

Super English



Intermediate Speaking
Lesson 11

Food & Eating Habits



Home Cooking vs. Ordering In

Read the text and discuss the words in bold.

Cooking at home sounds **wholesome** until you face a sink full of dishes. Still, making meals **from scratch** lets you control the ingredients, save money, and adjust every flavor. Ordering in is quick and convenient, but those little delivery fees add up—and apparently the sofa now expects table service.

1. Which is more important when choosing a meal: cost, health, or convenience?
2. What dish is worth making from scratch?
3. When does ordering food become a bad habit?



Healthy Enough

Read the text and discuss the words in **bold**.



Many people try to eat well all week, then Friday arrives carrying pizza. A **balanced diet** does not require perfect choices or sad salads. It means eating a variety of foods and enjoying treats in **moderation**. One heavy meal will not ruin your health, just as one apple will not magically fix it.



1. What does a balanced diet look like in real life?
2. Why do strict diets often fail?
3. Which supposedly healthy food do you dislike?

Dialogue 1: The Cooking Plan



Practice the dialogue and answer the question.

Anna: I'm cooking every night this week.

Ben: Impressive. What's for dinner?

Anna: Pasta. Possibly for seven nights.

Ben: So this is less a plan and more a noodle subscription.

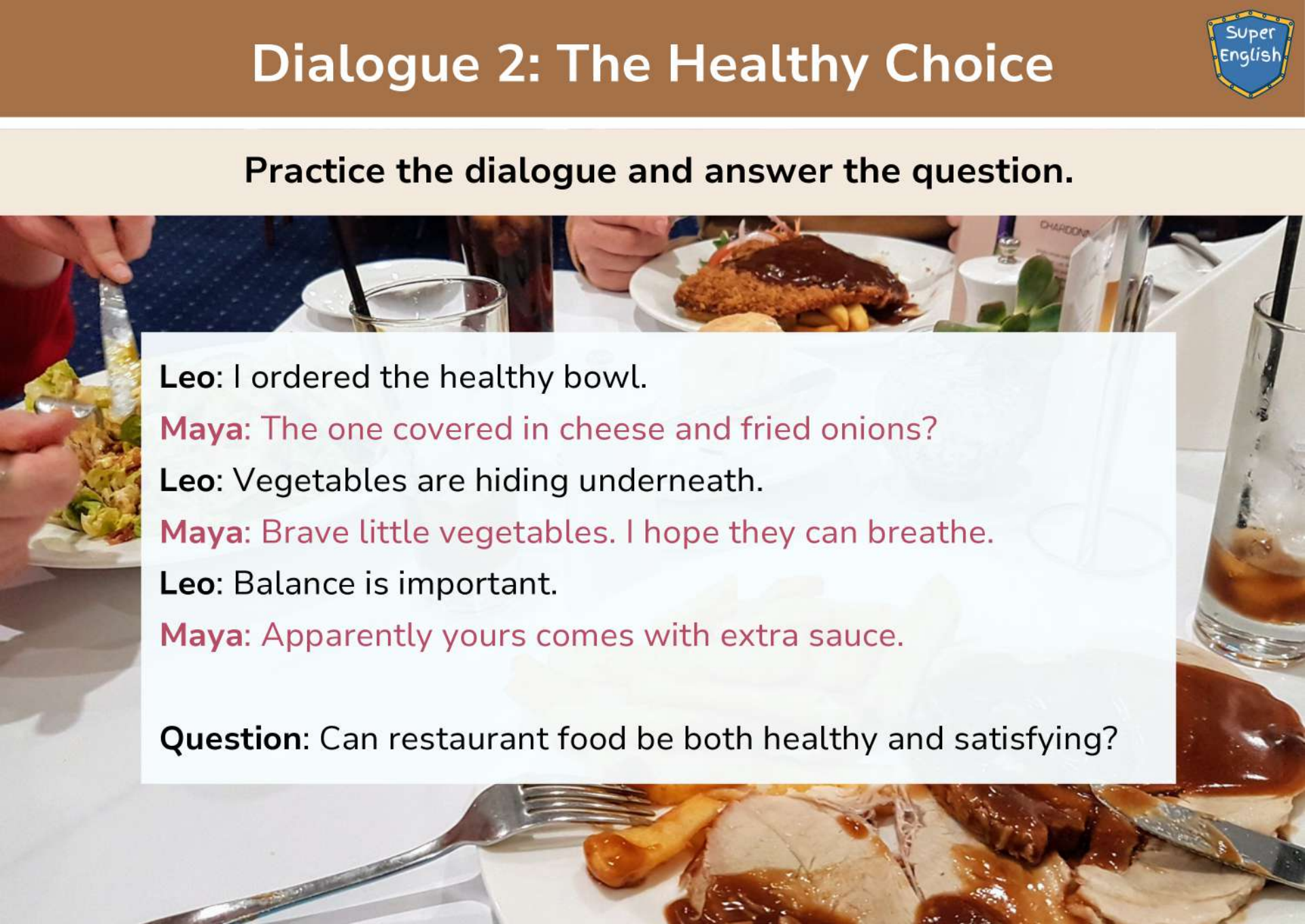
Anna: It's homemade, affordable, and emotionally reliable.

Ben: Fine. I'll bring something green.

Question: What makes home cooking difficult to maintain?

Dialogue 2: The Healthy Choice

Practice the dialogue and answer the question.

The background of the slide is a collage of restaurant food. At the top, a person is eating a salad. In the middle, there's a plate with a breaded cutlet and fries. At the bottom, a plate of roasted chicken with potatoes and mushrooms is visible. A glass of iced coffee is also present on the right side.

Leo: I ordered the healthy bowl.

Maya: The one covered in cheese and fried onions?

Leo: Vegetables are hiding underneath.

Maya: Brave little vegetables. I hope they can breathe.

Leo: Balance is important.

Maya: Apparently yours comes with extra sauce.

Question: Can restaurant food be both healthy and satisfying?

Would You Rather?

Tell your teacher what you'd rather do and why.



Would you rather cook every meal or never cook again?



Would you rather give up sugar for a year or fast food forever?



Would you rather eat the same healthy breakfast daily or try something new each morning?



See you next time!

