

# 30 Day English Speaking Challenge: Family

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## Week 4: Food – Day 24: Cook

**Question:** Do you cook most of your meals at home or does someone else? How do you feel about this arrangement? Would you like it to change?

### Vocabulary:

1. Dish: *in this context a “dish” refers to the specific type of meal prepared, not a physical plate*

Have you tried this chef’s latest **dish**? It’s received fantastic reviews.

2. Meal plan: *a strategy that maps out what you’re going to eat for a certain period of time, often ranging from one week to one month*

I make a **meal plan** every Friday so that I’m fully prepared for the week ahead.

3. Once every [time period]: *happening one time within a specified amount of time*

I get a haircut **once every** three months so it doesn’t get too long.

### Vanessa’s answer:

My husband, Dan, and I share the cooking responsibilities in our house. Some of our favorite **dishes** to make are tortellini soup, miso soup, roast chicken, sweet potato hash. We put in a lot of effort to make healthy homemade meals almost every day. The only way this is possible is because we each make a **meal plan** for one week. That way we only have to go shopping **once every** two weeks. We have all the ingredients we need, and we know what we need to make for that two week time period.