

# 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

**Basic Class**

## Warm Up – Topic Question



What food do you like to eat when you are feeling down?



I wonder what happened...

A



What is he doing?

B



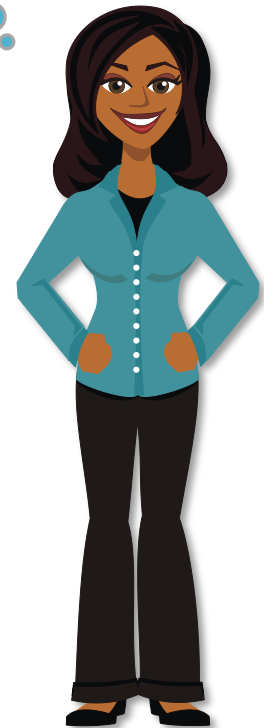
\*Create a short story using the following format

1. Who
2. Where
3. When
4. What's happening?

\*Create a simple sentence using these words.

1. decide
2. remember
3. nervous
4. delicious


My mom's apple pie is really **delicious**.



1. **Did you decide if you are** going to study English in Australia?
2. **I am feeling** a little sad **about it.**
3. **She used to make** really good homemade bread.
4. **I like food such as** chocolate and ice cream.
5. **I feel like eating** sushi **now.**



- Words
- Phrases

Monica	Did you <b>decide if you are</b> going back to Canada?
Tina	Not yet. I have a few weeks to make a decision, but <b>I am feeling nervous about it.</b>
Monica	Do you <b>remember</b> what Mom used to make for us to help us feel better?
Tina	<b>She used to make</b> apple pie and whipped cream!
Monica	It was so <b>delicious.</b>
Tina	What do you like to eat these days when you are feeling down?
Monica	<b>I like food such as</b> pizza or hamburgers.
Tina	<b>I feel like eating</b> two large pizzas <b>now!</b>
Monica	You should go to the gym for 24 hours after eating that!
Tina	

Let's create sentences using your own words!

1. Did you decide if you are .....
2. I am feeling ..... about it.
3. She used to make .....
4. I like food such as .....
5. I feel like eating ..... now.

## Correct Responses

1. *Did you decide if you are going shopping tomorrow?*

A: Yes. I haven't decided yet.

B: Not yet. I will call you later and tell you then.

C: I do decide now.

2. *What did your mother used to make when you were a kid?*

A: She makes really good curry and rice.

B: She used to makes bread.

C: She used to make apple pie.

3. *What kind of food do you like to make you feel better?*

A: I feel better eat sushi.

B: I really like to eat chocolate cake and ice cream.

C: I like to eat noodles when I am happy.

4. *What kind of food do you want to eat now?*

A: I wanted to eat sashimi for dinner now.

B: Let's eat fried chicken.

C: I really want to eat fish and rice later.



# 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:** That's too bad. What kind of food makes you feel better?

**A:** I really like to eat **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 ....
- I feel like eating .... now!
- That sounds like a great idea.
- Is there anything else you like to eat?
- What kind of food did your mother make when you were a kid?
- Let's go and get some ....



## Comfort Food

- fried chicken
- pizza
- noodles
- sushi
- chocolate
- cake
- ice cream



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

decide 決めます	- I will <b>decide</b> tomorrow.
delicious おいしい	- This pasta is so <b>delicious</b> .
feeling 感じる	- I am <b>feeling</b> a little down today.
homemade 自家製	- My mother's <b>homemade</b> bread is great!
later 後で	- Let's go and get something to eat <b>later</b> .
make 作ります	- Let's <b>make</b> pizza for dinner.
nervous 神経質な	- I am feeling <b>nervous</b> about my exam.
remember 覚える	- Please <b>remember</b> to call me.
these days 最近	- I am happy <b>these days</b> .