

Topic 10

Food

Background:

Food and meals are very important in many cultures. In the United States, friends and extended family often eat meals together on special occasions. Many large meals are done as potlucks so that the host or hostess does not have to provide and prepare all of the food.

Discussion Questions:

1. Do you think you have a healthy diet? Why or why not?
2. Describe traditional meals from your country. When are these meals eaten? (morning, noon, night?)
3. Are variations in color, texture and temperature important at meals in your home? Please explain.
4. Who cooks most of the meals for your family? Why do you think this is the case?
5. Do you usually eat meals at home, or do you often go out to eat?
6. Do you enjoy cooking? Please explain why or why not. How long does it usually take you to prepare a meal?
7. Is dessert a common part of meals in your country? If so, what is a common dessert?
8. Fast food restaurants are very popular in the United States. Are they popular in your home country?
9. Are there rules for using fingers, knives, forks, spoons, chopsticks or other utensils when eating a meal in your home country? Please explain.
10. In your country, is food put in the center of the table for all to reach, or are bowls and plates of food passed from person to person as is often done in the U.S., or is there some other arrangement for getting food from a serving dish to your plate? Please explain.

New words and Idioms:

healthy diet, texture, typical, traditional, strange, cuisine, fast food, go out to eat, dessert, vegetarian, snack, casual, left-overs, doggie bag, potluck