

## English Vocabulary Builder: Part 2 – Hobbies, Food & More

Welcome to *Vocabulary Builder (Part 2): Lifestyle* – English for Hobbies, Health & Food! This hub gathers lessons that help you expand English vocabulary for entertainment. Work through them step by step, or jump directly to the topic you need most.

### Lesson 1: Talking About Your Hobbies

Hobbies are a fun way to practice daily English conversation.

#### Key Vocabulary

Phrase	Use	Example Sentence
I enjoy... / I love...	Express passion	I enjoy painting in my free time.
My hobby is...	Introduce hobby	My hobby is playing football.
I'm interested in...	Talk about interests	I'm interested in photography.
I usually... / I often...	Frequency	I often go hiking on weekends.
It helps me...	Benefits	It helps me relax and stay healthy.

#### Sample Conversation

A: What do you do for fun?

B: I love listening to music and dancing.

A: That sounds fun! I usually play video games.

B: Nice! Do you play with friends?

A: Yes, we play online every weekend.

#### Daily English Conversation: Practice Prompts

1. I enjoy \_\_\_\_\_ because \_\_\_\_\_.
2. My hobby is \_\_\_\_\_.
3. I'm interested in \_\_\_\_\_.
4. I usually \_\_\_\_\_ on weekends.
5. It helps me \_\_\_\_\_.

#### Quick Tips for Daily Life English Speaking Practice

- Use present simple: *I play, I like, I enjoy.*
- Add reasons: *because it's relaxing, because I meet new people.*
- Practice speaking about hobbies — it's a great way to start conversations.

## FAQs

**Q 1: How do I introduce a hobby?** / A 1: Say “My hobby is...” or “I enjoy...” followed by the activity.

**Q 2: How do I explain why I like a hobby?** / A 2: Add reasons: “I enjoy painting because it helps me relax.”

**Q 3: Why practice hobby vocabulary?** / A 3: It’s a fun way to start conversations and share interests.

## How to Talk About Hobbies, Ask and Practice Hobby Vocabulary

### 1. To talk about hobbies

- Use “I enjoy...” or “I love...”
- Add activity.
- Mention frequency.

### 2. To ask about hobbies

- Use “What do you do for fun?”
- Respond with interest.
- Share your own hobby.

### 3. To practice hobby vocabulary

- Write sentences about hobbies.
- Add reasons.
- Speak aloud with friends.

---

## Lesson 2: English Vocabulary Builder: Part 2 - Health and Fitness

### Key Vocabulary & Phrases for Health and Fitness

#### *Talking About Fitness*

Phrase	Use	Example Sentence
I work out / I exercise	Describe activity	I work out three times a week.
I go to the gym / I run / I swim	Specific fitness habits	I go to the gym after work.
I’m trying to get fit / stay healthy	Express goals	I’m trying to stay healthy by walking daily.

I do yoga / I lift weights                      Types of exercise                      I do yoga every morning.

### Daily English Phrases for Talking About Health Habits

Phrase	Use	Example Sentence
I eat healthy / I avoid junk food	Nutrition habits	I eat healthy and drink lots of water.
I sleep well / I get enough rest	Wellness routines	I try to sleep at least 7 hours a night.
I'm cutting down on...	Reducing unhealthy habits	I'm cutting down on sugar.
I feel stronger / more energetic	Results of healthy living	I feel more energetic since I started exercising.

### Sample Dialogue to Practice Daily English conversation

A: Do you exercise regularly?

B: Yes, I go jogging every morning and do yoga twice a week.

A: That's great! I've been trying to eat healthier and drink more water.

B: It really helps. I feel more focused and less tired during the day.

### Practice Prompts for Daily English Conversation

- I exercise \_\_\_\_\_ times a week by \_\_\_\_\_.
- I'm trying to \_\_\_\_\_ because \_\_\_\_\_.
- I eat \_\_\_\_\_ and avoid \_\_\_\_\_.
- I feel \_\_\_\_\_ when I \_\_\_\_\_.
- My fitness goal is to \_\_\_\_\_.

