Eating Culture

Discuss with your partner:

Find out about your classmates' eating habits. Ask three classmates questions about these areas.

1. Meals: times, who they eat with, what they eat
2. Fast food: how often and what
3. Fruit and veg: which and how much
4. Snacks and sweets: which, when and how often
5. Eating habits in general: have they changed?

Exercise 1

Vocabulary and speaking food and eating habits

Work in pairs. Look at these commonly mispronounced words. Can you pronounce them? Put them in the correct category.

almonds / a chocolate bar / crisps / cucumber / eggs / lettuce / fizzy water / fruit juice / ketchup / lamb / muesli / yoghurt / raspberries / tuna / salmon / aubergine

1. Snacks and sweets: _____
2. Fruit and vegetables: _____
3. Dairy products: _____
4. Breakfast cereals: _____
5. Sauces: _____
6. Soft drinks: _____
7. Protein-rich foods: _____

Think of two more items for each category.

Exercise 2

What is the strangest thing you have ever eaten? Why did you eat it? What did it taste like?

[60] Listen to an extract from a radio programme about the diet of the indigenous people of northern Alaska. Answer the questions.

1. In less _____ countries people don't eat so much meat.
a. well-off
b. cold
c. northern

2. In northern Alaska there were not many _____ available to eat.
a. dairy foods
b. small animals
c. plants

3. The speaker has been told that whale skin is very _____.
a. nutritious
b. oily
c. tough

4. Harold Draper says that what is important is eating the right _____.
a. nutrients
b. foods
c. vitamins

5. The fat of _____ animals is not as unhealthy as other fats.
a. sea
b. wild
c. domestic

6. Since the Eskimo have started eating more processed food, they have more _____ problems.
a. health
b. financial
c. social

Exercise 3

Grammar usually, used to, would, be used to and get used to

usually + present simple *(a habit/action that happens regularly/is generally true)*
E.g. We usually eat fruit to get more vitamin C.

used to + infinitive *(a repeated past action, habit or situation that no longer happens)*
E.g. Heart conditions among the Eskimo used to be half the number.

would + infinitive *(a repeated action or habit (not a state or situation) in the past)*
E.g. They would cook the meat in seal oil.

be used to + noun or -ing *(something that seems normal (not strange or difficult)*
E.g. On the whole, we are used to eating a range of foods.

get used to + noun or -ing *(a new thing that people adapt to or that becomes normal)*
E.g. We have got used to eating certain foods to get each nutrient.

Complete these sentences with **usually, used to, would, get used to or be used to**. Where there is a verb in brackets, put it in the right form.

1. We _____ (eat) out a lot, but restaurants are so expensive these days that we don't anymore.
2. I _____ (have) a tuna and mayonnaise sandwich for my lunch.
3. I _____ (take) sugar in my coffee, but now I drink it without sugar. It took a little while to _____ the taste, but now it feels normal.
4. When I was little, if I didn't like some food on my plate, I _____ (hide) it in my napkin when no one was looking and put it in my pocket.

Are any of the sentences true for you? How is your experience different?

Exercise 4

Vocabulary weddings

Look at these words related to weddings. Match the words with their definitions (1–8).

1. bride
2. engagement
3. fiancé(e)
4. groom
5. hen do
6. reception
7. stag do
8. Veil

a. a pre-wedding party for the man
b. a pre-wedding party for the woman
c. a party after the wedding
d. a woman on her wedding day
e. a man on his wedding day
f. a piece of thin cloth that covers the woman's face
g. a promise to be married in the future
h. the person who has made the promise

1. What pre-wedding customs or events are traditional for the bride-to-be in your country?
2. Are there any special food or drinks that are used in a wedding in your country?
3. How do modern weddings balance between traditional elements and contemporary trends? What are some examples of new trends that you find interesting or appealing?