

## Food

### What food do you like eating?

I enjoy eating organic food. I mostly buy fresh fish, vegetables and fruit. I find that if I eat well, I feel energetic and happy. Sometimes I am in a rush though, so I eat fast food to save time.

### Is there any food that you don't like?

Yes, there is. I'm not a fussy eater, but I hate really spicy food. It burns my mouth and I can't enjoy the meal! I also try to avoid processed food. It's bad for our health and makes me feel tired.

### What food is popular where you live?

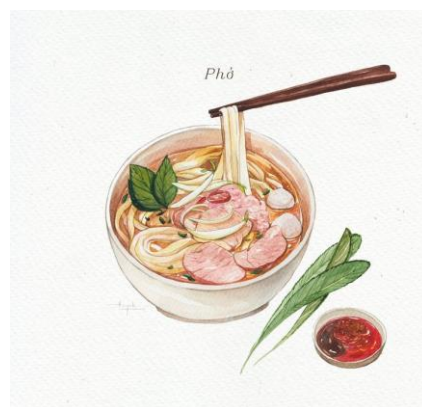
The most popular food in my country is pho. Every Vietnamese person likes pho and eats it regularly. It is beef noodle soup. We eat it at any time of day. I often have it for breakfast.

### Is fast food popular where you live?

Yes, especially with young people. They love eating snacks like crisps and chocolate because they are delicious and cheap.

### What is your favourite cuisine?

I'm a big fan of Japanese cuisine. It is tasty and the ingredients are fresh. My favourite Japanese dish is sushi. It is expensive though, so I don't eat it very often.



Organic food: food that is produced without using harmful chemicals.

Fussy eater: someone who only likes certain foods.

Processed food: food that has chemicals in it to make it last a long time.

Cuisine: a particular type of cooking, from a certain region or country.

## Practice Questions

What food do you like eating?

Is there any food that you don't like?

What kinds of food are popular in your country?

What is your favourite cuisine?

Do you like cooking? (Why/why not?)