

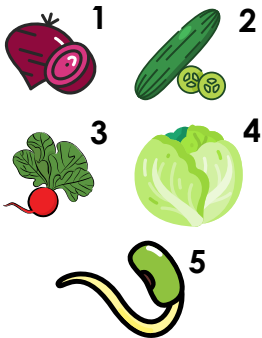


## Episode 46: Childhood Memories

Hi! If this is your first time listening to our podcast, this is an opportunity for upper-level English learners to practice listening skills and learn new vocabulary by listening to authentic conversations.

In today's episode, Donielle and Khrystyna discuss some of their favorite childhood memories.

Here is a list of some of the foods mentioned in the episode and relevant food vocabulary:

<p><b>vegetables</b></p> 	<p>root vegetables: potatoes, carrots, beets<sup>1</sup> (earthy-sweet bright red root)</p> <p>onions, peppers, pickles, cucumbers<sup>2</sup>, radishes<sup>3</sup> (small, crunchy red or white vegetables with a peppery taste), lettuce, cabbage<sup>4</sup></p> <p>bean sprouts<sup>5</sup></p>
<p><b>mayo</b></p>	<p>short for bread spread: mayonnaise (very common to use shortened form in everyday speech)</p>
<p><b>buckwheat</b></p>	<p>A grain-like food used to make dishes like noodles or pancakes.</p>
<p><b>kimchi</b></p>	<p>A Korean dish made of fermented vegetables, usually cabbage, with spices.</p>
<p><b>common units to refer to vegetables and fruits:</b></p>	<p><b>a head of:</b> cabbage, lettuce, cauliflower, broccoli</p> <p><b>an ear of:</b> corn</p> <p><b>a bunch of:</b> carrots, grapes, bananas (all attached as a group)</p> <p><b>a clove of:</b> garlic (one piece)</p> <p><b>a bulb of:</b> garlic (the whole thing)</p> <p><b>a stalk of:</b> celery</p>

*Just for fun:*

Take a look at an example of the [television set](#) described and the [bank](#) discussed in the episode.

You can also read the [transcript](#) for this episode.

See the following pages for vocabulary and language focus from this episode.



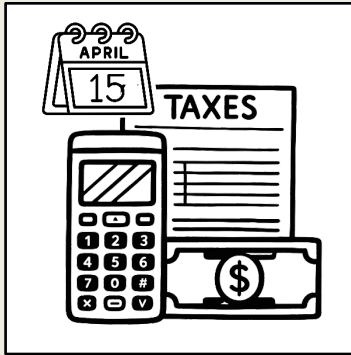
## Vocabulary: Words and Phrases Used in the Conversation

