



## A1 SPEAKING – FOOD & EATING

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**Level: A1 (Beginner)**

**Time: 25–40 minutes**

### Learning Goal

I can talk about food and what I eat.

### 1. Warm-up (5 minutes)

Teacher asks:

- What do you eat for breakfast?
- What is your favorite food?
- Do you like fruit and vegetables?

### 2. Model Dialogue

A: What do you eat for breakfast?

B: I eat bread with jam and drink orange juice.

A: What is your favorite food?

B: My favorite food is pasta.

A: Do you like vegetables?

B: Yes, I like broccoli and carrots.



### 3. Pair Work

Ask your partner:

1. What do you usually eat for breakfast?
2. What do you eat for lunch?
3. What is your favorite food?
4. What food don't you like?
5. Do you like cooking?

#### Useful Phrases

- I eat / I drink ...
- My favorite food is ...
- I like / I don't like ...
- For breakfast / lunch / dinner I ...

### Quick Challenge

Tell your partner 3 things you ate yesterday.

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**1. More Questions**

- What do you eat for dinner?
- Do you eat a lot of sweets or fast food?
- What food is popular in your country?
- Do you prefer eating at home or at a restaurant?

**2. Food Ranking**

Rank these foods 1 (love it) to 5 (don't like):

- Pizza \_\_\_\_\_
- Vegetables \_\_\_\_\_
- Ice cream \_\_\_\_\_
- Fish \_\_\_\_\_
- Spicy food \_\_\_\_\_

Then tell your partner why.



**3. Find Someone Who...**

Find someone who...	Name	Name
drinks milk in the morning		
eats rice every day		
likes spicy food		
eats fruit every day		
doesn't like vegetables		

**4. Group Task**

In groups of 3: Plan your perfect lunch.

Choose 4 foods from the big picture and say:

“We will eat ... for lunch because ...”