



Task 1

Watch the video about British food:

<https://www.youtube.com/watch?v=aKblilKwJwg>

Task 2

Do this food quiz. Choose the correct variant:

1. Lemons taste ____.

- a. salty
- b. sour
- c. bitter
- d. crunchy
- e. bland

2. Potato chips are not ____.

- a. crisp
- b. salty
- c. crunchy
- d. juicy

e. junk food

3. Smooth foods don't include ____.

a. crackers

b. ice cream

c. pudding

d. whipped cream

e. avocado

4. In a restaurant, we normally eat an appetizer ____.

a. after the entree

b. just before dessert

c. first

d. last

e. only if we are not very hungry

5. If something is filling it is ____.

a. the stuff inside a pie

b. something that you eat, but you are still hungry

c. delicious

d. something that you eat and you feel full after eating it

e. both a and d

6. Finger food ____.

a. makes your fingernails grow longer

b. is only eaten in countries where they don't have silverware

c. is slang for a bad gesture

d. is food you can politely eat with your hands

e. is the name of a really tasty candy bar

7. Light food is the opposite of ____.

a. heavy food

b. rich food

c. bland food

d. junk food

e. health food

8. If something is tasty, you ____.

- a. don't really enjoy eating it
- b. think it tastes good
- c. hate eating it
- d. only eat it for breakfast
- e. think it is unappetizing

9. Spicy food includes ____.

- a. milk
- b. lemons
- c. chili peppers
- d. bananas
- e. hamburgers

10. If milk is sour it is ____.

- a. delicious
- b. too old
- c. too fresh
- d. from a goat
- e. from a coconut

11. A beverage is ____.

- a. Beverley's birthday
- b. something red
- c. an alcoholic drink
- d. any drink
- e. normally crunchy

12. All of these are bitter except ____.

- a. black coffee
- b. strong tea without sugar or milk
- c. unsweetened baking chocolate
- d. pizza
- e. a and c

13. Appetizing means ____.

- a. you would like to eat it
- b. the first course at a restaurant

- c. yucky
- d. tangy
- e. finger food

14. Sweet foods don't include ____.

- a. cake
- b. pickles
- c. ice cream
- d. candy
- e. strawberries

15. Rich food is always ____.

- a. salty
- b. crunchy
- c. dessert
- d. fattening
- e. expensive

Task 3

Conversation Starters

In today's world, with so much fast food available, many people's diets have become very unhealthy. (In English, "diet" can be used in two ways. First, "people's diets" can refer to the typical things that people eat every day. Second, to go "on a diet" is concerned with a specific purpose, most often losing weight. Both meanings of diet are used in these questions so read carefully!)

1. What is the usual diet in your country? Do people eat a lot of meat? Do they like sweet foods?
2. Have you ever been "on a diet"?
3. What are some reasons for going on a diet?
4. Do you think being on a diet can be dangerous?
5. Have you heard of any strange diets? What were they?

Discussion Questions

Now have deeper conversations using the open-ended questions below. Listen carefully to your conversation partner's answers, then ask appropriate follow-up questions to keep the conversation going.

1. What do you think is a well-balanced diet? (What is included in a balanced diet?)
2. Many people lose weight on a diet very quickly, but then gain all of the weight back after the "go off" of the diet. Why do you think this happens?
3. How important is protein in a balanced diet? Why?
4. What kind of diet could you recommend to a person over 40? How would it be different from a diet for younger people?

Task 4

Discuss these questions:



FOOD

Do you like eating ? What is your favourite food ? Is there anything you never eat ? Why ?

Do you eat regularly ? Do you ever leave out breakfast . If yes, why ?

Who cooks in your family ? Do YOU ever cook ? What can you cook ? Can you tell us the recipe ?

Do you eat in the school canteen ? Do you like it ? If you could, would you change anything ?

Do you think you eat healthily? What unhealthy food you eat ?

Is there anything you should cut down on ?

What do you eat in a typical day ?

Do you think that vegetarians eat more healthily ?

When did you last eat ? What was it ?

Would you say your national cuisine is healthy ? Why(not) ?

Do you often eat out ? What is your favourite restaurant ? What do you usually order ?

What does ' a healthy diet ' mean ?

Do you or your parents follow any cooking programmes on TV ? Why are they so popular these days?

Do you like fast food restaurants? What do you usually order ?

Would you like to be a cook ? Why (not) ?

People often say that men are better cooks . Do you agree ?

There are more and more chefs becoming TV stars. Do you know any of them?

When did you last eat abroad? What ? When and where ?

Can you give examples of at least seven national dishes or drinks ? Have you tried any of them ?

What meal would you recommend a foreigner visiting your country ?

Do you know any eating disorders? What do you know about them ?



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