

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

Super 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

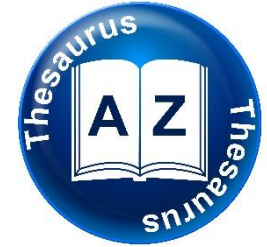


C



B





* Choose the most appropriate meaning of the word from the four options.

1. comfort

- sorrow
- agitation
- satisfaction
- indulge

4. secret

- forthright
- undisclosed
- defined
- unspecified

2. previous

- onward
- delayed
- timely
- preceding

5. quite

- partially
- excessive
- utterly
- uniquely

3. least

- substantial
- primary
- uttermost
- minimum

6. nervous

- apprehensive
- unwavering
- composed
- wondrous



Monica

Have you decided whether you are going to move back to Canada or not?

Tina

Not yet. I still have a few weeks to make up my mind, but to tell you the truth I am feeling quite anxious.

Monica

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

Tina

Her homemade apple pie and fresh cream was the best!

Monica

Yeah. That was Grandma's secret recipe passed down through generations.

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 pepperoni pizzas right now!

Monica

After that you should probably spend 24 hours at the gym!

Tina





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. Student B suggests they go get something to eat together.

Key Phrases

- I noticed you are not looking so happy today.
- What kind of food do you usually like to eat to make you feel better?
- What was your favourite food when you were a kid?
- Why don't we go get?
- Yeah. I'm feeling a bit down recently.
- I really like to eat
- That will surely make me feel better!
- *Other*

Comfort Food

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



- What was your favorite food that your mother used to make when you were a child?
- Is there any secret recipes in your family which have been passed down from previous generations?
- What kind of food do you think is the least healthy?
- How often do you eat junk food?



Fried food and junk food should come with health warning labels.

A

Agree

B

Disagree



American Slang

- **sweet tooth** - a desire for sweet tasting food
My brother is always eating candy. He really does have a **sweet tooth**.
- **in a bind / in a jam** - in a tight or difficult situation; stuck on a problem
I don't know how to solve this problem. I'm really **in a bind**.



Australian Slang

- **tucker** – food
I'm feeling a bit hungry. Let's go get some **tucker**.
- **tea** – dinner
What do you want to eat for **tea** tonight?



British Slang

- **peckish** – feeling slightly hungry
I'm feeling **peckish**. Let's go get something to eat.
- **down in the dumps** – unhappy; discouraged
I'm feeling **down in the dumps** because I failed my English exam.