





- Describe the pictures. What kind of eating experience does each one show?
- What are the differences between the pictures?
- Do you have a personal experience with such kinds of eating? Describe it.
- What is your favourite kind of food? Describe it.

TOPIC CARD

YOU ARE WHAT YOU EAT

DISCUSSION

What are your experiences of different national and regional cuisines? Which cuisines do you enjoy most and least, and why?

Think about people you know who follow specific diets, whether for ethical or health reasons. What difficulties do they face? What do they gain? How do you feel about it?

To what extent and why should we be responsible for the consequences of our diets?

Talk about some of your best and worst dining experiences and compare them. What makes them stand out in your memory?

What makes a good meal, for you? What do you care about?

Do you like cooking? Why or why not? What are the advantages of cooking at home and eating out / buying meals?

JUST IMAGINE

You're taking part in a class debate on the topic "Why we should all try to be vegetarian." With a friend, come up with the strongest arguments you can either for or against everyone trying to be vegetarian. Then try to come up with opposite arguments for each point. Finally, pair up with someone else and take turns, each arguing one side of the topic. Toss a coin to decide who will take which side.

QUOTES

> *"Food is everything we are. It's an extension of nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe, your grandma."*
>
> **Anthony Bourdain,** chef

> *"By ceasing to rear and kill animals for food, we can make so much extra food available for humans that we could eliminate starvation from this planet."*
>
> **Peter Singer,** Australian philosopher

> *"Good food is healthy food. Food is supposed to sustain you so you can live better, not so you can eat more. Some people eat to live, and some people live to eat."*
>
> **Yolanda Adams,** singer

WORD BANK

to eat out / to order in / takeaway / restaurant / café / bistro / food cart, food truck / farmers' market / street food / local cuisine / world cuisine / vegetarian / vegan / flexitarian (= semi-vegetarian) / free-range / fair trade / food miles (= the distance food had to be transported) / to eat locally / regional speciality / homemade food / ready-made food / menu / recipe / ingredients / light meal / heavy meal / to eat moderately / to overeat / to have a food intolerance / to have an allergy to (certain food) / to have an eating disorder / to be hungry / to feel like having something / to have a craving for something / mouth-watering, something makes your mouth water / delicious / yummy / bland / disgusting

WATCH OUT!

False friends and common mistakes

- **Kitchen** only means the room in which food is prepared; regional or national food can be called **cuisine** (the French for kitchen).
- Your **diet** refers to what you eat (the Mediterranean diet, a weight-loss diet, a gluten-free diet). **To diet**, **dieting** and **dieter**, however, almost always refer to weight loss.
- **Salty** means with a strong taste of salt; food which is not **sweet** is **savoury**.
- A person who prepares food is a **cook**, while a **cooker** (*BrE*) or **stove** is the gas or electric device you cook on. A skilled professional cook is a **chef**.
- A **recipe** is a set of instructions for how to prepare a dish. **Receipt** most often refers to the piece of paper you get in a shop when you buy something.