

TOPIC 7: FOOD AND COOKING

Speaking Part 1

Frequently-Asked Questions

- ✓ What kinds of food do you particularly like?
- ✓ Is there any food you don't like?
- ✓ What kinds of food are most popular in your country?
- ✓ Do you like cooking? (Why?/ Why not?)
- ✓ Do you have a healthy diet?
- ✓ Who does the cooking in your family?
- ✓ Did you learn how to cook when you were younger?
- ✓ Have you ever tried foreign food?

Vocabulary

Word	IPA	Definition
cuisine	/kwi'zi:n/	a style of cooking (ẩm thực)
picky	/'piki/	careful about choosing only what they like (kén chọn)
ingredient	/in'gri:.di.ənt/	a food that is used with other foods in the preparation of a particular dish (nguyên liệu)
intense	/in'tens/	very strong (đậm đà)

flavour	/'fleɪ.vər/	how food or drink tastes, or a particular taste itself (hương vị)
broth	/brɒθ/	a thin soup, often with vegetables or rice in it (nước dùng)
sickly	/'sɪk.li/	causing a slight feeling of wanting to vomit (tanh)
can't stand sb/ sth	/stænd/	thoroughly dislike (không thể chịu nổi)
awful	/'ɔː.fəl/	extremely bad or unpleasant (kinh khủng, khó chịu)
staple	/'steɪ.pəl/	a main product or part of something (đồ ăn, sản phẩm phổ biến)
delicious	/dɪ'liʃ.əs/	having a very pleasant taste or smell (rất ngon)
processed food	/'prəʊ.sɛst fuːd/	processed food has had some sort of chemical in order to cook it or improve its taste or appearance (đồ ăn đã qua chế biến)
obesity	/əʊ'biː.sə.ti/	the fact of being extremely fat, in a way that is dangerous for health (béo phì)
immune system	/ɪ'mjuːn 'sɪs.təm/	the cells and tissues in the body that make it able to protect itself against infection (hệ miễn dịch)
forte	/'fɔː.teɪ/	a strong ability, something that a person can do well (thế mạnh)
culinary	/'kʌl.ɪ.nər.i/	connected with cooking or kitchens (ẩm thực)

foodie	/'fu:.di/	a person who loves food and is very interested in different types of food (người sành ăn)
homemade	/,həʊm'meɪd/	made at home and not bought from a shop (nhà làm)
put sb off		to make someone not want to do something (khiến ai hãi)

Useful sentence structure

- ✓ I'm not a picky eater, but I definitely go for + (a kind of food).

Ex: I'm not a picky eater, but I definitely go for vegetarian spring rolls over the meat variety.

- ✓ I'm quite keen on (Asian/ Western cuisine) because + clause of reason/ because of + Noun.

Ex: I'm quite keen on Asian cuisine because of the ease of cooking and preparation.

- ✓ I prefer V-ing to V-ing.

Ex: I prefer eating at home to eating out.

- ✓ When trying this dish, people often pay attention to + (a feature of the food).

Ex: When trying this dish, people often pay attention to the broth.

- ✓ I can't stand (a type of food) since + (a clause of reason)

Ex: I can't stand Mắm Tôm, which is essentially a shrimp paste used in lots of Vietnamese dishes, since it smells awful.

- ✓ There's a mixed variety of food in my country, but I guess the most popular one is + (a type of food)

Ex: There's a mixed variety of food in my country, but I guess the most popular one is Bánh Mì, similar to a French baguette.

PRACTICE**Q1: What kinds of food do you particularly like?**

Suggestions

- ✓ not a picky eater → Vietnamese traditional cuisine
- ✓ fresh ingredients + intense flavour

Q1: What kinds of food do you particularly like? (Sample)

Well, I would say that I'm not a picky eater, but if I had to choose, I would definitely go for Vietnamese traditional cuisine because each dish has a combination of fresh ingredients and intense flavours.

Q2: Is there any food you don't like?

Suggestions

- ✓ fish → put me off
- ✓ sickly smell → awful

Q2: Is there any food you don't like? (Sample)

There are a few things that kind of put me off. For example, I am not a fan of fish. A lot of people like it, though, but I can't stand its sickly smell. I think it's really awful.

Q3: What are some traditional food in your country?

Suggestions

- ✓ Pho (a kind of noodle)
- ✓ cheap + tasty + available
- ✓ some others: Banh Mi, Bun Cha

Q3: What are some traditional foods in your country? (Sample)

Obviously, there's a mixed variety of food in my country, but I guess the most popular one would probably be *Pho* which is a kind of beef or chicken noodle dish in Vietnam. It's tasty, cheap and available at all hours. And also, you might find some other things like the *Banh Mi* (a long sandwich) or *Bun Cha* (grilled pork, rice noodles, herbs and fish sauce)..... They are all very delicious.

Q4: Do you have a healthy diet?

Suggestions

- ✓ eat processed food frequently
- ✓ aware of its harm → obesity
- ✓ try to eat green and clean → stay healthy

Q4: Do you have a healthy diet? (Sample)

To be honest, I frequently eat highly-processed foods even though I am aware that these foods can lead to obesity and other dangerous diseases. Now I'm trying to eat clean and green to help build a stronger immune system and stay healthy.

Q5: Do you like cooking? (Why?/ Why not?)

Suggestions

- ✓ cooking is not my forte → still love it
- ✓ developed a passion for culinary arts
- ✓ prepare some simple dishes now

Q5: Do you like cooking? (Why?/ Why not?) (Sample)

Actually, cooking isn't my forte, but I still love it. I developed a passion for the culinary arts when I first watched the cooking show MasterChef. And now, I can actually prepare some simple dishes.

