

B2 全场景覆盖表达
口语主题陈述——饮食健康类

VOCABULARY: FOOD

This dish is delicious, …..

- tasty
- luscious /'lʌʃəs/ 美味的, 香甜的
luscious fruit
- mouthwatering
- tempting
That cake looks very tempting. 那蛋糕的样子让人嘴馋。
- appetizing 开胃的, 促进食欲的
- scrummy 味道极好的
- succulent 汁多味美的
a succulent pear/steak

VOCABULARY: FOOD

*The following word families are useful to talk about **healthy** and **unhealthy** food*

- nutritious (adj.)
- nutrition (n.) (uncountable)
- nutrient (n.) (countable)
- obese (adj.) = medically over-weight
- obesity (n.)

DISCUSSIONS ABOUT FOOD

carbohydrate (carbs)

- We can talk about **good carbs** (also known as ‘unrefined’ / ‘unprocessed’)
- These include: whole grains, veggies, fruits
- We can talk about **bad carbs** (also known as ‘refined’ / ‘processed’)
- These include: white rice / bread / pasta
- Carbs also include….
- Sugars - Glucose (essential for energy)
- Fiber, such as beans, legumes /'legju:m/ 豆类

DISCUSSIONS ABOUT FOOD

protein

- Good sources of protein are fish, legumes, meat, nuts

fat

- Also, know as 'oils' (saturated and unsaturated)

Micronutrients:

- vitamins
- minerals

EATING HEALTHY FOOD

- To go on a diet
- Have you ever been on a diet?
- I have been on a **low-carb diet** for a few months.
- I strive (=try) to **eat everything in moderation**
- I think I eat a **balanced diet**
- I am a **vegetarian**
- I have been a **vegan** for years now.
- A **fruitarian** (only eats fruit)
- A **flexitarian** (mostly vegetarian, but may eat some meat)

FOOD YOU LIKE

- I love / adore _____
- I am rather **partial** to _____
- I am **fond** of _____
- I tend to eat _____
- I tend **to avoid** _____
- I like Chinese **cuisine**.
- I love Indian **dishes**.
- I like Italian **food**.
- My favorite dish is _____

FOOD YOU LIKE

- My child is a fussy eater or a picky eater.
- *This means they only eat the food they like and won't try new foods.*

- I am a binge eater
- I am guilty of binge-eating (暴食)
- *This means I eat lots of food in one go, and often I cannot stop. In extreme cases, this is a medical condition.*
-

COOKING

- I am fond of cooking.
- I love to cook, my **signature dish** is _____
- I **dabble in** cooking every now and again. (=try to do it, but not too seriously)
- I like to **rustle something up** in the kitchen. (= *to make quickly*)
- I like to **whip something up** in the kitchen. (= *to make quickly*)
- I usually **follow recipes**.

The following all mean to improvise without a plan

- I love to **improvise** when it comes to cooking.
- I prefer to **play it by ear**. (随机应变, 见机行事, 现场发挥)
- I often **make it up as I go along**.

饮食健康类常见问题

- What do you like to eat?
- I like **ready meals** because I am very busy and I always can find a 7-ELEVEN to heat up my dinner and be good for the night.
- I really enjoy Japanese **cuisine** and try to get it as much as possible, but sometimes all restaurants are closed and all I can get hold of is Italian cuisine, which is fine, too.
- I really enjoy **poultry** because they are so tasty and rich in flavour.
- I really **have a sweet tooth** so I go in for candy when I can.
- I really enjoy eating Thai cuisine because I think Thai cuisine is so tasty and rich in flavor.

- What do you like to eat after a long day?
- I enjoy having a **slap-up**(讲究的) **meal** after a long stressful day because it makes me feel so happy and satisfied and forget about all the work I have to do that day.
- When I work really hard, I like to treat myself to a **gourmet meal** of my favorite food at an expensive restaurant that serves my favorite food because I deserve it.

