

## Lesson 05: Food

Hi! Welcome to the Article Discussion lesson!

Today's topic is about "**Food.**"

Have fun learning English!

### Activity 1 | Vocabulary and Expressions

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**Directions:** Listen and repeat.

#### Vocabulary

- **food/foods** – uncountable in general use, countable when it refers to types of food
- **pivotal** – crucial
- **skyrocket** – to rise extremely quickly
- **subsequently** – happening after something else
- **hale and hearty** – healthy
- **adage** – a proverb expressing a general truth

## Activity 2 | Article

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**Directions:** Read the article aloud with your teacher.

### Food

Food plays a **pivotal** role in human life. Maintaining good and proper health depends, among other things, on the food we consume each day. Basic physical needs must be met before the emotional ones, which are most often triggered by cravings and urges for certain types of **foods**. It is imperative that the nutritional values of the consumed product be held in high regard, as they can prevent a range of maladies and keep one in good health and high spirits.

The consumption of fast food has **skyrocketed** in the past few decades in comparison to home cooked meals. This has **subsequently** led to numerous health problems, predominantly associated with weight gain and other diseases that plague young adults who would otherwise be **hale and hearty**.

The choice of food reflects not just your personality and lifestyle, but is representative of your culture as well. A specific set of cooking traditions and practices is often associated with a particular culture or region, which only serves to magnify human diversity.

The problem of healthy nutrition is a crucial issue nowadays and it requires a high level of awareness of the basic human needs. Therefore, we must give credence to the old **adage**: “you are what you eat!”

### Activity 3 | Question and Answer

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**Directions:** Answer these questions about the article.

1. What triggers emotional needs related to food?
2. What is the most important aspect of food?
3. What kind of attitude do people have these days towards fast food in comparison to home cooked meals?
4. What can the choice of food tell us about a person?
5. Why do we need to be aware of basic human needs?

## Activity 4 | Summary

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**Directions:** Make a summary of this article, focusing on the main topic. After that, your teacher will give you an example of the summary.

## Activity 5 | Thoughts

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**Directions:** Read the following quote, and share your opinion with your teacher:

“A specific set of cooking traditions and practices are often associated with a particular culture or region which only serves to enhance human diversity.”

1. Have you ever eaten dishes from another country? Please share your experiences.
2. How is the cuisine of your country different from others?
3. Do you think gastronomy has an influence on how tourists experience a destination?

## Activity 6 | Free Conversation

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**Directions:** Answer these questions related to the topic of the article. Have a free conversation about it with your teacher.

1. What are your favorite dishes?
2. What are the dishes that you dislike?
3. Do you eat vegetables?
4. Do you cook for yourself? Are you a good cook?
5. Are there any foods that you used to dislike as a child, but like them now?
6. Do you like to try local cuisine when travelling?
7. How can the choice of food reflect one's socio-economic status?
8. What is your opinion on genetically modified food (GMO)?
9. What are some of your guilty pleasures?
10. Do you think that keeping a vegetarian diet is good or bad for your health?