

Talk Time Topic: Food & Cooking

Let's get started...

Food is often an important part of holiday traditions. In the United States, we eat turkey on Thanksgiving, and chocolate or other candy on Valentine's Day.

What is your favorite holiday meal? Who usually prepares it?

Background:

Food and cooking are a very important part of many cultures. Food is often a way to bring people together. In the United States, friends and family gather for meals on special occasions. However, our daily meals are often hurried. Some families find it difficult to sit down together for meals regularly. In the United States, many people rely on convenient foods like pre-packaged meals and frozen food.



In groups of three for 5 minutes, ask and answer these questions to fill in the grid:

Name	What is one food that you could not live without?	What is the worst food that you have ever eaten?	What is one food that you eat regularly?

Share your grid with the group.

Discussion Questions:

Do you enjoy cooking? What do you like to cook? Does it take a lot of time?

How much time do you spend in the kitchen each day?

Do you think it is important for families to eat together? Why or why not?

Does your family eat together every day? If yes, which meals do you eat together?

How much time do you usually spend eating meals? Where do you usually eat?

Do you enjoy food from other countries? Explain your answer.

What is your favorite type of food? Why?

What new foods have you tried since coming to the US?

Do you like to eat out in restaurants?

How often do you eat out?

Where do you shop for food?

Is it more expensive to buy food in the U.S. or in your native country?

How often do you shop for food? Do you shop every day or only once a week?

Do you prefer to buy organic food? Why or why not?

What is the difference in price of organic food in your country and in the U.S.?

What is a typical breakfast in your native country?

What is a typical lunch in your native country?

Are table manners important in your native country? How are they different in the United States?

How many different dishes or types of food do you prepare for a typical meal?

When you prepare foods, do you think about balancing color or flavors?

Is there any food from your home country that you miss? Are you able to find it in the U.S.? Where?

New words and Idioms:

Potluck, family dinner, family style, barbeque, grill, "fire up the grill", eat out, eat on-the-run, fast food, leftovers, doggy bag, junk food, snack, calories, carbs, produce, pasta, eat light, pig-out, appetizer, vegetarian, buffet, picnic, finger food, etc.