



Live Lesson Notes

Food

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 3. Eating Habits (meals together, snacking, comfort eating)
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Some Useful Links

Food at Celebrations

<https://www.betterhealth.vic.gov.au/health/healthyliving/food-and-celebrations>

Food idioms

<https://examples.yourdictionary.com/examples-of-food-idioms.html>

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<https://ielts.preptical.com/the-path-to-success-in-the-ielts-test/?ref=6970>

Find a teacher so you can start practicing all the language you are learning here. Practice is the key!

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IELTS Speaking Vocabulary: Food

Common Flavours and Tastes

Here are some common flavours and tastes

- **Sour** (plums)
- **Sweet** (carrots, mandarins)
- **Juicy** (oranges)
- **Salty** (anchovies)
- **Savoury** (anything that is not sweet)
- **Peppery** (flavour of black pepper)
- **Pungent** (cardamom)
- **Spicy** (Thai red curry)

Adjectives to Describe Food

This dish is _____

- delicious
- tasty
- luscious (= rich and sweet)

This dish looks _____

- mouth-watering
- tempting
- appetising

It tastes _____

- scrummy
- succulent (for meat, meaning juicy, tasty, tender = soft)

Tip: 'Yummy' - Don't use this in IELTS, it is a word normally used by children!

It's perfect
It's spot on
It's top notch

It's nutritious
It's healthy

IELTS: Food for Special Occasions

Very often we have special dishes or eat particular food on special occasions. Such occasions may include,

- Weddings
- Birthdays
- Anniversaries
- National Holidays
- Religious festivals

Here are some different kinds of food we may eat on these special occasions;

Party food (sausage rolls, pizza, cakes)

Finger food (open sandwiches, tapas, vol au vents, crisps...)

A **National** dish (fish 'n' chips - in the UK)

A **Signature** dish (a dish you like to make and are 'famous' for)

You can also use these phrases to talk about favourite or popular dishes you may have on a special occasion

An old **family favourite** of mine is _____

A **classic** for birthdays is _____

Templates for food on special occasions

On birthdays, anniversaries _____

... we *tend* to eat ...

... we *often* eat ...

... we *typically* eat ...

At weddings, Christmas, Easter _____

... we *usually* to eat ...

... we *will often* eat ...

... we *like* to eat ...

Tip: If you are not sure about which preposition to use for different occasions, then use **FOR!**

It works for all occasions.

For Christmas, Ramadan, birthdays ...

... we *tend* to eat ...

... we *often* eat ...

... we *typically* eat ...

Tip: If the name of the dish is not an English word, or may not be commonly known, I suggest you also give a short explanation of the dish.

For example,

In my country for birthdays, we often eat 'Migoreng' which is a local dish consisting mainly of fried noodles

Find out about other popular dishes for special occasions in different parts of the world here:

<https://www.betterhealth.vic.gov.au/health/healthyliving/food-and-celebrations>

It is very common for people to spend a lot of money on food for special occasions. Here are some useful expressions to talk about that idea.

We forked out more than we should

I forked out a fortune just on drinks.

To fork out (on) = to spend a lot of money on something

We paid over the odds for that meal

To pay over the odds (for) = to pay too much

We spent a fortune on pricy beverages

To spend a fortune on something = to spend a lot of money

We paid through the nose for the catering for this event.

To pay through the nose (for) = to pay a lot / too much

Eating Habits

Eating habits vary from family to family. In some areas, eating with the family together is really important. For others, just filling up and moving on to do something else is the goal.

Here are some phrases connected to different ways of eating.

- **Binge eating**
-
- I am a **binge eater**
-
- I am guilty of **binge-eating**

This means I eat lots of food in one go, and often I cannot stop. In extreme cases, this can be a medical condition.

To have **an eating disorder** (a medical condition e.g anorexia)

Snacking = when you enjoy eating small amounts of food frequently (this word normally has a negative connotation)

Comfort eating = eating to feel good, e.g. eating a chocolate cake

My child is a **fussy eater** or a **picky eater**

This means they only eat the food they like and won't try new foods

To **go on a diet** = to restrict the intake of a certain kind of food

IELTS Question and Answers on Food

Have you ever been on a diet?

Yes, I have actually been on a **low-carb diet** for a few months.

I **follow** the Keto **diet**

I am following the mediterranean diet at the moment

I am a **vegetarian**, but I consider that a lifestyle, not a diet

I have been a **vegan** for years now.

Yes, but not always, I like to **have a cheat day** once a week.

No, I prefer to eat everything, but I **eat in moderation**.

I wouldn't say I am on a diet, but I do try to **eat the rainbow**, and eat a healthy diet.

IELTS Listening Task: Food

Watch this short video where Keith talks about people who like to get everyone around a table to eat together.

Listen and answer the following questions

- 1) Who likes to get people around the table to eat?
- 2) Why?

<https://vimeo.com/706479355>

Answers at the end of the PDF

Useful Collocations

A socialising / social event

It's a chance to....

Catch up with others

Having a chinwag (UK) = have a chit chat / conversation

Eating is stuffing your face

It's different courses for different horses = different people like different things

Idioms to Talk about Food

The **proof is in the pudding** = you can only know if something is good by testing or experiencing it

I am not sure whether I should visit Korea or not. Well I guess there is only one way to find out, the proof is in the pudding.

To **pig out** (on) = to eat too much of something

I feel too full, I have just pigged out on too much fast food at KFC

To **have a sweet tooth** = to like sweet stuff

I can't resist chocolate, you know I have a sweet tooth

It **melts in the mouth** = delicious

This steak is so tender and delicious, it just melts in the mouth

It's **the best thing since sliced bread** = the best thing ever

This meal is the best thing since sliced bread

To **eat like a horse** = to eat a lot

After I get home from school, I am so hungry, I eat like a horse

To discover lots more idioms that use food, check out the link below
<https://examples.yourdictionary.com/examples-of-food-idioms.html>

IELTS Listening Task Answer:

1. Who likes to get people around the table to eat?

My mother

2. Why?

She saw it a socialising event and a catch up with friends and family.