

Eliminating Trans Fats



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Pre-reading Vocabulary

Word	Meaning
avoid <i>verb</i>	try to stay away from
banned <i>verb</i>	not allowed
cholesterol <i>noun</i>	a substance present in animal fat and tissues; too much can lead to heart disease
detail <i>verb</i>	describe in full
diet <i>noun</i>	what a person chooses to eat
hydrogen <i>noun</i>	a colourless gas that burns easily
ingredients <i>noun</i>	all of the foods that go into a meal or product

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。