# Food and Nutrition Conversation

## Discuss the following with your classmates:

1. What is your favorite food?
2. What food do you hate?
3. What are some typical foods you enjoy eating for breakfast, lunch, and dinner?
4. Do you think you have a generally healthy diet? What have you eaten so far today?
5. What's a big holiday in your country? What foods do people typically eat on this holiday?
6. What's the strangest thing you've ever eaten? Where were you? Why did you eat it? Would you eat it again?
7. Do you think a vegetarian diet is better than a diet that includes meat? Why or why not?
8. Are there any foods that you would not eat as a child that you now like? Why do you think this is?
9. What's your favorite dessert? How often do you eat it?
10. What's the last meal you cooked for yourself? How do you make it?
11. Describe an everyday meal from your country and tell how to prepare it.
12. In your opinion, which countries have the best cuisine? The worst? Why?
13. What is your opinion of American food? Have you tried any regional American cooking?
14. At what times do you usually eat your meals (breakfast, lunch, and dinner)?
15. Do you like food from other countries? If yes, which do you like the most?
16. How often do you eat in a restaurant? (How often do you eat out?)
17. Do you like to eat at fast food restaurants? Why or why not?
18. When did you last go a restaurant? What did you order?
19. Do you prefer to eat at a restaurant or at home? Why?
20. What is the food that you miss most from home?
21. How do you balance your meals to ensure you're getting a variety of nutrients?
22. Are there any traditional dishes from your culture that you consider healthy? Can you share any recipes?
23. Do you have any favorite healthy snacks? What are they?
24. How do you balance eating out at restaurants while still trying to eat healthily?
25. Have you ever tried any diets or eating plans? What was your experience like?
26. How do you handle cravings for unhealthy foods?
27. What are some strategies you use to avoid overeating or snacking between meals?
28. Can you share any tips for grocery shopping on a budget while still prioritizing healthy options?