- Do you have a healthy diet?
- Not really! I work so hard that I forget to eat at times – and at the end of the day, I usually realize that I have **worked up an appetite**, so I feel really hungry and then I and then I binge on food like there is no tomorrow.
- Yes! I try to steer clear of junk food. I try to **eat a balanced diet**, so I am healthy and strong. I am also a vegetarian.

- How are the eating habits now in your country different from eating habits in the past?
- I think people's eating habits have changed in the past years. Nowadays, there are already a lot of fast-food restaurants. Processed foods have become popular as well. I think people these days don't eat as much healthy foods compared in the past. Also, I think people in the past are more concerned of eating at the right time. However, nowadays, people tend to skip meals because of several reasons such as dieting, busy schedules etc.
- I think that people have started to eat healthier and become a lot of health-conscious than before. In the past, foods rich in oil and other unhealthy substances were prevalent throughout my country. Also, nobody followed any specific time of eating. However, since the reports on the unhealthiness of these foods and habits have emerged, the number of people consuming healthy foods has increased dramatically.

- Is the food that people eat today in your country different from the food that people used to eat in the past? (if yes, in what ways has it changed?)
- Personally, eating style of most people has changed recently. Significantly, food **hygiene** is mentioned every day in the news. Therefore, people are very cautious when they choose ingredients in reliable market/supermarket and cook properly. Those **fat-free or low-fat** food and **veggies** are more preferred in daily meal compared to in the past, choosing food were mostly based on interests.

- How healthy is your country' s food?
- It is the choice of the people whether to eat healthy or unhealthy food. In my country, there are many choices of healthy food especially vegetables and fruits. However, I don' t think that people eat much healthy foods nowadays because of the presence of fast food and processed foods. Also, many dishes in my country is usually greasy and salty which I think are not very healthy.

- What is the role of the government in promoting healthcare?
- I believe that the government plays a major role in promoting healthcare. The government should educate the people about health and guide them about having healthy lifestyles. It must create more programs and activities that would disseminate appropriate and accurate information about health. I also believe that the government should improve the health sector to make it more accessible for the people.

- Do you believe that the 21st Century diet is a healthy one?
- Far too many people are overweight. I believe that people should **cut down** on sugars and **refined carbohydrates** and replace them with **leafy vegetables** and **seasonal fruits**. A **balanced diet** would help them to regulate their weight.

- Starvation is a problem in many parts of the world. What do you think should be done about it?
- From what I' ve read current global **food production** can cover the **daily consumption** needs of the world. We need to find a way to economically transport it to where it is most needed or find alternate **food sources**. Nobody should starve when there is no **shortage of food**.

- In homes where both parents work do you think cooking has become just another job at the end of the day?
- I know that **food preparation** can be time-consuming, but if everyone helps with ideas and recipes and everyone takes a turn and lends a hand, cooking can be fun for the family. **Home cooked meals** are also often healthier and **packed with nutrients**.

- Can you cook?
- Yes, I can cook the basic everyday food, necessary to be alive but when it comes to making those cuisines and flowery food, I am not very good at it.
- Apart from the everyday food required to be alive, I really cannot cook anything else. But, very soon I am planning to join a cookery class to learn cooking.

- Do you like cooking? Why/ Why not?
- I love cooking. This is sometimes very relaxing and gives me a good feeling. I do not need to cook very often but when I do, I kind of enjoy it. Maybe if I had to cook every day, my opinion could have been different!
- My mom mostly cooks in our house and whenever I declare that I would cook either for lunch or dinner, my parents become excited and worried at the same time. They love the way I try to cook different dishes each time and they often find my cooking tasty, but I am not good at cutting things. Actually, I hurt myself several times with a knife. But if you ask me whether I enjoy cooking, I would say ‘yes’ , and I like doing experiments no matter what others think about it.

- Nowadays, more and more people are unwilling to cook. Why is this happening?
- People are reluctant to cook at home because they are discovering that having food readymade is better than cooking it due to time constraints. Many of them who are unwilling to cook are willing to put their time into something more productive for their life or career.

