Why do our fingers wrinkle in water?

Why does the skin on our fingers form lines after time in water?

One question is whether the wrinkles help us grip wet objects.

Researchers ask if those lines help us hold wet things firmly.

A hypothesis is an idea that can be tested, not a settled fact.

A hypothesis is a testable explanation, rather than an established conclusion.

This pattern may help us handle wet things.

These wrinkles might make it easier to manage wet objects.

It shows possibility, not certainty.

It indicates that something is possible, without saying it is sure.

And researchers have not proved the evolutionary explanation.

Scientists have not established that explanation about evolution as fact.

The Gift of the Magi gives us language for generosity and difficult choices.

Della counted the money she had saved.

Della added up the money she had put aside.

It was her greatest treasure.

It was the thing she valued most.

With the money, she searched the shops for something worthy of Jim.

Using that money, she looked through shops for a suitable gift for Jim.

Jim held out a small package.

Jim extended a little parcel towards her.

Their gifts could not be used as they were.

Neither present was usable in the circumstances.

Their presents were thoughtful, even though neither could use them as planned.

Their gifts showed care, although they could not use them as intended.

Let us make the pattern after explain feel natural.

The simple structure is explain something to someone.

The usual pattern is to explain a thing to a person.

For example, explain the problem to your manager.

For instance, describe the problem clearly to your manager.

Please explain to me why the train is late.

Please tell me the reason for the train being late.

Could you explain the schedule?

Could you make the timetable clear?

Please explain to me what happened.

Please tell me clearly what took place.

Could you explain the rule to me?

Could you make the rule clear to me?

Finally, listen for three uses of light.

This suitcase is light enough to carry upstairs.

This suitcase is not too heavy to take upstairs.

The light in the hallway is still on.

The hallway lamp has not been switched off.

For example, stop when the traffic lights turn red.

For instance, stop when the road signals show red.

Please light the candle before dinner.

Please make the candle start burning before dinner.

She lit a small fire to keep warm.

She started a little fire so that she could stay warm.

Light pollution makes the night sky harder to see.

Excess artificial light makes it more difficult to see the night sky.

You have practised forty-two pairs from this week’s seven episodes.

Choose one expression about health and one for making plans.

Now make a true sentence about your own life with each of them.

If you want a second round, say the alternative sentence before I do.

Visit Your English Toolbox for the full transcript, vocabulary and practice.

Thank you for practising with me.

This is Peter, and I will see you next time.