Speaking Part 2

Cue card

Describe a special meal you have had
 You should say
 where you had it
 who you had it with
 what you ate
 and explain why it was special for you

Vocabulary

Word	IPA	Definition
memorable	/ˈmem.ər.ə.bəl/	likely to be remembered or worth remembering (đáng nhớ)
porridge	/ˈpɒr.idʒ/	a thick, soft food made from oats boiled in milk or water, eaten hot for breakfast (cháo)
bland	/blænd/	not having a strong taste (nhạt)
ground	/graʊnd/	cut or crushed into very small pieces or powder (nghiền, xay)
spaghetti	/spəˈgeti/	pasta in the shape of long thin pieces that look like string when they are cooked (mì Ý)
slice	/slais/	to cut something into slices (cắt, thái)
fresh	/freʃ/	recently produced or picked and not frozen (mới)
mushroom	/ˈmʌʃrʊm/	a fungus with a round flat head and short stem (nấm)

chop	/tʃɒp/	to cut something into pieces with a sharp tool such as a knife (chặt, băm nhỏ)
top	/tɒp/	to put something on the top of something else (phủ lên trên)
savoury	/'seɪvəri/	tasting of salt; not sweet (mặn)
cheesy	/'tʃi:zi/	smelling or tasting of cheese (có vị phô mai)
appetizing	/'æpɪtaɪzɪŋ/	that smells or looks attractive; making you feel hungry or thirsty (ngon miệng)
nutritious	/nju'trɪʃəs/	containing many of the substances which help the body to grow (dinh dưỡng)
crave for sth	/kreɪv/	to have a very strong desire for something (thèm thường)

PRACTICE

Describe a special meal you have had
 You should say
 where you had it
 who you had it with
 what you ate
 and explain why it was special for you

Sample

One of the most memorable meals that I have ever eaten was a couple of years ago when I was sick, well actually, I'd just recovered from sickness. I had a problem with my stomach so I could not eat anything but bland porridge for a week. The first couple of days staying at home went just fine. However, by the end of that week, I could not stand that meal.

My mother made me spaghetti with beef and mushroom which she knew was my favourite. It was a basic Italian dish that instantly made my mood improve. It did not take much time and energy to cook though; basically, the ingredients were; ground beef, sliced fresh mushrooms, chopped garlic and onions, all served with tomato sauce and topped with Parmesan cheese. The ground beef was savoury mixed with a flavor which was a little cheesy. My mom's homemade meal was not only appetizing but also nutritious. This was a memorable meal thanks to my caring mother.

Speaking part 3

Frequently-asked questions

- ✓ Is it important to you to eat healthy food?
- ✓ Are there many vegetarians in your country?
- ✓ Why do you think some people choose to be vegetarians
- ✓ Is the food that people eat today in your country different from the food that people used to eat in the past?
- ✓ How do you think the way we eat will change in the future?

Vocabulary

Word	IPA	Definition
livestock	/'laɪvstɒk/	animals such as cows, sheep, and pigs that are kept on farms (gia súc)
desire	/dɪ'zaɪə(r)/	a strong wish to have or do something (khao khát, mong muốn)
excessive	/ɪk'sesɪv/	greater than what seems reasonable or appropriate (thừa thãi)
appealing	/ə'pi:lɪŋ/	attractive or interesting (hấp dẫn)

accessible	/ək'sesəbl/	that can be reached, entered, used, seen, etc. (dễ dàng tiếp cận)
year-round	/ˌjiə 'raʊnd/	all through the year (quanh năm)
produce	/'prɒdʒu:s/	things that have been made or grown, especially things connected with farming (nông sản)
hygiene	/'haɪdʒi:n/	the practice of keeping yourself and the things around you clean, in order to prevent illness and disease (vệ sinh)
cautious	/'kɔːʃəs/	being careful about what you say or do (cẩn trọng)
reliable	/rɪ'laɪəbl/	that can be trusted to do something well; that you can rely on (đáng tin cậy)
properly	/'prɒpəli/	in a way that is correct and/or appropriate (phù hợp)
low-fat	/ˌləʊ 'fæt/	containing only a small amount of fat (ít mỡ)
veggie	/'vedʒi/	a vegetable (rau củ quả)
consumption	/kən'sʌmpʃn/	the act of using energy, food or materials (sự tiêu thụ)

Q1: Are there many vegetarians in your country? (Why/ Why not) (Sample)

Yes, they are. The number of people following vegetarianism has increased recently. They become vegetarians for many reasons, including health, religions, concerns over the use of antibiotics in livestock, or a desire to eat in a way that avoids excessive use of environmental

resources. Vegetarianism has become more appealing and accessible, thanks to the year-round availability of fresh produce.

Q2. Is the food that people eat today in your country different from the food that people used to eat in the past? (Sample)

Generally, eating habits of most people have changed recently. Significantly, people's awareness of food hygiene has been raised. Therefore, they are very cautious when choosing food, they look for reliable ingredients and then cook their food properly. Those fat-free or low-fat food options are more preferred in daily meals compared to in the past.

Q3. How do you think the way we eat will change in the future? (Sample)

I think more attention will be paid to healthy food because of the growing awareness of health and food hygiene. Therefore, there will be remarkable innovations in food consumption in the future. Second, it is predicted that more people will choose to become vegetarians since they realize the importance of meat-free meals. Last but not least, I think it is less likely that people will eat out as frequently as nowadays, not because they can't afford but they want to ensure the food they consume is healthy.

HOMEWORK

Answer the following questions

Q1: Who does the cooking in your family?

Q2: Did you learn how to cook when you were younger?

Q3: Have you ever tried foreign food?