- Do you think cooking is a pleasure or a chore for people who have busy lives?
- Well, whether you **follow a recipe** or make something up as you go along. I think cooking is a very creative process, and cooking for other people is a particular pleasure. There's nothing more satisfying than seeing people you love **tucking into** something you've cooked yourself.

- On what occasions do you eat special food?
- Gone are the days(一去不返), I think when we required any occasion to make special food. I think these days we eat special food whenever the mood strikes. Usually, during the weekends, because those are the days when we are free and have time to prepare proper food. Apart from this, the special days like during festivals and birthdays, we do eat special food.

- Do you prefer eating at home or in a restaurant?
- I like eating at home. You can eat whatever you want to, wear whatever you want to and while eating if you get a homely feeling I think it makes food more delicious.
- I like eating at restaurant because it is more hassle free. You need not to bring your vegetable and the other stuff required to make food. Specially there is not much time consumed. You go, have food and come back. There is nothing like, preparing food and then washing dishes.

- What are some reasons that people eat at a restaurant?
- Eating at a restaurant offers people to enjoy the foods as well as the views and surroundings. They do not need to cook and foods are usually delicious. People are served well in a restaurant and people love that a lot. We can invite as many people as we want in a restaurant, and we do not need to clean anything unlike eating at home. There are a variety of menus to choose from and people can enjoy exotic foods at a restaurant that are not usually cooked at home. I think those are the main reasons we like to eat out in a restaurant even though sometimes we have to pay a large amount of money for the foods we eat.

- What' s the difference between restaurant food and home-cooked food?
- I think that homemade food tastes better since we select the right ingredients and customize the recipe to suit our taste buds. On the other hand, nobody can guarantee the quality of food in restaurants. They may also look and feel tasty due to harmful ingredients to trick a person' s appetite artificially.

- Describe a popular food in your country? Why do people like this food?
- Pizza is most probably one of the most popular food items in my county. This was not on the list of popular food items probably 10 years back, but the popularity of pizza, especially, among young people is unbelievable nowadays.
- The popularity is probably because of its taste and easy availability. Every corner of a street has a fast-food shop in my town and they sell pizza. Craze among young generation about the fast-food items, especially pizza, is another reason it is so popular in my country.

- Do you like ordering food to be delivered?
- Yes. At times when I don' t want to go out to eat, I always get my food delivered. I would compare delivering food to online shopping- exciting, convenient and eventful. I have bookmarked my favorite places to eat so I can automatically select food from them.

- Do you think our diet is essential?
- I firmly believe that a diet determines how long and happy a person is going to live. Eating healthy means that you will face minimal health issues and have a long healthy life. Otherwise, I have seen people with a poor diet and eating habits go through medical issues that resulted in them having a poor quality of life. So, what you eat is critical. My parents always go like you are what you eat.

- What is a balanced diet?
- A balanced diet contains many foods that provide your body with a lot of vital nutrients and essential vitamins. It also means cutting down unnecessary or extra ingredients that may harm our body in the long term. This diet helps you to stay fit and remain healthy and have a good quality of life.

- Is it expensive to eat out in your country?
- In China, the price of eating out depends on where you choose to eat. While there are restaurants which serve very expensive and often unaffordable food, you may find some local names which are inexpensive and serve tasty but unhealthy food. Finding a place to eat involves striking the right balance between taste and budget. So, one could say that whether food is expensive or not depends on your preferences.

