



## 原力英语B2 全场景覆盖表达

### 口语主题陈述—饮食健康类

#### VOCABULARY: FOOD

This dish is delicious, ...

tasty

luscious /'lʌʃəs/ 美味的，香甜的

luscious fruit

mouthwatering

tempting

That cake looks very tempting. 那蛋糕的样子让人嘴馋。

appetizing 开胃的，促进食欲的

scrummy 味道极好的

succulent 汁多味美的

The following word families are useful to talk about **healthy** and **unhealthy** food

nutritious (adj.)

nutrition (n.) (uncountable)

nutrient (n.) (countable)

obese (adj.) = medically over-weight

obesity (n.)

#### DISCUSSIONS ABOUT FOOD

**carbohydrate (carbs)**

We can talk about **good carbs** (also known as ‘unrefined’ / ‘unprocessed’)

These include: whole grains, veggies, fruits

We can talk about **bad carbs** (also known as ‘refined’ / ‘processed’)

These include: white rice / bread / pasta

Carbs also include...

Sugars - Glucose (essential for energy)

Fiber, such as beans, legumes /'legju:m/ 豆类

**protein**

Good sources of protein are fish, legumes, meat, nuts

**fat**



Also, know as 'oils' (saturated and unsaturated)

### Micronutrients:

vitamins

minerals

### EATING HEALTHY FOOD

To go on a diet

Have you ever been on a diet?

I have been on a low-carb diet for a few months.

I strive (=try) to eat everything in moderation

I think I eat a balanced diet

I am a vegetarian

I have been a vegan for years now.

A fruitarian (only eats fruit)

A flexitarian

### FOOD YOU LIKE

I love / adore \_\_\_\_

I am rather partial to \_\_\_\_

I am fond of \_\_\_\_

I tend to eat \_\_\_\_

I tend to avoid \_\_\_\_

I like Chinese cuisine.

I love Indian dishes.

I like Italian food.

My child is a fussy eater or a picky eater.

This means the only eat the food they like and won't try new foods.

I am a binge eater

I am guilty of binge-eating (暴食)

This means I eat lots of food in one go, and often I cannot stop.

In extreme cases, this is a medical condition.

### COOKING



I am fond of cooking.

I love to cook, my signature dish is \_\_\_\_\_

I dabble in cooking every now and again. (=try to do it, but not too seriously)

I like to rustle something up in the kitchen. (= to make quickly)

I like to whip something up in the kitchen. (= to make quickly)

I usually follow recipes.

The following all mean to improvise without a plan

I love to improvise when it comes to cooking.

I prefer to play it by ear. (随机应变，见机行事，现场发挥)

I often make it up as I go along.

### 饮食健康类常见问题

What do you like to eat?

What do you like to eat after a long day?

Do you have a healthy diet?

How are the eating habits now in your country different from eating habits in the past?

Is the food that people eat today in your country different from the food that people used to eat in the past? (if yes, in what ways has it changed?)

How healthy is your country's food?

What is the role of the government in promoting healthcare?

Do you believe that the 21st Century diet is a healthy one?

Starvation is a problem in many parts of the world. What do you think should be done about it?

In homes where both parents work do you think cooking has become just another job at the end of the day?

Can you cook?

Do you like cooking? Why/ Why not?

Nowadays, more and more people are unwilling to cook. Why is this happening?

Do you think cooking is a pleasure or a chore for people who have busy lives?

On what occasions do you eat special food?

Do you prefer eating at home or in a restaurant?

What are some reasons that people eat at a restaurant?

What's the difference between restaurant food and home-cooked food?



Describe a popular food in your country? Why do people like this food?

Do you like ordering food to be delivered?

Do you think our diet is essential?

What is a balanced diet?

Is it expensive to eat out in your country?

Convenience foods will become increasingly prevalent and eventually replace traditional foods and traditional methods of preparation. To what extent do you agree or disagree with this opinion?

Why do you think some people choose to be vegetarians?

Is American-style 'fast food' popular in your country? (Why? Popular with whom?)

More and more people are becoming overweight nowadays. What do you think might be the causes of this?

### 饮食健康类口语主题陈述

Tell me about your favorite restaurant.

You should say:

the restaurant that you like best

why you like it

and the occasions when you go there.

Describe a time when you tried a new food for the first time.

You should say:

what food it was

where you ate it

what it tasted like

And explain whether or not you liked this food

Describe a cafe you often go to.

You should say:

where it is

what it looks like

what kind of services are provided



what kind of food is famous  
and say why you like it.

Talk about your favorite food.

You should say:

what the food is  
what it is made of  
why you like it  
and explain why it is your favorite food

Describe a time when you were ill.

You should say:

when this was  
what your symptoms were  
how long the illness lasted  
and say how it affected your life at the time