### English Speaking Practice for Daily Life: Quick Grammar Tips

- Use present simple for routines: *I run, I eat well.*
- Use present continuous for current efforts: *I'm trying to get fit.*
- Encourage others — wellness is personal and motivating.

### FAQs

**Q 1: How do I talk about my exercise routine?** / A 1: Say "*I work out three times a week*" or "*I go jogging every morning.*"

**Q 2: What phrases help me describe healthy habits?** / A 2: Use "*I eat healthy food and drink lots of water.*" You can also say: "*I try to sleep at least 7 hours a night.*"

### Q 3: How can I explain my fitness goals?

A 3: You can say “I’m trying to stay healthy by walking daily.” You can also say: “My fitness goal is to build strength.”

#### How to Talk About Fitness in 3 Ways

**1. Start by explaining your workout routine:** Use present simple - “I run three times a week and do yoga.”

**2. Talk about healthy lifestyle habits:** Say “I eat healthy and avoid fast food” or “I sleep well every night.”

**3. Motivate others with positive phrases:** Use encouraging language: “I feel more energetic since I started exercising.”

### Lesson 5: Talking About Food and Healthy Eating

The English Vocabulary Builder: Part 2, helps you also practice vocabulary for food and healthy eating:

#### Key Vocabulary & Phrases for Food and Healthy Eating

##### Talking About Meals

Phrase	Example Sentence
I usually eat...	I usually eat rice and vegetables for lunch.
My favorite food is...	My favorite food is grilled chicken.
I have breakfast/lunch/dinner at...	I have breakfast at 7 a.m.
I like / I don't like...	I like pasta, but I don't like spicy food.

##### Talking About Healthy Eating

Phrase	Example Sentence
I eat healthy / I avoid junk food	I eat healthy and avoid fast food.
I drink water / juice / tea	I drink water with every meal.
I'm trying to eat more...	I'm trying to eat more fruit and vegetables.
I'm cutting down on...	I'm cutting down on sugar.

## Describing Preferences for Practicing English Daily Conversation

Phrase	Example Sentence
I prefer...	I prefer home-cooked meals.
I enjoy...	I enjoy trying new recipes.
It's good for...	It's good for my health.

### Sample Conversation

**A: What do you usually eat for breakfast?**

**B: I usually eat bread and eggs. I drink tea.**

**A: That sounds nice. Do you eat healthy food?**

**B: Yes, I try to eat vegetables every day and avoid junk food.**

### Practice Prompts to Exercise Daily English Conversation

- My favorite food is \_\_\_\_\_ because \_\_\_\_\_.
- I usually eat \_\_\_\_\_ for lunch.
- I prefer \_\_\_\_\_ meals because \_\_\_\_\_.
- I'm trying to eat more \_\_\_\_\_.
- I avoid \_\_\_\_\_ because \_\_\_\_\_.

### Quick Grammar Tips

- Use present simple tense: *I eat, I drink, I prefer.*
- Add adjectives: *delicious, spicy, sweet, healthy, fresh.*
- Practice with real examples from your daily meals.

### FAQs

**Q 1: How do I describe my meals in English?** / A 1: Say *"I usually eat rice and vegetables for lunch"* or *"My favorite food is grilled chicken."*

**Q 2: How do I talk about healthy eating choices?** / A 2: Use *"I avoid junk food"* or *"I'm trying to eat more fruit and vegetables."*

**Q 3: How can I express food preferences?** / A 3: Try *"I prefer home-cooked meals"* or *"I enjoy trying new recipes."*

### How to Talk About Food in 2 Ways

**1. Start by describing your daily meals:** Say *"I usually eat bread and eggs for breakfast."*

**2. Talk about avoiding unhealthy food:** Use “*I’m cutting down on sugar*” or “*I avoid junk food.*”

---

### **Conclusion:**

Done with *English Vocabulary Builder: Part 2*? Head to [[Vocabulary Builder: Part 3 - to master English for Technology, Social Media & Banking](#)]. Next up: explore the [*Practice zone*] for *Quizzes*, *Tips* and a *listening practice series* in bilingual format.