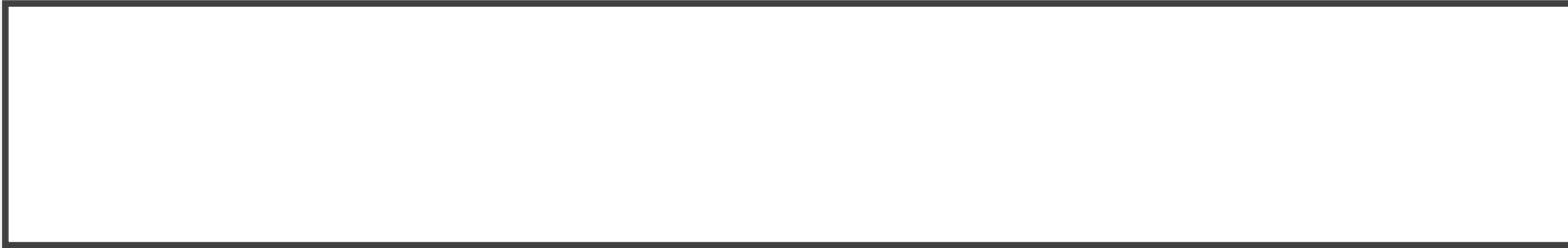
- Convenience foods will become increasingly prevalent and eventually replace traditional foods and traditional methods of preparation. To what extent do you agree or disagree with this opinion?
- The first and most obvious reason why ready-to-eat meals are not going to become staple foods is that they are generally unhealthy, or at least less healthy than traditional home-cooked meals. Food that we buy from fast food outlets or convenience stores often tastes very good, but it is usually heavily flavored with salt and sugar, and possibly with other chemicals whose effects on the human body may be damaging. In some cases, these may even be addictive. The calorific (产生热量的, 卡的) value of this kind of food is often extremely high, too, which means that people who frequently eat fast food tend to become overweight or develop conditions like diabetes. For this reason, people will eventually shun (避开) them or they will be outlawed by governments that are fed-up with rising healthcare costs.

- Why do you think some people choose to be vegetarians?
- People become vegetarians for many reasons, including health, religious convictions, concerns about animal welfare or the use of **antibiotics** and hormones in **livestock**, or a desire to eat in a way that avoids excessive use of environmental resources. Some people follow a largely vegetarian diet because they can't afford to eat meat. Vegetarianism has become more appealing and accessible, thanks to the **year-round** availability of **fresh produce**, more vegetarian dining options, and the growing **culinary**(食物的, 烹饪的) influence of cultures with largely **plant-based diets**.

- Is American-style ‘fast food’ popular in your country? (Why? Popular with whom?)
- Due to the trend of globalization, fast food has become more and more popular such as KFC, Pizza Hut, Burger King or McDonalds’ .
- The first cause is the needs of the modern community which have intensive activities. In a small family, both members **have a tendency** to have a job. Consequently, they do not have enough time to cook and the frequency of eating out increases. Secondly, efforts of fast-food restaurant companies to enhance the **nutritional quality** of their products and services are also the cause of their popularity.

- More and more people are becoming overweight nowadays. What do you think might be the causes of this?
- One major consequence of eating fast food every day is excess calorie consumption. Most fast food contains calories from **refined sugar** and **fats**. It is also **high in sodium** from salt and other **addictive** substance which can cause someone to eat it more and more. Consuming more calories than human needs leads to **obesity** which causes some health problems such as **hypertension**, diabetes, heart disease and even cancer.

饮食健康类口语主题陈述



Tell me about your favorite restaurant.

You should say:

- the restaurant that you like best
- why you like it
- and the occasions when you go there.

- I enjoy fine dining and exotic food. Both are available at my favorite restaurant--Tasty Palace in the center of my city. On special occasions I take my partner wining and dining. We love the ambience(环境, 氛围) of the candle-lit dinners, and the extensive menu of mouth-watering meals.
- The menu includes starters, mains and deserts. Usually by the time we get there I am dying of hunger, so we order a starter to calm the hunger pangs. We usually also share a bottle of bubbly. It is after all a celebration. Having finished our starter we take our time, savoring the food.
- This is not the type of restaurant where you would ask for a doggy bag, so we waste nothing. We end the evening with a delicious dessert. After settling the bill, we head off home, satisfied that we have enjoyed a scrumptious (/ˈskrʌmpjəs/ 美味的, 非常好吃的) meal.

