# FOOD AND CUISINE DISCUSSION ELEMENTARY



### Student A

- Do you eat breakfast every day?
- Do you agree breakfast is the most important meal of the day? Why?
- What is your favourite dish?
- · Which country's cuisine is your favourite? Why?
- Do you like spicy food?
- What do you consider to be a healthy diet?
- Is your diet different than that of your parents' or grandparents'?
- Do you buy organic food? Why? Why not?
- Do you have any food allergies?
- Do you think it's important to have a meal (breakfast, lunch, dinner) with your family every day? Why?

### Student B

- What do you have for breakfast every day?
- Are you a good cook?
- Can you bake? What kind of pastries can you bake or you would like to learn how to bake?
- What is your favourite dessert?
- Do you think you eat a healthy diet? Why (not)?
- When you travel, do you prefer to try local food or look for something familiar?
- What is your favourite place to go grocery-shopping? Why do you like to go there?
- Is there a popular food or ingredient that you hate? What is it?
- What is your favourite restaurtant chain?
- What is your favourite fast food or snack?

## FOOD AND CUISINE DISCUSSION UPPER INTERMEDIATE



### Student A

- · Do you have a sweet tooth?
- Do you often order food to be delivered?
- Which condiments or spices do you use the most when you cook?
- Is it important to you that the food you eat is sourced ethically?
- Have you ever grown your own fruit, vegetables, or herbs?
- Do you like seafood?
- How much water should we drink every day? Do you drink enough?
- What is more important for health: diet or exercise? Why?
- · Which country has the healthiest cuisine?
- Do you think obesity should be considered a pandemic? Why?
- Is food important in your culture? What food is served in a big event (e.g., a wedding)?

### Student B

- What is your favourite snack?
- · How often do you drink alcohol?
- How much tea (and/or coffee) do you drink daily? Where do you get it from?
- What is fair trade food?
- Have you ever been on a diet? Did it work?
- What is the most unusual food you have tried?
- Do you eat when you are hungry or at the set time for a meal?
- What food is your country known for?
- Do regions in your country have very different cuisines? What are some examples of regional food from your country?
- Do you take any food supplements?
- Do you think a vegetarian or vegan diet is healthier? Why (not)?
- If you had to move to another country, what food would you miss the most?