

Lesson 3:

1. You've lost your appetite?

/ˈæp.ə.taɪt/

2. Watch the **curb**, watch the **curb**.

/kɜːb/

3. it is **vital**, absolutely **vital**

/'vaɪ.təl/

4. Remember, walk **briskly**... don't run.

/'brɪsk.li/

5. But I should've done it **gradually**.

/'grædʒ.u.ə.li/

6. **Pace** yourself.

/peɪs/

7. You **overrate** your gift.

/'oʊ.və'reɪt/

8. **Obesity** and diabetes are down.

/'oʊ.bi:.sə.ti/

Noun	Verb	Adjective
------	------	-----------

recommendation	recommend	recommended
/ˌrek.ə.men'deɪ.ʃən/	/ˌrek.ə'mend/	/ˌrek.ə'men.dɪd/

nutrition	nourish	nutritious
/nu:'trɪʃ.ən/	/'nɜːrɪʃ/	/nu:'trɪʃ.əs/

prevention	prevent	preventable
/prɪ'ven.ʃən/	/prɪ'vent/	/prɪ'ven.tə.bəl/

variety	vary	various
/və'reɪ.ə.ti/	/'veri/	/'veri.əs/

infection	infect	infectious
/ɪn'fek.ʃən/	/ɪn'fekt/	/ɪn'fek.ʃəs/

benefit	benefit	beneficial
/ben.ə'fɪt/	/ben.ə'fɪt/	ˌben.ə'fɪʃ.əl/