



- ▶ Describe the pictures. What kind of food does each one show?
- ▶ What are the differences between the photos?
- ▶ What can they tell us about different lifestyles?

DISCUSSION

Do you care about food? What considerations are most important for you when choosing food?

What do you consider to be extreme in eating / in some people's diets?

Why do you think enjoying our food is so important to us?

Do you check whether the food you eat was ecologically or ethically produced?

Do you consider the way we eat to be culturally important?

Do you "live to eat" or "eat to live"?

JUST IMAGINE

You and a friend have decided to take part in a "food blog challenge", where you keep a food blog for a month on any platform you like (YouTube, Blogger, Instagram etc.). Talk about what you could include (A record of your normal diet? National cuisine? Special diets? Recipes? Food art?) and decide what you could do that people would like to read. Do you consider food blogs useful? What do you think of people taking photos of their meals in order to share them on social media? Have you ever done it?

DATA MINER

In the EU, eating and drinking out of home accounts for **7%** of households' total expenditure on average.

In 2016, the EU imported almost **93 m** tonnes of food and exported **91 m** tonnes.

EU citizens make up **6.8%** of the world's population but are responsible for **16%** of the world's total meat consumption.

Data from the UN and Eurostat

QUOTES

"One cannot think well, love well, sleep well, if one has not dined well."

Virginia Woolf
novelist

"A fit, healthy body – that is the best fashion statement."

Jess C Scott
author

"Eat food. Not too much. Mostly plants."

Michael Pollan
journalist

WORD BANK

to watch what you eat / to watch one's figure / to snack between meals / to cut out or cut down on (a type of food) / "You are what you eat." / to put on or gain weight / to lose or shed weight / to have a sweet tooth / to have a craving (for sth) / five a day / to have a (special) diet / to (go on a (weight-loss) diet / a balanced diet / special dietary requirements / lactose-free diet / gluten-free diet / nutrition / vitamins, minerals, nutrients / vegetarian / vegan / dietary fad / to have an allergy (to sth) / to be allergic to (sth) / to have a food intolerance / a picky eater / national cuisine / to eat out / fast food / street food / gourmet food / catering services / cookery / (red/white) meat / poultry / game / fish / seafood / vegetables / root vegetables / fruit / berries / to boil / to steam / to fry, sauté, shallow-fry, pan-fry / to stir-fry / to deep-fry / to roast / to grill / to bake / to stew