

FOOD PYRAMID

Worksheet 1

Conversation Questions

Food & Eating

Are you concerned about your daily calorie intake when choosing something to eat?

Did you eat lunch today?

Do you always eat dinner with your family?

Do you always eat vegetables?

Do you cook? If yes, what food do you cook the most often?

Do you know someone who struggles with an eating disorder?

Do you like food from other countries? If yes, which do you like the most?

Do you like peas and carrots? How about spinach?

Do you like to cook? Why or why not?

Do you like to have breakfast each morning? Why or why not?

Do you read the nutritional information on the foods you buy?

Do you think a vegetarian diet is better than a diet that includes meat?

Do you think fast food, soda and sweets should be sold in school cafeterias?

Have you ever been on a diet? If so, how long did you stay on it?

How long do you take to eat lunch?

How many calories do most people need every day?

How many meals do you usually eat every day?

How much do you eat when you are sad or happy?

How much does it cost to eat dinner at a hotel in your country?

How much rice do you eat?

How often do you eat at a fast-food restaurant?

How often do you eat in a restaurant? (How often do you eat out?)

About how much do you spend?

Do you ever go to an Indian restaurant?

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How often do you eat steak?

How often do you go shopping for food?

If you are living abroad, what is the food that you miss most from home?

What are some foods that are considered unhealthy?

What are some foods that you know are healthy for your body?

What do you eat for breakfast every day?

What food do you hate? Why do you hate it?

What foods have you tasted which you will never forget for the rest of your life?

What fruit do you eat the most often?

What is the food you like about your country.

What is the last meal you cooked for someone else?

What is the most expensive meal you have ever eaten?

What is the most expensive restaurant that you have ever been to?

What is the most unusual thing you've ever eaten. Did it taste good or bad?

What is the strangest thing you have ever eaten?

What kind of food do you eat between meals?

What time do you usually eat breakfast? How about lunch and supper?

What's the strangest food you've ever eaten?

When was the last time you ate dinner with your mother?

Why can't people stop eating?

Do you know the nutritional value of the things you eat every day?

What is the strangest food you have ever tried?