

# Ed Sheeran says he 'ballooned to 15st' on terrible diet of wine, beer and chicken wings

## Vocabulary

to ditch

to gorge

to slack-off

the penny dropped

to admit

to detox

to shed

whopping

## Article

Ed Sheeran has revealed that his unhealthy eating habits saw him balloon to over 15st before he finally got the wake-up call he needed.

*The Shape Of You* hitmaker, 30, found himself at his heaviest weight after gorging on sweet snacks, fried food, beer and wine. He also slacked off when it came to exercise.

Ed went on to reveal that 'the penny dropped' when his wife Cherry fell pregnant with their daughter.

The singer admitted that being Lyra's dad has been the biggest motivation when it comes to detoxing his life. Since then, the singer from Suffolk has shed a whopping 5st, and he's feeling and looking better than ever.

*Based on an Oct 27th, 2021 article from Mirror (All Rights Reserved) [mirror.co.uk]*

## Quiz

1. Why did Ed Sheeran gain so much weight?
2. What made him decide to detox his life?

## Conversation

A: That's it! No more junk food and no more beer. It's time for a change!

B: Aww, come on, Ed. Won't you just have this last chicken drumstick?

A: No! I'm done. Look at the shape of me. I'm a mess! It's time for a diet.

B: Look at the shape of you? The shape of you? Ohhh! That's the perfect song title!

## Discussion

1. Have you ever been on a diet? What was the most challenging thing about it?
2. Which would you rather have, a personal trainer or a cook? Why?
3. What international artists, athletes and celebrities are popular in your country?