

TOPICS (2)

HEALTH, SPORT AND FOOD

- How often do you exercise or play a sport?
 - What is your favourite sport?
 - Are there any sports you don't like?
 - What sports do you enjoy watching?
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- What is your favorite snack?
- What unhealthy food do you love?
- What food did your mother always tell you to eat and not to eat?
- What food can help you if you have health problem?
- What kinds of food did you eat when you were a child? Do you eat the same

things now?

- What is the best food to eat when you are sick?
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- Do you prefer to eat unhealthy or healthy food?
 - How often do you eat out?
 - If you could have any food right now, what would it be?
 - What food is your region famous for? When do you usually eat it? What does it taste like? How is it prepared?
 - What is your favorite foreign food? How is it different from your country's
 - cuisine?
 - How often do you eat foreign food and how often do you eat your country's cuisine?
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- Where is the best place to eat in your town? Why is it so good?
- Do you eat a healthy diet? Why or why not?
- What could you do to improve your diet?
- Do you eat different foods depending on the season or weather? Give some examples.
- What kinds of food can you cook? Would you like to learn how to cook more

types of food?

Needed Vocabulary

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 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

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 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 take away: a cooked meal prepared in a restaurant and eaten at home