

A Morning Routine

- (1) A friend of mine is a bachelor.
- (2) His name is Jack.
- (3) He works in downtown Chicago as a shoe salesman.
- (4) Every morning on his way to work, Jack stops at a donut shop and buys a chocolate donut and a cup of coffee.
- (5) Jack likes this morning routine because it is quick and easy.
- (6) He doesn't have to cook breakfast or wash the dishes.
- (7) However, Jack's morning meal is not healthy.
- (8) Last time Jack went to the doctor for a check-up, his doctor told him that he had high cholesterol.
- (9) He also said Jack was overweight and should lose at least 5 kilograms.
- (10) The doctor told Jack to do more exercise and stop eating foods that are high in fat.
- (11) Donuts are fried in a lot of fat.
- (12) Jack agrees that he should change his eating habits.
- (13) But he says he is too busy to prepare a healthy breakfast every morning.
- (14) He also says he doesn't have time for exercise.

語注

routine 決まりきった仕事、日課

(1) bachelor 独身男性、未婚男子

(8) check-up 健康診断

(11) fat 料理用油