

Food and Eating

1. What is the first thing that comes to mind when you hear the word “food?”
2. Have you heard of the [Canada Food Guide](#)? Do you try to follow it or another food guide?
3. Which is your favourite meal – breakfast, lunch, or supper?
4. Would you consider yourself to be a good eater or a “picky eater?”
5. How long can you last without food? Do you fast?
6. There are many types of cuisine from around the world. Which do you like and why?

French	Italian	Chinese	Indian
Japanese	American	Mexican	Lebanese

7. Who does most of the cooking in your home? Are you a good cook?
8. How have your eating habits changed over the years?
9. What do you think of food prices where you live? How do food prices compare with your hometown?
10. Do you prefer salt or sweet? What are your favourite sweet or salty snacks?
11. What kind of drink would you prefer with each of the following: steak, fish, pasta, Chinese food, fast food? Why do you prefer these choices?

Milk	Water	Red Wine	White Wine
Pop/Soda/Soft drink	Beer	Tea	Coffee

12. What do you think is the healthiest diet from around the world?
13. Do you have any special comfort foods? What is your favourite junk food?
14. Have you ever had an eating problem? How do you deal with the problem?
15. What is your favourite food aisle in the supermarket?
16. Which food from your childhood do you miss the most?
17. When do you usually eat your meals? Do you prefer a quick meal or a slow, relaxing one?
18. Which of these do you most enjoy doing?

Preparing a meal with someone	Preparing a meal for someone
Eating a snack in front of the TV	Going to your favourite restaurant
Having an outdoor BBQ	Going to a quiet, secluded restaurant
Trying a new restaurant	Having fast food while out at the mall
Taking a cooking lesson	Watching a cooking show