



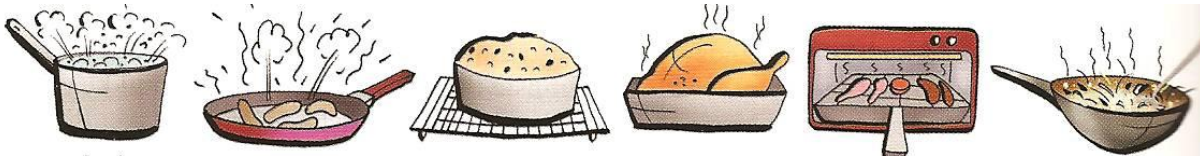
HANDOUT (PRACOVNÝ LIST) A

FOOD AND EATING HABITS

1 Complete each of the following categories. Write as many words as possible. Use a dictionary if necessary.

- 1 the meals of the day: breakfast,
- 2 the courses: starter,
- 3 the kinds of meat: beef,
- 4 the cooking methods: boil,
- 5 potatoes: mashed,
- 6 eggs: hard-boiled,
- 7 diet: well-balanced,
- 8 flavours and tastes: sweet,

2 Identify the following ways of cooking food. Write what they are called.



- 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____

3 Answer these questions about yourself and ask another person the same questions.

- 1 Do you skip any meal of the day? If yes, why? / Why not?
- 2 What are your favourite kinds of meat?
- 3 Which ways of cooking food do you prefer?
- 4 How do you like potatoes and eggs prepared?
- 5 How would you describe your diet? What is it like?
- 6 What flavour or taste do you detest / adore?

4 Sort the words (referring to figure and food) out under the headings *positive* and *negative*.

° skinny ° delicious ° slim ° obese ° fresh ° overcooked ° disgusting ° greasy ° tasteless ° tough ° high-fibre ° tender

Positive	Negative

5 Match the word phrases on the left with their meanings on the right.

1 have a sweet tooth

2 a picky eater

3 a big eater

4 a light eater

5 a real foodie

A someone who eats not much

B someone who eats a lot

C someone who particularly likes sweet things

D someone who eats only particular things

E someone who is very interested in cooking and eating food

6 Write some sentences about yourself and your attitude to food using all the phrases above.

7 Look at the pictures. Tell your partner who you think people are, what they are doing, how they are feeling, what their diet and eating habits are like according to the pictures.





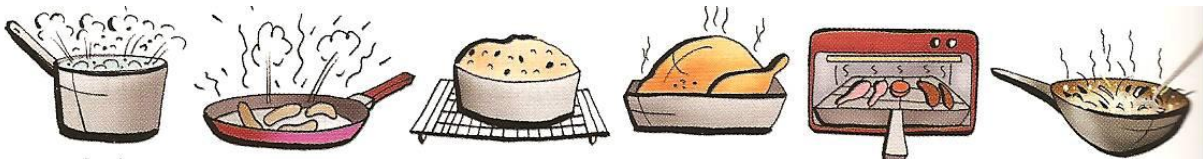
HANDOUT (PRACOVNÝ LIST) B

FOOD AND EATING HABITS

1 Complete each of the following categories. Write as many words as possible. Use a dictionary if necessary.

- 1 the meals of the day: breakfast,
- 2 the courses: starter,
- 3 the kinds of meat: beef,.....
- 4 the cooking methods: boil,
- 5 potatoes: mashed,
- 6 eggs: hard-boiled,
- 7 diet: well-balanced,
- 8 flavours and tastes: sweet,

2 Identify the following ways of cooking food. Write what they are called.



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