

Cody: How long have you been on a diet?

I'm on a diet.

- Ela: **Since** I last saw the **photo** of us in the Line group. I look fat in the photo. Now I eat very little for each meal, and sometimes, I just skip meals.
- Cody: You haven't eaten enough food for over a week. That's crazy!

Ela: Yes, I have already had breakfast, but I only ate a banana.

- Ela: I know, but I really want to be as slim as possible.
- Cody: Appearance is not everything, and I think you look great.

have → had → had

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- Cody: If you really want to lose weight, I have some tips for you.
 - Ela: I'm all ears!
- Cody: A balanced diet is important. Eating so little or eating only one type of food is bad for your health.
- Ela: I didn't know that. What else?
- Cody: Have you ever tried exercising?
 - Ela: No, I never have. I don't like to exercise.
- Cody: You haven't seen my sister for a long time, have you? She has lost five kilograms since she started exercising.
- Ela: Five kilos? How does she do it?
- Cody: She exercises at least three times a week.
- Ela: So building a **habit** of exercising is also important?
- Cody: You got it.
- Ela: I see. I need to take action now.



