

Topic: FOOD & LIFESTYLES – CONVENIENCE FOOD or FAST FOOD

DRAG & DROP

Why do you think fast food is so popular in Vietnam?

How do you feel about eating convenience foods?

What about fast food? Do people in Vietnam like fast food?

Are there any traditional foods in Vietnam that people still prefer over fast food?

What types of convenience food do people in Vietnam usually eat?

Examiner: Let's talk about food.

Candidate: Sure!

Examiner: (1) _____

Candidate: In Vietnam, convenience foods are quite popular, especially among busy workers and students. Some common examples include instant noodles, canned foods, and **ready-to-eat meals**. Instant noodles, for instance, are a quick and easy meal that many people enjoy, especially for breakfast or **a late-night snack**. There are also a variety of packaged snacks like chips, crackers, and frozen foods that are easy to prepare and **eat on the go**.

Examiner: (2) _____

Candidate: I think convenience foods can be very helpful when **you're in a hurry** or don't have time to cook. However, I prefer not to eat them too often because they usually have a lot of preservatives and are not as healthy as home-cooked meals. I try to balance it by eating them occasionally, but I usually prefer fresh, homemade food.

Examiner: (3) _____

Candidate: Yes, fast food is very popular in Vietnam, especially in urban areas. International chains like McDonald's, KFC, and Burger King have opened branches in many cities, and people, especially young adults, enjoy eating there. Fast food is convenient, and many people like the taste of it, but it's not something people eat every day. **It's more of a treat** or something to enjoy with friends on the weekend.

Examiner: (4) _____

Candidate: I think it's mainly because fast food is quick, easy, and often affordable. People in busy cities like Ho Chi Minh or Hanoi have **tight schedules** and prefer to eat something fast without spending too much time. Plus, the variety and the familiarity of international fast-food brands **make it appealing to a lot of people**. Social media and advertising have also **played a role in** making fast food even more popular.

Examiner: (5) _____

Candidate: Definitely! Traditional Vietnamese food is still very popular and loved by many. Dishes like pho (a noodle soup), banh mi (a type of sandwich), and rice with different kinds of grilled meats are eaten regularly, and they're very different from fast food. These dishes are fresh, flavorful, and a big part of Vietnamese culture. Although fast food is **growing in popularity**, traditional food is **still a staple** in everyday life.

Examiner: What types of convenience food do people in Vietnam usually eat?

a real comfort

go-to options

on the move

on the rise

real time-saver

Candidate: Well, in Vietnam, convenience food is a **lifesaver** for many people, especially those with a **hectic lifestyle**. Instant noodles are definitely one of the (1) _____. They're cheap, quick to prepare, and can be a (2) _____ when you're **pressed for time**. Also, snacks like chips and pre-packaged sandwiches are (3) _____, as they're convenient for people who need something to **munch on** while they're (4) _____. All in all, these foods are (5) _____ for busy folks, although they're not exactly known for being the healthiest choice.

Examiner: How do you feel about eating convenience foods?

in a pinch

in terms of

loaded with

short of time

Candidate: Honestly, I'm **not a big fan of** relying on convenience foods too much. While they're **super handy** when I'm running (6) _____, I think it's important to **strike a balance**. They're often (7) _____ preservatives and not exactly top-notch (8) _____ nutrition. I usually opt for fresh meals when I can, but there are times when a **quick, easy fix** is hard to resist. I'd say convenience foods **come in handy** (9) _____, but they shouldn't be a regular part of one's diet.

Examiner: What about fast food? Do people in Vietnam like fast food?

all in for

hang out with

in a rush

on a daily basis

taken off

Candidate: Oh, absolutely. Fast food has really (10) _____ in Vietnam, especially in major cities like Hanoi and Ho Chi Minh City. International **fast-food chains** like McDonald's, KFC, and Pizza Hut have found **their niche** here. People are **drawn to it** because it's quick, familiar, and affordable. It's the kind of thing you grab when you're (11) _____, or you just want to (12) _____ friends and **indulge a little**. Of course, it's not something people eat (13) _____, but when they do, they're definitely (14) _____ that crispy, greasy goodness.

