

# Listening Workshop: Learning a new food culture

6 Minute English BBC Podcast



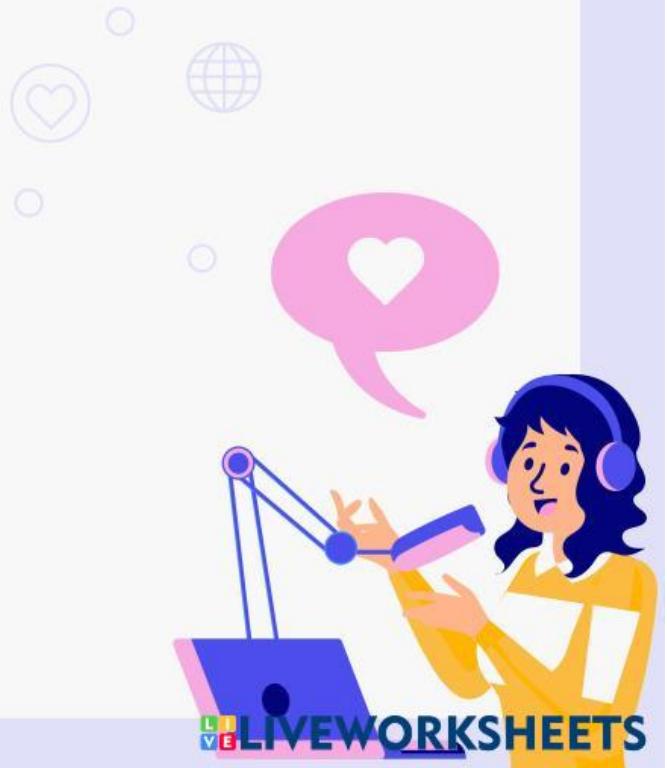
# Workshop Objectives

- Listen to a BBC 6 Minute English podcast about adapting to new cultures through food.
- Develop listening comprehension, vocabulary, writing, and speaking skills.
- Complete three activities that integrate these skills.

# 01

## Pre-task Discussion

Brainstorming ideas



LIVE **LIVEWORKSHEETS**



# Introduction

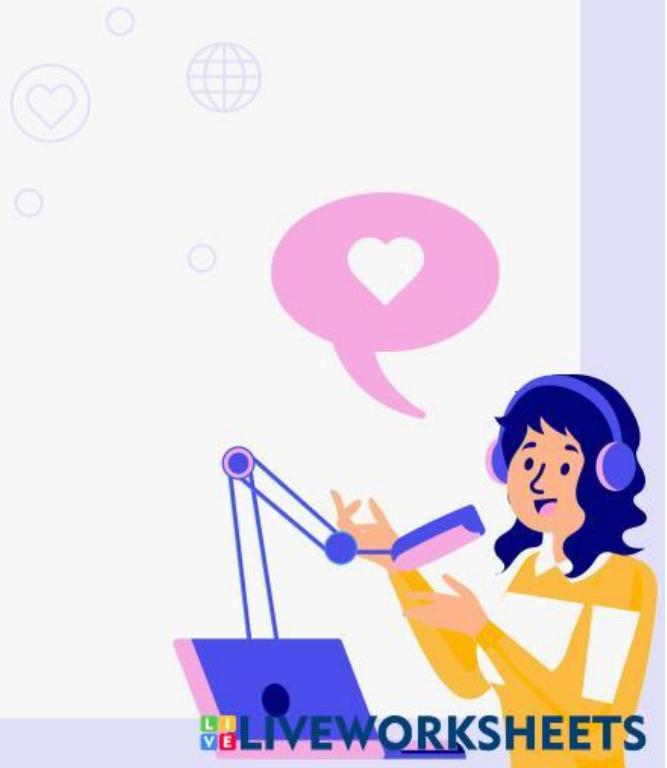
Think about the title of this podcast episode *Learning a new food culture* and answer the following questions. You can use bullet points and make notes below.

- What do you think this episode is about?
- What do you know about this topic already?
- What vocabulary do you associate with this topic?

# 02

## Listen & Answer

Listening & Writing Tasks



LIVE **LIVEWORKSHEETS**

1. Listen to the podcast at least twice to understand the main ideas. 
2. Answer the following questions in the space provided:
  - Who are Natalia and Rachel?
  - Where did they move, and why?
  - What food challenges did they face?
  - How did they adapt to new culinary traditions?

# 03

## Vocabulary Focus

Writing Task



LIVE **WORKSHEETS**

1. Review the following key vocabulary:

- **Comfort zone** – A situation where you feel secure and in control.
- **Adapt** – To change in order to succeed in a new situation.
- **Staple** – A basic and important food regularly eaten by a large population.
- **Be in for a shock** – To experience something surprising or unexpected.
- **Tweak** – A small adjustment to improve something.
- **Trial and error** – A method of learning by experimenting and making mistakes.