<b>last minute</b>	at the very end; with little time left <ul style="list-style-type: none"> <li>• <i>I always file my taxes <u>last minute</u>.</i></li> </ul>
<b>in charge</b>	the person with formal authority, direct responsibility; person with lead role <ul style="list-style-type: none"> <li>• <i>I let my husband feel like he is <u>in charge</u>.</i></li> </ul>
<b>be/get stuck with [something]</b>	be the person who has to manage an unwanted task <ul style="list-style-type: none"> <li>• <i>I always <u>get stuck with</u> handling the taxes.</i></li> </ul>
<b>unplug</b>	take a break from technology <ul style="list-style-type: none"> <li>• <i>We went to the mountains to <u>unplug</u> for the weekend.</i></li> </ul>
<b>nostalgia</b>	a feeling of happy memories from the past <ul style="list-style-type: none"> <li>• <i>Talking about childhood brought a lot of <u>nostalgia</u>.</i></li> </ul>
<b>not so much</b>	used informally as a closing statement to show low enthusiasm or that something does not apply <ul style="list-style-type: none"> <li>• <i>All those vegetable dishes sound good; the meat, <u>not so much</u>.</i></li> </ul>
<b>can (verb)</b>	preserve food by putting it in sealed jars <ul style="list-style-type: none"> <li>• <i>My family <u>cans</u> vegetables to eat in the winter.</i></li> </ul>
<b>marinate</b>	soak food in a liquid to add flavor <ul style="list-style-type: none"> <li>• <i>We <u>marinate</u> the chicken before cooking it.</i></li> </ul>
<b>gathering</b>	a small group of people meeting together <ul style="list-style-type: none"> <li>• <i>We always serve a variety of salads when we have a family <u>gathering</u>.</i></li> </ul>
<b>toppings</b>	extra foods added on top of something (e.g. pizza, ice cream, etc.) <ul style="list-style-type: none"> <li>• <i>I like pizza with lots of <u>toppings</u>.</i></li> </ul>
<b>hearty</b>	filling and satisfying <ul style="list-style-type: none"> <li>• <i>We had a <u>hearty</u> meal after a long day.</i></li> </ul>
<b>family style</b>	serving food in large shared dishes, and each person takes what they want
<b>pass [something] around</b>	Ph. Verb: share something by giving it to each person in a group <ul style="list-style-type: none"> <li>• <i>We ate dinner <u>family style</u> and <u>passed the food around</u>.</i></li> </ul>
<b>from scratch</b>	made from basic ingredients, not pre-made (or partially pre-made) <ul style="list-style-type: none"> <li>• <i>He made pizza <u>from scratch</u>.</i></li> </ul>
<b>roasted</b>	made fun of someone in a joking way <ul style="list-style-type: none"> <li>• <i>She <u>roasted</u> her dad for making a pizza with bean sprouts.</i></li> </ul>
<b>load up [on]</b>	to take or eat a lot of something <ul style="list-style-type: none"> <li>• <i>We <u>loaded up on</u> fresh vegetables in the summer.</i></li> </ul>
<b>wedge</b>	a piece cut into a thick triangle shape <ul style="list-style-type: none"> <li>• <i>She cut the tomato into <u>wedges</u> for the salad.</i></li> </ul>
<b>munch</b>	at something with a steady, sometimes noisy chewing sound, often as a snack <ul style="list-style-type: none"> <li>• <i>We were <u>munching</u> on the cabbage leaves.</i></li> </ul>
<b>not be into [something]</b>	to not like or enjoy something <ul style="list-style-type: none"> <li>• <i>Kids here <u>are generally not into</u> vegetables.</i></li> </ul>
<b>go through a phase</b>	do something for a short period of time and then stop <ul style="list-style-type: none"> <li>• <i>My dad <u>went through a phase</u> where he was making kimchi every week.</i></li> </ul>

