

Topic: Food

Let's get started...

What did you eat today? How much time did you spend eating? Are you hungry now? Will you eat anything after Talk Time? What will you eat?

Background:

Food is an important part of every person's life. There are many different kinds of foods in the world, but the reasons people eat are the same: people eat to survive, people eat for pleasure, people eat to socialize, people eat out of boredom, and people eat for religious reasons. Some people like to grow their own food, some people like to cook, some people like to try new foods, and almost everyone likes to eat!



In pairs for 5 minutes, ask and answer these questions:

What is your favorite food? Why?
How often do you eat your favorite food?
What are some foods you don't like?
How often do you eat foods you don't like?



Share your partner's answers with the group.

Discussion Questions:

Do you like watching people cook on television? Why or why not?

In your native country, who usually cooks dinner: men or women? Why?

Do you "live to eat" or "eat to live"?

In your native country, are ethnic foods popular? What kinds of ethnic foods?

In your native country, are many people vegetarians? Are many people vegans?

Have you ever fasted? How did you feel?

What is your favorite meal of the day: breakfast, lunch, or dinner? Why?

In your native country, what time do people usually eat breakfast, lunch, and dinner?

Do you like to cook? Why or why not?

Do you think about nutrition when you decide what to eat?

Do you read the nutritional label on food packages? Why or why not?

In your native country, do many people have eating disorders?

In your native country, do you have a food pyramid? Is it similar to the food pyramid in America?

Which is more important to you: quantity of food or quality of food? Why?

In your native country, do people have potlucks? Do you like potlucks? Why or why not?

Do you grow any of your own food? Do you want to grow your own food?

Do you prefer to eat organically-grown food?

What is your favorite kind of food? (For example, Italian, Thai, Chinese, Greek)

How often do you go to the grocery store? Which grocery store do you go to?

Do you have any food allergies?

Which do you prefer: cooking dinner or cleaning the kitchen?

What is your favorite restaurant in Washington? Why?

When you travel to a new country, do you like to try new foods or to find familiar foods?

Do you prefer salty or sweet foods? Why?

Would you rather eat at home or at a restaurant? Why?

New words and Idioms:

Survival, pleasure, socialize, boredom, religious, ethnic, vegetarian, vegan, nutrition, eating disorder, food pyramid, quantity, quality, potluck, organic, allergy, salty, sweet, to fast, to diet, to wolf down, to crave, to pig-out, to be starving, to save extra room, "to be as hungry as a horse," appetite,