



FOOD

"First we eat, then we do everything else."

M. F. K. Fisher (1908 – 1992), American food writer and founder of the Napa Valley Wine Library

1. Food Discussion

1. What type of food do you like? What type of food don't you like?
2. Which countries have the best food? Which countries have a bad reputation for food?
3. What is your experience of trying foods from different cultures?
4. What was the most unusual food you have tried?
5. Do you like spicy food?
6. What are the traditional meals from your country? Do you have special meals for special holidays or festivals?
7. How can food help us socialise and build relationships?
8. Is food more than just something we need to survive?

2. Food Vocabulary

- **sweet tooth** (noun) – *to have a sweet tooth means to have a liking for sweet food.*
- **table manners / dining etiquette** (noun) – *the rules for polite conduct whilst eating, according to a society.*
- **to water** (verb), **mouth-watering** (adjective) – *when the mouth fills with saliva in anticipation of food; describes extremely tasty food.*
- **to eat like a pig** (verb) – *to have bad table manners.*
- **stuffed** (adjective) – *extremely full.*
- **savoury** (adjective) – *food that is salty in flavour as opposed to sweet.*

Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun)

1. Cheese can be eaten with either sweet or **savoury** biscuits.
2. Just the thought of grandma's chocolate cake makes my mouth **water!**
3. According to the **table manners/dining etiquette** of the United States, you should hold the fork in the left hand while cutting, then switch it to the right hand when eating. In Europe, this custom is considered extremely strange.
4. Please close your mouth when you're eating; you're **eating like a pig.**
5. He was born with a **sweet tooth**; he always has a cake in his hand.
6. I can't eat any more; I'm absolutely **stuffed.**

Food vocabulary comprehension questions

1. Do you have a sweet tooth? What sweet things do you love to eat?
2. What food always makes your mouth water?
3. Have you ever seen someone eating like a pig? Have you ever eaten like a pig?
4. When was the last time you were really stuffed?
5. What's your favourite savoury snack?
6. What are the dining etiquettes of your culture?

3. Video: The Science Of Sugar

You are going to watch a TED Ed video called "How Sugar Affects the Brain".

Watch the video here: <https://yourenglishpal.com/blog/esl-conversation-lesson-plan-food/>

While you watch the video, answer the following questions:

Multiple choice

1. What type of substance is sugar?
a) *chemical element* b) *atom* c) **molecule**
2. Where can you see if food contains sugar?
a) on the label b) *on the advert* c) *on the website*
3. Which of the following does not contain sugar?
a) *ketchup* **b) water** c) *cereal bars*
4. Where are the sweet-taste receptors?
a) on the tongue b) *in the brain* c) *in the cerebral cortex*

Sentence completion

5. The brain can recognise a number of different tastes including **bitter**, salty, umami, and sweet.
6. Tastes activate the brain's **reward system**.
7. Chemical reactions in the brain answer the question: **should I do that again?**
8. Overactivating the brain's reward system leads to a series of **unfortunate events**.

Short answer

9. Sugar receptors in the gut tell your brain you are what? **Full**
10. Sending dopamine into overdrive can lead to a person becoming what? **Addicted**
11. What did the brain evolve to pay special attention to? **Different tastes**
12. Dopamine reduces when a food becomes what? **Boring**

4. Food Conversation Questions

1. Are there any types of food that you didn't like as a child, but you do like now? Are there any types of food or meals that bring back nostalgic memories of your childhood?
2. If you could only eat one meal for the rest of your life, what would it be?
3. Do you have a favourite chef? Do you think the preparing food is like art?
4. Can you cook? What do you like to cook? Who usually does the cooking in your house?
5. How often do you eat out at restaurants? Do you have any favourite restaurants?
6. What do you like to drink with your meals?
7. Do you agree that the best food is also the unhealthiest food? Why or why not?
8. How is it possible that so many people around the world don't have enough food? How could this be solved?

5. Food Writing Task

Write about the traditional food of your country. Try to use some of the vocabulary you learned earlier in this lesson. In your answer, you could include some of the following topics:

- What the traditional dishes are.
- Which meals might be considered unusual by foreigners.
- What food is eaten on special occasions.

Alternative exam practice question:

Some people think that the government should impose a tax on food that contains high levels of salt and sugar in order to limit people's intake of these unhealthy additives. Others, however, believe it is the responsibility of individuals to watch what they and their children eat. Discuss both views and give your own opinion.