Listening Workshop:

Learning a new food culture

6 Minute English BBC Podcast



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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.

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01

Pre-task Discussion

Brainstorming ideas



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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?

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02

Listen & Answer

Listening & Writing Tasks



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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?

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03

Vocabulary Focus

Writing Task



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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.

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Personal Reflection

Writing Activity



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1. Reflect on your experience with food from another culture.
2. Write 150-200 words answering:
    - Have you ever been out of your comfort zone with food?
    - What dish did you try? How did you react?
    - Did you adapt or tweak it to your taste?
    - 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.

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05

Let's talk about it

Speaking Task



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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.

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Thanks!

Do you have any questions?

You can always contact me at
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