

Food and Nutrition

Discussion Topic Pack

A warm-up, vocabulary, and graded discussion questions for talking about **Food and Nutrition**.

Name _____ Class _____ Date _____ Score _____

Warm-up: What is your favorite food and why?

1 · Vocabulary

Word	Meaning	Example
fruit	a sweet and fleshy product of a plant that we can eat	<i>She likes to eat fresh fruit for a snack.</i>
vegetable	a plant or part of a plant used as food	<i>Carrots are a healthy vegetable.</i>
protein	a nutrient that helps build muscles	<i>Eggs are a good source of protein.</i>
calorie	a unit of energy in food	<i>A slice of bread has about 80 calories.</i>
diet	the kinds of food that a person usually eats	<i>He follows a low-fat diet.</i>
healthy	good for your body	<i>Walking every day is a healthy habit.</i>
recipe	a set of instructions for cooking a dish	<i>She shared a simple soup recipe with us.</i>
snack	a small amount of food eaten between meals	<i>I had a banana as a snack after school.</i>

2 · Discussion Questions

Take turns asking and answering — try to give a full answer, not just yes or no.

- 1 What did you have for breakfast today?
- 2 How often do you eat fruit during a week?
- 3 What is your favorite snack and when do you usually eat it?
- 4 Do you prefer cooking at home or eating out? Why?
- 5 Can you describe a typical lunch you have at work or school?
- 6 What foods do you think are important for a balanced diet?
- 7 How do you feel after eating a lot of sugary foods?
- 8 Have you ever tried a new food from another country? What was it?
- 9 Do you think it is important to count calories? Why or why not?
- 10 In your opinion, how can a community encourage healthier eating habits?

3 · Extension

Try this: *Role-play: One student is a nutritionist and the other is a friend who wants to lose weight. The nutritionist suggests simple changes to the friend's diet and explains why they are healthy.*