

Chapter 2 : Leisure Time

‘Food and Drinks’

Do you like to cook?

Not really no. most of the time I eat **ready meals** and **take-aways** . that's one of the reasons I miss my family. At home, you can always guarantee lovely **home-cooked food**

What time do you usually eat dinner?

We have our main meal at around 7.00. I'm usually **starving** by then. in fact I often **grab a bite** in college to eat as soon as I get home. a sandwich perhaps. but not too much to **spoil my appetite** .

+ ***Idioms*** (for Speaking) : Grab a bite

Let's grab a bite and move on, we don't have much time.

Let's grab a quick bite before we go home.

1- spoil (v)

to destroy in terms of value or quality

Some Examples:

*I'm leaving. I don't want to **spoil** your fun.*

*I haven't seen the movie so don't **spoil** it for me.*

*You'll **spoil** your appetite if you eat a cake now.*

Are there any fruits or vegetables you don't like?

Yes, there are. I'm not a **fussy eater**, but I really hate onions and seafood. I try to avoid meals that might contain these products

And what is your favorite cuisine?

Well, I love French **cuisine** for its **diversity** and **flavorful ingredients**. French cuisine has a variety of **dishes**, starting from their famous onion soup and ending with different types of cheese. Also, They rarely use **artificial ingredients** or flavors.

2- fussy (adj)
having very high standards

Some Examples:

*He is so **fussy** about the house, everything has to be perfect*

*All my children are **fussy** eaters.*

*You are always too **fussy** about clothes.*

Describe a restaurant that you like to use

OK ... there's a restaurant **just around the corner** from where I live . it's an Italian restaurant so as you'd expect you can eat various pasta dishes and pizzas and I usually go there with my family for a **slap-up meal** if we have anything to celebrate. we usually order a **3-course meal**. a **light starter** then a **main dish** , and I ***have a sweet tooth*** so I always look forward to the **dessert**. I usually order Tiramisu. it ***makes my mouth water*** just to think about it. I'm always totally **full up** by the end.

+ Writing & Speaking Bonus:
look forward to

I'm really looking forward to the holiday.

I'm not looking forward to the trip

I always look forward to seeing my parents.

How can we encourage people to eat more healthily?

I think the best **approach** is to **have everything in moderation**. **processed food** won't kill you if you only eat it **occasionally**. but people should also be encouraged to eat **a balanced diet**. try to cook **fresh ingredients** at home a few times a week.

3- approach (n)(v)

a way of considering or doing sth/
to come nearer to sth

Some Examples:

*The exams are **approaching** and I want to review my class notes.*

*I'm not sure how I should **approach** the problem.*

*He had a very logical **approach** toward the issue.*

4- moderation (n) with reasonable limits

Some Examples:

*You can eat whatever you want as long as it is in **moderation***

*You should cook the sauce over a **moderate** heat.*

*The temperature is **moderate** at this time of the year.*