

Comfort Food



This week...

Tina and Monica are talking about what kind of food makes them feel better when they are feeling down.

Lesson Targets

- Talking about comfort food
- Feeling better

Daily English Conversation

Advanced Class

Warm Up – Topic Question



What kind of food brings you comfort when you are feeling nervous or down?

Picture Description

I wonder
what
happened...



A



B



What is he doing?

C



Why does she look so happy?



Monica

Have you already decided if you are going to move back to Canada?

Tina

Not yet. I still have a few weeks to make a decision, but I am feeling quite anxious about it.

Monica

Can you remember what Mom used to make for us when we were kids to help us feel better?

Tina

I loved her homemade apple pie and whipped cream!

Monica

Me too. That was Grandma's secret recipe.

Tina

What do you like to eat these days when you are feeling a bit down?

Monica

I like food with high carbs such as pizza or hamburgers.

Tina

I feel like eating two large pizzas right now!

Monica

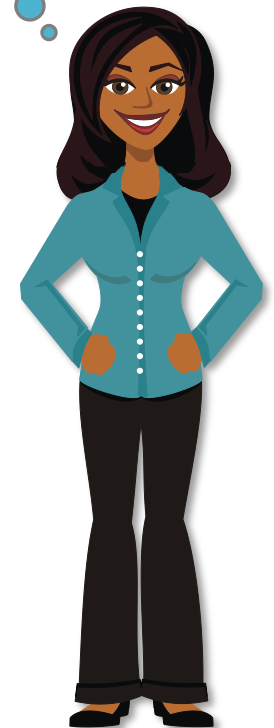
You might want to spend 24 hours at the gym after that!

Tina



I feel like eating
sashimi right now.

1. Have you decided if you are
2. I am feeling quite about it.
3. I feel like eating right now.
4. You might want to after that.



Role Play – Comfort Food

Student A is feeling a little bit down and Student B is asking what kind of food he/she likes to eat to make him/her feel better.



A: I am feeling a little down these days.

B: I'm sorry to hear that. What kind of food makes you feel better?

A: I like food such as **Comfort Food**.

Continue the conversation using your own words and the **Key Phrases** from below.

Key Phrases

- Yeah. I also really like to eat
- She used to make really good
- I feel like eating right now!
- Good idea! I'm sure that will make me feel better!
- Is there anything else you like to eat?
- What kind of food did your mother make when you were a kid?
- Why don't we go and get some?



Comfort Food

- fried chicken
- pizza
- noodles
- sushi
- chocolate
- cake
- *other*

* Choose a topic below and tell a short story that is either true or not true. The other students in the class and the teacher have to guess whether your story is true or false.



1. I always eat sweet food to help me feel better when I am feeling down.
2. I never eat junk food.
3. I don't like cooking.
4. I often go to fast food restaurants.



- What was your favorite food that your mother used to make when you were a child?
- How often do you eat junk food?
- What kind of junk food do you like?
- What kind of food do you think is the least healthy?

- anxious - *I'm feeling **anxious** about my exam results.*
- carbs - *I am eating way too many **carbs** recently.*
- comfort - *Eating ice cream always brings me **comfort**.*
- decision - *I have a very important **decision** to make.*
- homemade - *My mother's **homemade** bread is the best!*
- never - *I **never** eat sweet food when I'm feeling down.*
- often - *I **often** eat at fast food restaurants.*
- popular - *Sushi has become very **popular** in the USA.*