## Vocabulary: Words and Phrases Used in the Conversation - Cont'd

<b>sneak</b>	take or do something secretly <ul style="list-style-type: none"> <li>• <i>I used to wake up at night and <u>sneak</u> pickles out of the fridge.</i></li> </ul>
<b>two-story house</b>	a house with 2 levels
<b>a big production</b>	something that takes a lot of time and effort <ul style="list-style-type: none"> <li>• <i>Making the holiday dinner was always <u>a big production</u>.</i></li> </ul>
<b>burlap sack</b>	a large rough bag made from thick material, usually for potatoes, etc. <ul style="list-style-type: none"> <li>• <i>She delivered the cabbage heads in a huge <u>burlap sack</u>.</i></li> </ul>
<b>shred</b>	cut into very small pieces <ul style="list-style-type: none"> <li>• <i>We <u>shredded</u> cabbage for the salad.</i></li> </ul>
<b>ferment</b>	let food sit so it changes and develops flavor <ul style="list-style-type: none"> <li>• <i>The cabbage <u>ferments</u> to become sauerkraut.</i></li> </ul>
<b>shed</b>	a small building used for storage
<b>flabbergasted</b>	very surprised or shocked <ul style="list-style-type: none"> <li>• <i>My parents were <u>flabbergasted</u> when they saw I had eaten the entire head of cabbage.</i></li> </ul>
<b>chow down on [something]</b>	eat something quickly and eagerly <ul style="list-style-type: none"> <li>• <i>The kids <u>chowed down on</u> the cabbage.</i></li> </ul>
<b>vault</b>	a strong, secure room for storing valuables, especially in a bank
<b>loft</b>	a large open living space, often without walls <ul style="list-style-type: none"> <li>• <i>They turned the upper level of the bank into a <u>loft</u>.</i></li> </ul>
<b>back in those days</b>	describes a specific, often nostalgic, time in the past to contrast with the present <ul style="list-style-type: none"> <li>• <i><u>Back in those days</u>, people only had one phone in the house.</i></li> </ul>
<b>all decked out</b>	fully decorated, furnished, or clothed in a particular manner <ul style="list-style-type: none"> <li>• <i>The apartment was <u>all decked out</u> in 50's and 60's décor; nothing had been changed.</i></li> </ul>
<b>perimeter</b>	the outer edge or border <ul style="list-style-type: none"> <li>• <i>There was a soft glowing light that went around the <u>perimeter</u> of the television set.</i></li> </ul>
<b>eccentric</b>	describing a person who is unusual in a fun or interesting way <ul style="list-style-type: none"> <li>• <i>My favorite teacher was <u>eccentric</u>, but she made the class fun.</i></li> </ul>
<b>expedition</b>	a trip for a special purpose, often for learning or exploring
<b>get out of [something]</b>	avoid doing something <ul style="list-style-type: none"> <li>• <i>I needed to find a way to <u>get out of</u> P.E.</i></li> </ul>
<b>get away with murder</b>	used jokingly to say someone can do whatever they want with no consequences <ul style="list-style-type: none"> <li>• <i>The teachers let the girls <u>get away with murder</u>.</i></li> </ul>
<b>bored out of your mind</b>	extremely bored <ul style="list-style-type: none"> <li>• <i>As a kid, I would spend hours at relatives' houses, <u>bored out of my mind</u>.</i></li> </ul>
<b>gripe [about something]</b>	complain <ul style="list-style-type: none"> <li>• <i>I always <u>gripe</u> about kids using their phones so much.</i></li> </ul>
<b>get busted</b>	get caught doing something wrong <ul style="list-style-type: none"> <li>• <i>I <u>got busted</u> trying to read under the blankets with a flashlight.</i></li> </ul>

## Cultural Note - April 15



At the beginning of the episode, you heard a short discussion about the fact that it was April 15<sup>th</sup>. In the United States, April 15 is known as “tax day.” This is the deadline for most people to file their income taxes with the government. Many people feel stressed around this time because they are busy preparing forms or paying money they owe.

Some people like to file their taxes as early as possible because they may get a refund if they paid too much during the year. Others wait until the deadline, often because they know they owe money.

### Join the Conversation

- Do you have any food-related memories from when you were a child? What was a typical meal like for you? Is there a specific dish that reminds you of your childhood?
- Are there any foods that you loved as a child but wouldn't eat now? Are there foods you enjoy now that you would never have eaten when you were younger?
- Do you have a favorite place you used to go as a child? What do you remember about it?
- Do you have any funny memories about something you did when you were growing up?
- Did you ever **go through a phase** when you were very interested in one hobby or kept doing something unusual again and again?
- What were your most and least favorite subjects in school?
- What do you think were the best and worst things about being a child?
- As discussed in the episode, kids today don't have the same experiences with boredom because of smartphones. Can you think of another experience from the past that kids today might not understand?

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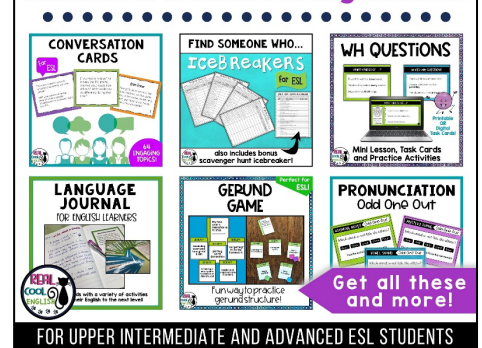
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