



Five College Center for the Study of World Languages

Conversation Preparation Guides

Title: Eating Habits

Topic: Food and Cooking

Level: Novice

Practice on Your Own

- Make a list of vocabulary for foods, vegetables, fruits, meals, etc. in the target language. The list can include words like rice, bread, meat, fruit, salad, lunch, dinner, milk, yogurt, sugar, etc.
- Use each of these words in a sentence. For instance:
 - X people eat rice for lunch.
 - X people eat a lot of bread.
 - X people don't eat bread.
 - X people eat salad only after lunch.
 - Salad has tomatoes, cucumbers, and lettuce.
 - People in X country eat four meals a day: breakfast, lunch, afternoon tea, and dinner...
- Think of foods that are common in different countries. See if you need to look up some new words. For instance:
 - Chinese people eat a lot of rice.
 - American people eat a lot of corn.
 - Mexicans eat a lot of beans.
 - Iranians eat a lot of bread...
- Think about your own eating habits – what you eat a lot of, when you usually eat, what you like best...

Practice in Conversation Session

- Show the list of foods you have prepared. Read them out loud to your conversation partner.
- Use the words in sentences. Pay attention to your conversation partner's questions or corrections.

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- Talk about your eating habits – when you eat your breakfast, when you eat your dinner, what you eat a lot of...
- Ask your conversation partner about his/her eating habits and what he/she eats a lot of.
- Talk about the ways people eat. Some people use forks and spoons and knives, some people use their hands, some use chopsticks...