



FOOD, EATING & COOKING

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Meal planning, recommendations and discussion

Activity 1: Plan a Meal for Your Guests

You are inviting three people to your home for a meal.

- Guest A: Loves spicy food.
- Guest B: Does not eat meat.
- Guest C: Dislikes spicy food and prefers simple meals.

Plan a meal that everyone can enjoy.

Complete the table.

Part of the meal	Your choice
Starter or snack	
Main dish	
Side dish	
Dessert	
Drinks	

Discuss your plan with a partner.

1. What did you choose, and why?
2. Which dish might be the most difficult to choose?
3. How could you make the meal interesting for everyone?
4. What would you do if one guest disliked your main dish?

Challenge: Your partner suggests a different meal. Explain why you prefer your own plan, then try to agree on a final menu.

Activity 2: Sell Us Your Dish!

Choose a dish you know well. Imagine you want to persuade someone to try it.

Prepare a short recommendation using these prompts:

- The dish is called ...
- It is made with ...
- It tastes ...
- People usually eat it ...
- What makes it special is ...
- I recommend it because ...

Speak for 45–60 seconds.

Your partner must ask one question and then decide whether they would try the dish. Explain why.

Activity 3: Food Opinions — Choose a Side

Read each statement. Decide whether you agree, disagree or partly agree. Explain your reasons and respond to your partner's ideas.

Agree / Disagree / Partly Agree

- | | |
|--|-------|
| 1. Everyone should learn to cook. | _____ |
| 2. Traditional food is better than fast food. | _____ |
| 3. Restaurants should offer more vegetarian choices. | _____ |
| 4. People waste too much food. | _____ |
| 5. Eating together is better than eating alone. | _____ |
| 6. Expensive food is not necessarily better food. | _____ |

Useful expressions:

- “One reason I think that is ...”
- “I understand what you mean, but ...”
- “That’s a good point.”
- “I hadn’t thought about it that way.”
- “It depends on the situation.”
- “Could you give me an example?”

Activity 4: The Surprise Ingredient

Your partner gives you one of these ingredients:

Mushrooms • Bananas • Eggs • Rice • Tomatoes • Cheese

You have one minute to invent a dish using that ingredient.



Your partner can ask questions or suggest one extra ingredient. You must decide whether to include it and explain why. Switch roles and try another ingredient.

Explain:

1. What the dish is called.
2. What other ingredients you would use.
3. How you would prepare it.
4. What it would taste like.
5. Who might enjoy eating it.

Activity 5: My Food Goals

Complete the sentences.

1. One food I want to try is ...
2. One dish I would like to learn to cook is ...
3. One thing I could do to waste less food is ...
4. One eating habit I would like to change is ...
5. One food tradition I would like to share with others is ...

Share your answers with a partner.

Choose one goal you could realistically achieve this month.

REAL ENGLISH BOX

- “I could eat this every day.” = I like this food a lot.
- “It’s worth a try.” = It is a good idea to try it.
- “I’m not sold on that idea.” = I am not convinced.
- “Let’s meet in the middle.” = Let’s find a compromise.
- “You can’t go wrong with ...” = It is a reliable choice that people will probably enjoy.

Teacher's Key

This PDF is designed for speaking, so there are no single correct answers.
Accept relevant ideas supported by clear explanations.

For Activity 1, encourage students to consider everyone's needs.

For Activity 2, listen for a clear recommendation and reasons.

For Activities 3–5, encourage students to give examples, ask follow-up questions and respond naturally rather than reading every sentence.