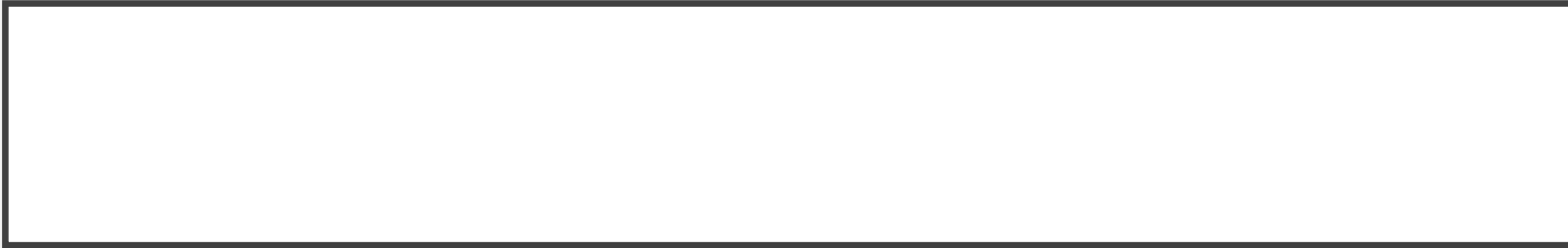
Describe a time when you tried a new food for the first time.

You should say:

- what food it was
- where you ate it
- what it tasted like

And explain whether or not you liked this food

- Well, I' m a great fan of barbecues and I would like to talk about the first time I tried some typical barbecue food. This happened when I was about 8 years old.
- My family went out to have dinner to celebrate my younger sister' s birthday. After putting so much thought into some new savory food to have for our meal, we decided to go to a BBQ restaurant on Nanjing street.
- We ordered four dishes with three different tastes. One of them which really interested me was grilled-Australian beef, flavored with something spicy, rich and aromatic. It not only tasted delicious, but also looked appealing. Also, it went well with two kinds of dipping sauces and was served with baguettes. There was also a salad, which gave it a mild taste to contrast with the spicy flavors.
- The idea of a barbecue originated in America, and for us it was a novel and sophisticated meal.
- What I really enjoyed was that we could watch as it was cooked in front of us. I loved how juicy it was and the aroma it had. Just mentioning it makes my mouth water. I mean, the BBQ was out of this world. That was the first time I had tried it, and I would have liked to have kept on coming back for more, but I was just too full.

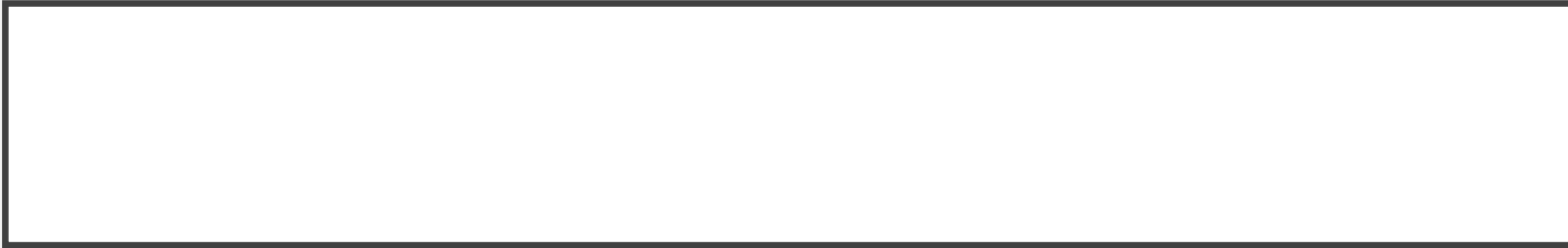


Describe a cafe you often go to.

You should say:

- where it is
- what it looks like
- what kind of services are provided
- what kind of food is famous
- and say why you like it.

