Facultad de Filosofía y Letras
Didáctica Específica y Residencia Docente en Inglés

Colegio Santa María
Issa, Ma. Sofía - Valle, Ma. Inés

LISTENING COMPREHENSION

① **To what extent do you agree with the following quote? Why?**



② **Read this short text on how the food we eat reflects who we are and discuss:**

How do you think these factors have influenced the food you like? (think of examples)

Your diet is in your control – or is it?

Genetics – people vary on how they experience bitter flavours or how they are affected by smell.

Experience – babies prefer foods their mother ate when they were pregnant.

Culture – people often need constant exposure to bitter or spicy foods before they like or even crave them.

Gender – women are more likely to crave sweets while men tend to crave salty foods.

Texture – people differ in how they like gritty, slimy or creamy foods.

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③ **Based on what you discussed in exercises 1 and 2, look at the pictures and think about possible ideas that will be dealt in the audio file.**

A. Do you think the food we eat is connected to our identity?
B. Do you think food is part of our culture? why/why not?





④ **Listen to the track and discuss in pairs the main idea. Then, choose the correct option(s):**

What aspect of food do you think is Mina talking about?

a) The idea of food choices being affected by texture.
b) The idea of food choices being affected by culture.
c) The idea of food choices being affected by genetics.
d) The idea of food choices being affected by experience.

⑤ **Listen again and tick the correct box. There are extra options you don't need to use.**

	Vietnamese	American	Russian	Japanese	Chinese
Which cultures does Mina refer to?					

⑥ **Listen again and complete with a word or short phrase.**

FOOD IS NOT JUST A DIET

a) Mina uses the word '_____' to show how she thinks of food as more than just its biological function.
b) In her work, Mina has noticed that our individual _____ affect our eating habits.
c) Mina now recognises the importance of our _____ in influencing our personal tastes.
d) Mina suggests that the food we use at festive rituals reinforces our _____.
e) Mina is unsurprised that migrant chefs had to adapt their recipes so that they satisfied the _____of the people in their adopted countries.
f) In her studies in China, Mina was disappointed to discover that _____ are disappearing.

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⑦ **Circle the number which best shows your level of agreement with the statements.**

Perceptions	Strongly agree (1) - Disagree (2) - Slightly disagree (3) - Partly agree (4) - Agree (5) - Strongly disagree (6)					
a. It was useful to look at the pictures before I listened	1	2	3	4	5	6
b. I find exercise number …. the most difficult.	1	2	3	4	5	6
c. I try to understand the meaning of the words I don't know from the context.	1	2	3	4	5	6
d. I was able to improve my listening skills and strategies from the last listening activity.	1	2	3	4	5	6

⑧ **Watch the video "What Does the World Eat for Breakfast?" and discuss in pairs:**

a) What's your comfort food? Why?

b) In what situations do you typically eat it?

c) What differences do you notice between eating at home and eating in a restaurant?

⑨ **Let's do some research! Discuss with a partner:**

a) Which dishes are representative of your own culture or your ancestors'?

_____

b) Do these dishes vary in different parts of the world? Why?

_____

c) Are these food choices influenced by people's experience?

_____

d) Choose a country and find out what their traditional meals are.

_____

⑩ **Imagine you have a foreign friend visiting you. With the information in exercise 9, make a dialogue discussing food.**

You can include information about your origins, food tastes, meals that are traditional in your countries or that you would like to try from another culture.

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KEYS:

2) Possible answers:

-I'm not sure about the pregnancy one. I say this because my mum craved cheese when she was pregnant and I'm allergic to dairy products!

-I'm sure growing up in a family where spicy food was the norm has developed my taste for that kind of thing.

4) Correct answers: b and d

5) Chinese - American (it is correct either if they choose it or not)

6)

a) Significance

b) characteristics

c) Past experiences

d) Group identity

e) Tastes

f) Traditional skills

Transcription:

Food, cooking and eating habits play a central role in everyone's lives and across all cultures.

Eating is never just a biological activity.

For me, whether it is simply or elaborately prepared, food always carries with it some significance.

For example, in my job as a chef, I've cooked in many other countries, and in doing so, **what I've observed is that what different communities choose to eat and how they eat and even how certain dishes are prepared** is actually very closely connected to the unique characteristics we have, such as age or gender, our status in society or even sometimes the kind of work we do.

At the same time, we all know that eating together is often accompanied by customs or rituals which reinforce the commonality of the cultural group concerned.

When thinking about the individual, let's consider comfort food the basic food each person chooses to make them feel better.

I've really come to understand much more about this.

Things like the people you've dated, what you've learned and where you've gone shape your likes and dislikes in food as much as anything else.

In other words, **what you choose to cook and eat is an accumulation of all these past experiences.**

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I'm a first-generation immigrant and so my comfort food still comes from my family traditions, and this is always a bowl of rice for me.

Not only are these preferences individual to me but culturally, they are also significant, a tie with my familial past.

And then, looking at how we eat as a group, consider how every single community and religion uses food as part of their celebrations.

Every season, every harvest and every holiday has its own food.

I would say that this helps make our group identity stronger.

And sometimes the food we eat changes because of economic circumstances.

Think about all the Chinese cooks who emigrated.

Of course, they took their traditional food and way of cooking with them, but it was inevitable in those circumstances that the dishes they served had to be adjusted to accommodate tastes in their new culture.

And in the end, this meant that they developed new recipes that sat somewhere in between their own culture and their adopted culture.

I've actually been doing some research into Chinese cooking habits and have spent some time in the country.

It seems that nowadays, in the big cities in China, grandparents are the ones who go to the shops every day and the only ones who are prepared to cook traditional food for the evening meal.

It's a shame that those traditional skills are dying out because the next generation, although they still value family mealtime at home, they don't cook and are eating more takeouts.

In my culture, when we eat, we generally all sit round the table as a family and eat from shared plates.

It's a big part of our social life as I guess it is in many other cultures.

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