

# Food Culture

**Welcome to Talk Time!**

How are you? How was your week?  
Discuss the idiom of the week – “Dish up”



**Let's get started**

**Play a game** – “What did you eat for dinner last night?”

Last night, I ate tomato soup and a grilled sandwich for dinner.

- On a small piece of paper, write what you ate for dinner last night. Do NOT write your name. (See the example on the left.) Fold your paper, and put it in the center of the table.
- Each person must choose a paper and read it to the group.
- After each person has read a paper, take turns guessing who ate what.

**Interview two people about food. Write their answers in the chart. (See the example below.)**

Name	What are three of your favorite foods? How often do you eat these foods?	What are some foods you do not like?	Do you like to cook? Why or why not? What can you cook?	What is your favorite meal of the day: breakfast, lunch, or dinner? Why?
Kelli	1) Sushi - once a week 2) Kiwi - almost every day 3) Cheese - every day	-Cilantro -Cake -She doesn't like to eat too much meat.	Yes! - She likes to cook healthy meals. She can cook many rice dishes.	-Dinner -She often eats dinner with family and friends. Relaxing!

**Share with the group:** What is one thing you learned about your classmates?

**Conversation skills**

As we discuss, let's ask each other questions using the words *who*, *what*, *where*, *when*, *why*, and *how*. Let's also use the phrase “Tell me more.” The best questions are the questions YOU ask!

**Discussion:** Discuss these questions as a group.

In your native country, what do people usually eat for breakfast, lunch, and dinner? What time do people usually eat breakfast, lunch, and dinner? How long does each meal usually last?

Describe a formal meal in your native country. Give examples of what is polite and what is rude.

- What do you do before the meal? Do you pray or say something special?
- What do you do during the meal? How do people dish up? What do you talk about? Is it okay to get seconds (to get more food)?
- What do you do after the meal? How do you thank the host? What do you do with leftover food? Who helps clean the dishes?



Have you ever gone to an American's house for a meal? Or, have you ever hosted an American for a meal in your home? What happened? Did anything surprise you?

Are there rules for using fingers, knives, forks, spoons, chopsticks and napkins at a restaurant? In your home? What are the rules?

Are table manners important in your home country? How are table manners different in the U.S.?

In your native country, who usually cooks dinner: men or women? Why?

In your native country, are many people vegetarians? Are many people vegans? Explain.

Seattle is famous for its coffee culture. Many people in Seattle go to cafés and drink coffee every day. Starbucks, the world's most popular coffee shop, began in Seattle. Is your home country/city famous for a particular food or beverage? Explain.

What food do you miss from your native country? Can you buy that food here? Where can you buy it?



Fast food restaurants are very popular in the United States. Are they popular in your native country? How often do you eat at fast food restaurants in the U.S.? How often did you eat fast food in your country?

What ethnic cuisines have you tried? (For example, Italian, Thai, Chinese, Greek.) Which cuisines do you like best?

Do you grow any of your own food? Do you want to grow your own food?

Do you think you have a healthy diet? Why or why not?

**Group Reflection:** What did you learn today? What do you want to talk about next week?