

How to Talk About Food in English

Food is personal. Talk about yours.

TODAY'S TOPIC

Food is one of the easiest ways to have a real conversation in English, because everyone has an opinion. What you grew up eating. What you miss. What you cook when you are tired.

You do not need to talk about restaurants or recipes. **Talk about what food actually means to you.**

START HERE (SAY THESE OUT LOUD)

One sentence each. No writing. Just speak.

1. What did you eat growing up that you still eat now?
2. Is there a food from home that you cannot easily find here?
3. Do you cook? Be honest.

If you get stuck, start with "When I think about food from home," say what comes to mind.

USEFUL WORDS AND PHRASES

Choose 2 or 3 that match how you actually talk about food.

comfort food	food that makes you feel better, usually something familiar <i>"Rice is my comfort food when I am homesick."</i>
to have a sweet tooth	to love sweet food and desserts <i>"I have a serious sweet tooth."</i>
picky eater	someone who only likes certain foods and refuses others <i>"My brother is a picky eater. He hates vegetables."</i>
to cook from scratch	to make food using real ingredients, not packets or ready meals <i>"I try to cook from scratch on weekends."</i>
acquired taste	something that tastes strange at first but you learn to like <i>"Cheese was an acquired taste for me."</i>
guilty pleasure	something you enjoy even though you feel slightly bad about it <i>"Fast food is my guilty pleasure."</i>
home-cooked meal	food made at home, not ordered or bought ready-made <i>"Nothing beats a home-cooked meal."</i>
to eat out	to eat at a restaurant or food place instead of at home <i>"We eat out maybe once a week."</i>

SPEAKING PRACTICE (CHOOSE 3 TO 5)

Answer out loud. 30 to 60 seconds each. Do not write. Just speak.

4. What is a dish from your country that you would want someone else to try? Why that one?

5. Is there a food you hated as a child but like now, or the other way around?
 6. What do you eat when you are tired and just need something fast?
 7. Do you prefer cooking at home or eating out? Be honest about why.
 8. What is one food memory you have that is connected to a person or a place?
 9. Is there a food here that you still have not tried, but want to?
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GO FURTHER

Choose one. Speak for 1 to 2 minutes.

10. Has your relationship with food changed since you moved or grew older? How?
 11. Do you think food is part of your identity? Can you explain what you mean?
 12. Is there a food that reminds you of someone? What is the story behind it?
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THIS WEEK'S SMALL ACTION

Describe a food from your country to someone in English this week. Tell them what it is, what it tastes like, and why you like it.

Once this week. That is enough.

Want more practice? The members edition has extended vocabulary, a partner activity, group discussion questions, and a real-life speaking structure.