**FOOD**

**SPEAKING**

Answer the questions below. Try to add more information.

* Do you eat a lot of junk food?
* Do you eat healthily?
* Do you sometimes eat too much?
* Do you like to cook? Are you a good cook or a bad cook?
* Do you usually eat dessert with your meals?
* What is your favorite food? Why do you like it?
* What food do you hate? Why don't you like it?
* Which do you like better, breakfast, lunch, or dinner? Why?
* What do you usually eat for breakfast? What do you usually eat for lunch? What do you usually eat for dinner?
* What is your favorite restaurant? Why do you like to eat there?

Bonus Questions:These questions are more difficult. Can you answer them?

* When you are sad, tired, or need a break, what food do you eat?
* Can you describe a special dish from your country?
* Is there a dish that you could eat everyday?

#### Part 1-style questions

Examiner: Do you like to cook?  
Mandy: Not really no  … most of the time I eat **ready meals** and **take-aways** … that’s one of the reasons I love visiting my mum … you can always guarantee lovely **home-cooked food** …

Examiner: What time do you usually eat dinner?  
Michelle: We have our **main meal** at around 7.00 … I’m usually **starving hungry** by then … in fact I often **grab a bite to eat**as soon as I get home from college … a sandwich perhaps … but not too much **to spoil my appetite** …

Examiner: Are there any types of food you don’t like?  
Lionel: No not really … I’m not **a fussy eater** at all … actually I **eat like a horse** … I do a lot of sport and **work up quite an appetite** …

#### **Part 2-style task**

Describe a restaurant that you like to use. You should say

* where this restaurant is
* what kind of food it serves
* how often you go there

and say why you like eating there so much.

Howard:  OK … this is a nice topic to talk about … there’s a restaurant just around the corner from where I live … it’s an Italian restaurant so as you’d expect you can eat various pasta dishes and pizzas and I usually go there with my family for **a slap-up meal** if we have anything to celebrate … it’s quite a posh restaurant … the kind of place you would take someone if you wanted **to wine and dine** them … we usually order **a 3-course meal** … a light starter then a main dish … and I have quite **a sweet tooth** so I always look forward to the dessert … I usually order Tiramisu … it **makes my mouth water** just to think about it … I’m always totally **full up** by the end … why do I enjoy it there … well … it’s not cheap … my parents always **foot the bill** and we couldn’t afford to go there regularly so it’s always a nice treat  …

#### **Part 3-style questions**

Examiner: How can we encourage people to eat more healthily?  
Anna: I think the best approach is to have everything in moderation … **processed food** won’t kill you if you only eat it occasionally … but people should also be encouraged **to eat a balanced diet**… try to cook fresh ingredients at home a few times a week …

Examiner: Do you think people enjoy their food as much as they should?  
Florrie: I don’t know really … I suppose it’s true that people will often eat **a quick snack** because they’re bored not because they’re **dying of hunger** … and often they just **bolt it down** and don’t savour it … so yes … perhaps we could take more time over our food …

Examiner: Do you think cooking is a pleasure or a chore for people who have busy lives?  
Julie: Well … whether you **follow a recipe** or make something up as you go along … I think cooking is a very creative process … and cooking for other people is a particular pleasure … there’s nothing more satisfying than seeing people you love **tucking into** something you’ve cooked yourself …

#### Definitions

* to be full up: to eat to the point that you can no longer eat any more
* ***to be starving hungry***: an exaggerated way of saying you are very hungry
* ***to bolt something down***: to eat something very quickly
* ***to be dying of hunger***: an exaggerated way of saying you are hungry
* ***to eat a balanced diet***: to eat the correct types and amounts of food
* ***to eat like a horse***: to eat a lot
* ***to follow a recipe***: to cook a meal using instructions
* ***to foot the bill***: to pay the bill
* ***a fussy eater***: somebody who has their own very high standards about what to eat
* ***to grab a bite to eat***: to eat something quickly (when you’re in a rush)
* ***to have a sweet tooth***: to enjoy sugary food
* ***home-cooked food***: food cooked at home from individual ingredients
* ***the main meal***:  the most important meal of the day, usually eaten in the evening
* ***to make your mouth water***: to make you feel very hungry for something
* ***to play with your food***: to push food around the plate to avoid eating it
* ***processed food***: commercially prepared food bought for convenience
* ***a quick snack***: to eat a small amount of food between meals
* ***a ready meal***: see ‘processed food’
* ***a slap up meal***: a large meal
* ***to spoil your appetite***: to eat something that will stop you feeling hungry when it’s meal-time.
* *a take away*: a cooked meal prepared in a restaurant and eaten at home
* ***to tuck into***: to eat something with pleasure
* ***to wine and dine***: to entertain someone by treating them to food and drink
* ***to work up an appetite***: to do physical work that leads to you becoming hungry