- Out of all the restaurants and cafés near my residence, I frequent Sand Clock Café. Located in a tiny street next to a bookstore, Sand Clock is a charming café.
- It is not that big a place. However, the decor is impressive. When one enters, they feel quite comfortable and homely as their furniture includes typical drawing-room sofas and chairs. So, everyone feels relaxed.
- The café also allows pets, a policy that makes everyone feel home. Three cats are the permanent residents of the place. There is both an indoor as well as an outdoor eating area. I usually find the staff very helpful and friendly. Never have I been left unattended.
- Sand Clock serves a decent list of food items, all of which are tasty. It also has a separate Veggie menu. It even has a pet menu should you want to bring your pet over. My favorite food here is the onion rings with fries and mayonnaise. It is simply delicious. I love this place because my friends and I used to go to work on our assignments during our college years.

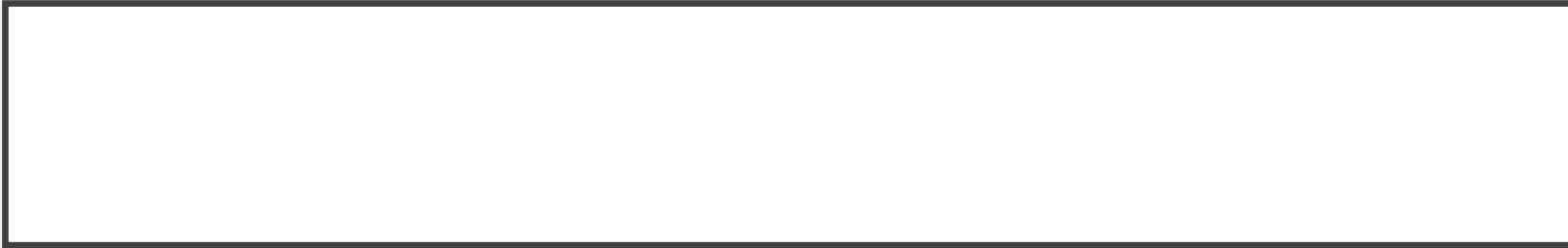


Talk about your favorite food.

You should say:

- what the food is
- what it is made of
- why you like it
- and explain why it is your favorite food

- There are a lot of foods I like. It is quite difficult to think of only one. Let me talk about a special dish. It is steamed rice and chicken adobo. Actually, “Adobo” is a Philippine dish. When I traveled to Manila for work in 2019, I tried it and immediately fell in love with it.
- Adobo can be beef, pork, chicken, fish or even vegetables but I like the chicken adobo particularly. Since I am in China now, it is hard to find authentic Philippine food, so I have learned how to make it. Let me tell you how I cook my very own chicken adobo. A small amount of oil is placed in a heated pan. Then, sauté (fried quickly in a little hot fat) garlic until it turns golden brown. Add in onions. Add the chicken and sauté until it turns a little brown. Pour in about 2 cups of water and let it boil. After about 30 minutes, add about 2 spoonful of sugar, whole peppercorns and let it simmer. Then add about one fourth cup of soy sauce and let it boil for about 5 minutes. Then it is done and ready to be served. You may also add some vegetables like potatoes or fruits like banana or pineapple.
- I like it because it is easy to prepare, and it is very delicious. I am not quite sure about its nutritional benefits, but I am sure that we can get some nutrients in it too, especially if vegetables are added.



Describe a time when you were ill.

You should say:

- when this was
- what your symptoms were
- how long the illness lasted
- and say how it affected your life at the time

- I will talk about a terrible experience when I got ill. It happened a few months ago when I had flu coupled with sore throat. A week before it happened, I was so stressed with work. I had stayed late nights in the office to meet several deadlines. I lack sleep and I couldn't also eat on time.
- My body started to feel weak; I started to have slight fever and colds. I knew it was going to be bad because I was having headaches, and severe muscle and body aches. I also started to have dry cough and my throat hurts.
- It lasted for about a week. I went to see a doctor so I could get the right prescription. I was advised to have bed rest for a few days.
- I was not able to report for work for a week. Luckily, I have already finished all my deadlines before it happened. But it had still affected my life because I failed to do my daily routine. I also asked my mom to take care of me since I lived alone. When I came back to work, there's a huge pile of paperwork waiting on my desk.