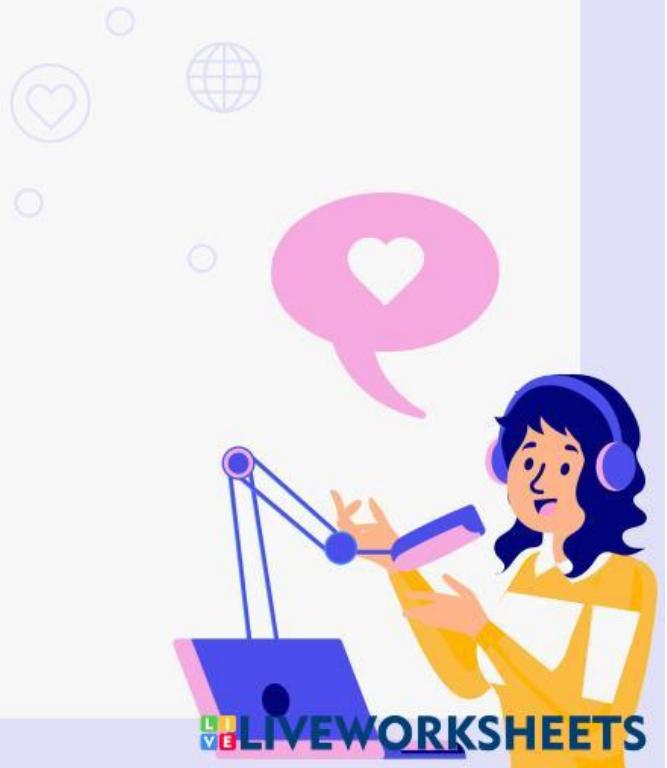
2. Write a short paragraph summarizing Natalia and Rachel's experiences.

3. Use at least 4 of the vocabulary words correctly in your paragraph.

# 04

## Personal Reflection

Writing Activity



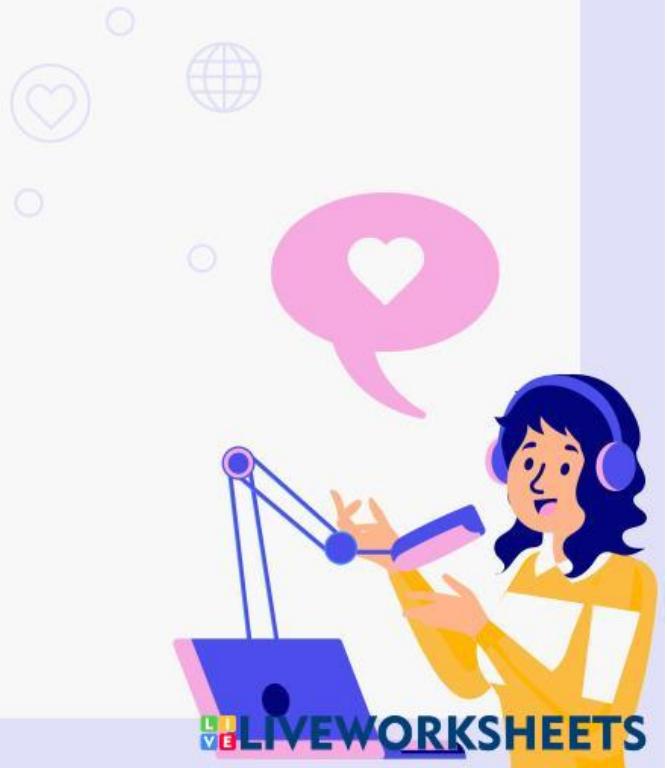
LIVE **LIVEWORKSHEETS**

1. Reflect on your experience with food from another culture.
2. Write 150-200 words answering:
  - o Have you ever been out of your comfort zone with food?
  - o What dish did you try? How did you react?
  - o Did you adapt or tweak it to your taste?
  - o If you haven't had such an experience, imagine moving to a new country—what food adjustments would you expect?
3. Use all the vocabulary words from Activity 1 in your reflection.

# 05

## Let's talk about it

Speaking Task





## Instructions:

1. Record two separate audios, each lasting 3 minutes, on the following topics:
  - A surprising food experience.
  - A time you used trial and error to adjust a dish.
2. Use at least 3 vocabulary words per topic.
3. Focus on pronunciation and natural speaking flow.
4. Submit your audio recording to the Google Classroom assignment or send it via WhatsApp for feedback.





# Thanks!

Do you have any questions?

You can always contact me at  
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