

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





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



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



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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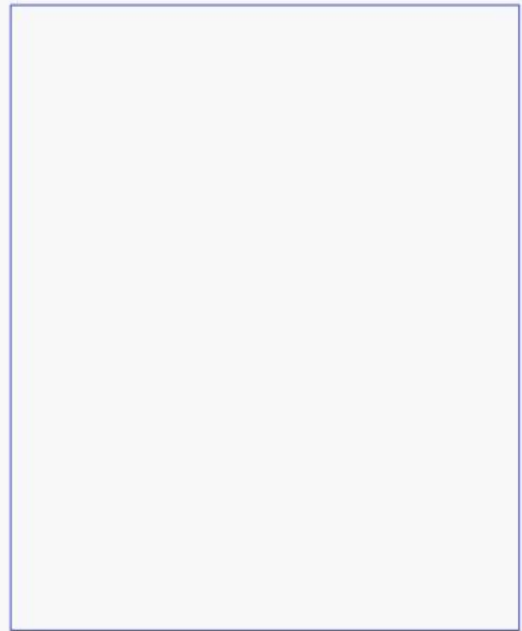
04

Personal Reflection

Writing Activity



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.



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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