Examiner: Why do you think fast food is so popular in Vietnam?

a quick fix

boils down

made its way

worth mentioning

Candidate: I think fast food's popularity (15) _____ to a combination of factors. For one, it's incredibly convenient. In today's fast-paced world, who has the time to sit down and cook a full meal? Fast food is (16) _____, and it's pretty affordable as well. **On top of that**, fast food outlets are everywhere – they're really accessible. It's also (17) _____ that these fast-food chains market their products so well. With flashy ads and a menu full of **mouth-watering options**, it's **no wonder** people find themselves tempted. It's definitely a global trend that's (18) _____ into Vietnam.

Examiner: Are there any traditional foods in Vietnam that people still prefer over fast food?

hit the spot

in the picture

take pride in

Candidate: Without a doubt. Despite **the growing appeal** of fast food, traditional Vietnamese dishes are still very much (19) _____. Dishes like pho, banh mi, and com tam (broken rice) are **staples** that people **swear by**. They're comforting, full of flavor, and they really (20) _____. In fact, traditional food is a big part of the culture, and no fast food can replace the satisfaction of a steaming bowl of pho or a fresh, crunchy banh mi. People (21) _____ these dishes, and they're a crucial part of daily life here, even if fast food is slowly making inroads.

VOCABULARY:**SWEAR BY**

The phrase "**swear by**" means to have complete trust or confidence in something or someone. It is often used to express strong belief in the effectiveness, reliability, or truth of something.

- "I **swear by** this brand of skincare – it works wonders for my skin!"
- "She **swears by** the benefits of meditation for reducing stress."

In the context of food, if someone **swears by** a particular dish, it means they believe it is the best or most reliable choice for them.

STAPLES

The word "**staples**" has a couple of meanings, but in the context of food, "**staples**" refers to essential or basic items that are regularly consumed in a particular diet or culture. These are the foods that people eat frequently and form the foundation of their meals.

- *Rice is a staple food in many Asian countries.*
- *Bread and potatoes are staples in many Western diets.*

In a broader sense, "**staples**" can also refer to basic and important things needed for a particular activity or situation.

ON THE GO

The phrase "**on the go**" means to be busy or constantly moving, often with little time to stop or rest. It is commonly used to describe someone who is active, on the move, or engaged in various activities throughout the day.

In the context of food, "**on the go**" refers to food that is convenient and easy to eat while moving or during a busy day, like snacks, fast food, or take-out meals.

- "I grabbed a sandwich **on the go** because I didn't have time to sit down for lunch."
- "Many people rely on coffee and quick snacks when they're **on the go** in the morning."

It's a great expression to describe a fast-paced lifestyle or convenient food options!

MUNCH ON

The phrase "**munch on**" means to eat something, usually in a casual or leisurely manner, often referring to chewing food noisily or in small bites. It's commonly used for snacks or small portions of food that people eat while doing something else, like working or watching TV.

- "She was **munching on** some chips while reading her book."
- "I like to **munch on** fruit in the afternoon as a snack."

It implies a relaxed or informal eating habit, typically when someone isn't sitting down for a full meal.

BOIL DOWN

The phrase "**boil down**" means to simplify or reduce something to its most essential or important point. It's often used when discussing complex ideas, issues, or situations, and refers to summarizing them in a more concise or straightforward way.

- "The meeting was long, but it **boiled down** to one main issue: we need more staff."
- "When it **boils down** to it, all we need is good communication."

MUCH IN THE PICTURE

In essence, it's about focusing on the core or fundamental aspect of something, often after removing unnecessary details. The phrase "**much in the picture**" is not a common idiom or expression, but it might be used in some contexts to imply that something is significant or plays a large role in a particular situation.

- If someone says, "I didn't realize how **much in the picture** she was until the project started," they might mean that person had a bigger influence or was more involved in the project than initially thought.