

ESL Session Series

Session 6: Food and Dining

Hello Student!

This session will help you practice:

- Food vocabulary and menu items
- Ordering in a restaurant
- Expressing likes and dislikes
- Talking about cooking and recipes
- Making polite requests
- Writing a recipe

Section 1: Conversation Practice

How to do this:

1. Read each conversation phrase
2. Practice saying it clearly and naturally
3. Try using hand gestures or facial expressions

At a Restaurant

Example: "I'd like to order the chicken, please." 🍗

Try saying it like:

- "Could I have the pasta with tomato sauce?"
- "May I order the grilled fish, please?" Your Practice: _____ Tutor's tip: _____

Asking About the Menu

Example: "What's in the vegetable soup?" 🥣

Try saying it like:

- "Does this dish contain nuts? I'm allergic."
- "Is the steak spicy or mild?" Your Practice: _____ Tutor's tip: _____

Making Requests

Example: "Could I have some more water, please?" 💧

Try saying it like:

- "May I have the check, please?"
- "Can I get some extra napkins?" Your Practice: _____ Tutor's tip:

Expressing Opinions About Food

Example: "This pizza is delicious!" 🍕

Try saying it like:

- "I really enjoy spicy food."
- "I don't care for seafood very much." Your Practice: _____ Tutor's tip:

Section 2: Food Vocabulary

How to do this:

1. Learn the words and their categories
2. Practice pronouncing each word
3. Try to use each word in a sentence

Fruits

- apple
- banana
- orange
- grape
- strawberry
- watermelon
- peach
- pineapple

Vegetables

- carrot
- broccoli

- onion
- potato
- tomato
- cucumber
- lettuce
- corn

Proteins

- chicken
- beef
- fish
- pork
- tofu
- eggs
- beans
- nuts

Grains

- rice
- bread
- pasta
- cereal
- oatmeal
- quinoa
- noodles
- tortilla

Your Practice: Write a sentence using 8 of these words (2 from each category)

1.

2.

3.

4.

5.

6.

7.

8.

Tutor's tip: _____

Section 3: Expressing Likes and Dislikes

How to do this:

1. Learn different ways to express preferences
2. Practice using the phrases in sentences
3. Pay attention to the strong and mild forms

Expressing Likes

Strong:

- I love...
- I really enjoy...
- I'm crazy about...
- ... is my favorite

Mild:

- I like...
- I don't mind...
- ... is pretty good
- I quite enjoy...

Expressing Dislikes

Strong:

- I hate...
- I can't stand...
- I really dislike...
- ... is my least favorite

Mild:

- I don't like...
- I'm not keen on...
- I'm not a big fan of...
- ... isn't my favorite

Complete these sentences with your own preferences:

1. I love _____
2. I don't mind _____
3. I can't stand _____
4. I'm not keen on _____
5. My favorite food is _____
6. I really enjoy _____
7. I'm not a big fan of _____
8. I quite enjoy _____

Your Practice: _____

Tutor's tip: _____


Section 4: Restaurant Dialogue

How to do this:


1. Practice this dialogue with your tutor
2. Pay attention to your intonation
3. Try to sound natural and polite

Ordering a Meal

Server: Hello! Welcome to our restaurant. Here are your menus.  

Customer: Thank you. Could we have a few minutes to look at the menu? 

Server: Of course. I'll be back in a few minutes. Would you like something to drink while you decide? 

Customer: Yes, I'd like a glass of water, please. 

Server: (Returns after a few minutes) Are you ready to order? 

Customer: Yes, I think so. What's today's special? 

Server: Today we have grilled salmon with roasted vegetables and rice. 

Customer: That sounds good. I'll have that. 

Server: Excellent choice. And would you like soup or salad with that? ↗

Customer: I'll take the salad with Italian dressing, please. ↘

Server: (Later, bringing the food) Here's your grilled salmon and salad. Enjoy your meal! ↗ ↘

Customer: This looks delicious, thank you. ↗ ↘

Server: (Later) How is everything? ↗

Customer: Everything is wonderful. Could I get the check, please? ↗

Server: Certainly. I'll bring it right away. ↘

Customer: Thank you for the excellent service! ↗ ↘

Your Practice: _____

Tutor's tip: _____

Section 5: Recipe Vocabulary

How to do this:

1. Learn the common cooking verbs
2. Study the measurement terms
3. Practice using them in instructions

Cooking Verbs

- **boil** - cook in very hot, bubbling water
- **bake** - cook in an oven with dry heat
- **fry** - cook in hot oil
- **grill** - cook over direct heat
- **roast** - cook in an oven (usually meat or vegetables)
- **chop** - cut into pieces with a knife
- **slice** - cut into thin, flat pieces
- **mix** - combine ingredients together
- **stir** - move a spoon around in a mixture
- **pour** - make a liquid flow into a container
- **heat** - make something hot

Measurements

- **cup** - standard volume measure
- **tablespoon** - smaller volume (abbreviated as Tbsp)

- **teaspoon** - smallest volume (abbreviated as tsp)
- **pound** - weight measure (abbreviated as lb)
- **ounce** - smaller weight measure (abbreviated as oz)
- **gram** - metric weight measure (abbreviated as g)
- **milliliter** - metric volume measure (abbreviated as ml)
- **pinch** - very small amount held between fingers

Match the cooking verb with its definition:

1. To cut into small pieces _____
2. To cook in water that's bubbling _____
3. To cook in an oven _____
4. To combine ingredients _____
5. To cook in hot oil _____

Your Practice: _____


Tutor's tip: _____


Section 6: Reading Practice: Making a Sandwich


How to do this:



1. First listen to your tutor read
2. Then read out loud, sentence by sentence
3. Pay attention to punctuation and sequence


Making a sandwich is easy and quick. You only need a few ingredients and no cooking is required. 

First, take two slices of bread and place them on a plate. You can use any type of bread you like. 

Next, spread butter or mayonnaise on one side of each slice of bread. This adds flavor and moisture to your sandwich. 

Then, add your fillings. You can use many different ingredients such as cheese, ham, tuna, eggs, or vegetables. 

If you're using lettuce or other leafy greens, place them on the bread first. This helps keep the bread from getting soggy.  

After that, add the rest of your fillings. You can stack them in any order you prefer. 

Finally, put the second slice of bread on top, with the buttered side facing down. 

If you want, you can cut your sandwich in half. This makes it easier to eat. 

Your sandwich is now ready to enjoy! It's perfect for lunch or a quick snack.  

Reading Questions:

1. What do you need to start making a sandwich? _____
2. Why do you spread butter or mayonnaise on the bread? _____
3. What should you add first if you're using lettuce? _____
4. Why might you cut the sandwich in half? _____
5. What are some fillings mentioned in the text? _____

Tutor's tip: _____

Section 7: Writing Practice: Write a Simple Recipe

How to do this:

1. Write a recipe for a simple dish you know how to make
2. Include ingredients list and step-by-step instructions
3. Use cooking vocabulary and sequence words (first, then, next, finally)

My Recipe for: _____

Ingredients:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Instructions:

1. _____
2. _____
3. _____

- 4. _____
- 5. _____
- 6. _____

Tutor's tip: _____

Wrap-Up: For Next Time

Words I Want to Learn:

Things to Practice:
