

# Speaking 5 minutes speech - Czech and British cuisine

## 1 You are what you eat

My favourite meal/ food (what I have in my fridge, recipe)

Healthy food/meal, vegetarians, vegans

Where can we eat – what I like best (at home, fast food, restaurant, take away restaurant, school canteen) When did you last eat out? Tell us something about it.

What do you think about fast food? Do you like it?

## 2 What's typical for Czech and British cuisine?

Compare eating habits in our republic and in Great Britain.

Speak about healthy food.

What food is the healthiest, unhealthiest?

What do you usually eat?

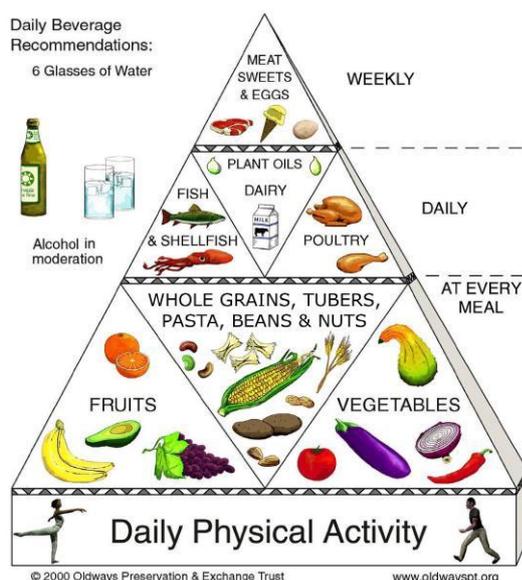
Do you think you eat healthy food? Why? / Why not?

Which items are your favourite, the tastiest?

Could you be a vegetarian? Why? / Why not?

What is your favourite food? Please describe it.

## 3 Daily/weekly recommendation



#### **4 Are you interested in cooking?**

Can you cook? What can you cook? Do you use a cookery book or your own imagination?

(Possible answer: I prefer my own imagination in cooking but I think that it's necessary to have some ground of cooking which could be taken precisely from the cookery book.)

Have you ever grilled in the garden? Tell me about it. / Why not?

Who usually cook in your family?

#### **5 Write a recipe of your favourite/ healthy meal.**

Imagine that you have these ingredients in your fridge. Invent a recipe using some or all the ingredients: Oil, some eggs, sliced ham, some tomatoes, cucumber, some cheese.

#### **6 Different customs in cooking/ eating – the Czech Republic x one foreign country**

If you went abroad, would you try local cuisine? Why? / Why not?

What kind of food is most healthy – Czech, Asian, Italian or American? (speak about the ingredients, the method of cooking, the portions, the appearance of people...)