



FOOD, EATING & COOKING

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Activity 1: Let's Talk About Food!

Discuss the questions with a partner. Give reasons for your answers and ask follow-up questions.

1. What do you usually eat for breakfast?
2. Do you prefer eating at home or eating out? Why?
3. What food could you eat every week without getting bored?
4. Is there any food you dislike? Why?
5. Do you enjoy cooking, or do you prefer someone else to cook?
6. Do you think people eat more healthily today than they did in the past?

Useful speaking phrases

- I'm a big fan of ...
- I'm not really into ...
- I usually go for ...
- It depends on ...
- I prefer ... because ...
- I've never been keen on ...

Activity 2: Match the Food Expressions

Match each expression with the correct meaning.

- | | |
|--------------------------|---|
| 1. A sweet tooth | A. Food prepared at home |
| 2. A fussy eater | B. Eat quickly while travelling or doing other things |
| 3. Comfort food | C. Food that makes you feel happy or comfortable |
| 4. A balanced diet | D. Eat a small meal or snack |
| 5. Grab a bite | E. Someone who is difficult to please about food |
| 6. Cut down on something | F. Reduce the amount of something you eat or drink |
| 7. Eat on the go | G. Eating varied foods in the right amounts. |
| 8. Home-cooked food | H. A strong liking for sweet things |

Activity 3: What Kind of Eater Are You?

Complete the sentences with your own information.

1. I have a sweet tooth, so _____
2. When I'm busy, I usually _____
3. My favourite comfort food is _____
4. I'd like to cut down on _____
5. I'm a fussy eater when it comes to _____
6. When I eat out, I usually go for _____
7. A food I'd recommend to a visitor to my country is _____
8. One food I couldn't live without is _____

Compare your answers with a partner. Find two things you have in common and two things that are different.

REAL ENGLISH BOX

Natural ways to talk about food

- “I fancy something spicy.” = I feel like eating something spicy.
- “I’m craving chocolate.” = I really want chocolate right now.
- “I’m stuffed!” = I’ve eaten enough; I’m very full.
- “That’s not really my thing.” = I don’t particularly like it.
- “It’s growing on me.” = I’m starting to like it.

Activity 4: Agree or Disagree?

Choose your opinion and explain your reasons. Try to give an example.

1. Breakfast is the most important meal of the day.
2. Cooking at home is always better than eating out.
3. People should try food from other cultures.
4. Healthy food is too expensive.
5. Everyone should learn to cook at least five meals.

Use these expressions:

- I completely agree because ...
- I see your point, but ...
- I’m not sure I agree with that.
- In my experience, ...
- For example, ...

Teacher's Key

Activity 2: 1–H, 2–E, 3–C, 4–G, 5–D, 6–F, 7–B, 8–A.

Activities 1, 3 and 4 are open speaking tasks.

Accept relevant answers supported by understandable reasons.