Learn English with pleasure!

Food: A fuel or pleasure?

1 READING

a What kind of food or dishes do you associate with these countries?

The United States	**China**	**France**
Italy	**Japan**	**Mexico**

b Read the interviews with **Alice** and **Jacqueline**. Match the questions with their answers.

We talk to women around the world about their relationship with food.

1. Is food a pleasure for you?
2. What do you normally eat on a typical day?
3. Do you ever cook?
4. Do you ever eat "unhealthy" food? How do you feel about it?
5. Are you trying to cut down on anything at the moment?
6. Are people's diets in your country getting better or worse?



Alice Freeman is a lawyer from San Francisco.

A ☐ I think people are trying to improve their diets, but they are doing it the wrong way by following diets like the Atkins diet. Personally, I don't think it's very healthy to cut out entire groups of foods like carbohydrates.

B ☐ Not very often. I don't have the time or talent to cook full meals. I usually heat up a frozen meal or order takeout.

C ☐ Sometimes I get fast food for lunch. I have to admit that I love French fries. I feel terrible about it afterward, but I don't do it very often.

D ☐ I usually have a bowl of cereal or toast for breakfast. For lunch I eat at a restaurant near my office. I prefer Japanese or Indian food. I usually eat rice with fish and vegetables, soup, or sushi. I don't eat meat, but I eat a lot of fish. In the evening, I just have something light at home.

E ☐ I am trying to cut down on the amount of fat I eat. I'm also trying to eat more whole wheat bread.

F ☐ Not really. I enjoy certain kinds of food, but most meals are just fuel to keep me going through the day.

Jacqueline Fabre is an IT consultant from Lyons.

A ☐ Yes, I cook every evening for my family. I often make soup or traditional French dishes like *boeuf bourguignon*, which is a kind of beef and red wine stew, and then we have cheese and salad. It may seem a lot, but we don't eat big servings. What's important to me is quality, not quantity.

B ☐ Yes, I'm trying to eat less chocolate.

C ☐ I think people's diets are getting worse and worse. It's very strange because we have a lot of information now about how bad fast food is for you. I'm afraid it's a problem in a lot of countries.

D ☐ Not at home. I think most of the food I cook is healthy. Occasionally when I eat out I have something unhealthy, but it doesn't worry me.

E ☐ Yes, definitely. For me good meals with the family make me happy!

F ☐ I'm very traditional and I have three main meals a day. For breakfast, I like hot chocolate and bread and butter with honey or jam. For lunch, I often eat in a restaurant with my coworkers. I usually have vegetables and meat or fish, but I love pasta and rice, too. In the afternoon, I have fruit with cookies or a piece of chocolate. In the evening, I have a proper meal with my family.



By Mary Mulyarchik

LIVEWORKSHEETS

Read the interviews again and answer the questions below. Write **A** (***Alice***), **J** (***Jacqueline***), or **B** (***both of them***).

Who...?

1 often eats in restaurants ____
2 eats quite a lot of sweet things ____
3 eats take-out food ____
4 cooks big meals at home ____
5 enjoys eating ____
6 feels bad when she eats fast food ____
7 is trying to eat less of something ____
8 prefers having good food to having a lot of food ____
9 is negative about eating habits in her country ____

Find in the text and match the words or phrases with their definitions

1 _____ to have a meal in a restaurant, not at home
2 _____ a sweet, thick liquid made by bees
3 _____ the quantity you eat of a kind of food during a meal
4 _____ to make cold food hot
5 _____ food you buy from a restaurant to eat at home
6 _____ substance from animals or plants used for cooking, e.g., oil, butter, etc.
7 _____ food prepared in a particular way, e.g., sushi, lasagna, etc.
8 _____ made from brown flour
9 _____ a liquid food, often made of vegetables, e.g., tomatoes, onions
10 _____ meat cooked for a long time in liquid, usually with vegetables

LIVEWORKSHEETS