

## IELTS Speaking topic – Food and cuisine

This is a sample response for IELTS Speaking Part 2 and 3. In addition to the model answer there are highlighted words and phrases. **Teal** is for vocabulary relating to this topic, **yellow** is for generally useful words and phrases.

## IELTS Speaking Part 2

Talk about a time you had a meal at a café or a restaurant.

You should say:

- what the place was
- the meal you had
- whether you enjoyed it

and say if you would like to eat there again.

### Model answer

*When I was in high school I had to have a meeting with my tutor. She called me and said that she was **running late** so I decided to have lunch at the school **cafeteria**. It's a nice place on the ground floor with reasonably priced dishes. That's where you would usually meet your fellow students and teachers during midday break.*

*As I hadn't been too hungry I only ordered a couple of beef sandwiches, a **slice** of lemon pie and a cup of coffee. Because there are so many visitors to this place the food doesn't **go stale**, so it's always nice and fresh. You could really tell that they bake their own cakes rather than order them from another place like many other **eateries**. Overall, the meal was really great and I spent almost no money on it.*

*I did go there again, in fact I would **habitually** go there for lunch. Since I had been spending **the better part** of my day there, I would only have dinners at home. I really miss this place as now I have graduated and have no reason to go back to my high school building.*

## IELTS Speaking Part 3

### Cuisine

#### Is it important to preserve national cooking traditions? Why?

*I believe so, yes - we have to **hold on to** the **tried and true** approach to cooking. As world becomes more globalised, the old saying "we are what we eat" becomes as relevant as ever. Fast food **franchises** rapidly take over the world and you can eat the same exact chicken and French fries wherever you please. While this can be a positive development for some **fussy eaters**, it also takes away the uniqueness and character of travelling. People are less likely to go for the less known but much more exciting **street food** vendor if there is their favourite burger chain restaurant just around the corner.*

#### What can you tell about a country from their cuisine?

*I believe that country's cuisine is a reflection of their world view as well as their cultural heritage. Let's take Italy to **exemplify** a country that is rich in both their recipes and culture of eating. Their food is cooked using only the finest natural ingredients with fair amount spices and **seasoning**. One the other hand, we have fairly young countries like the US. Americans can be puzzled when asked about their cuisine, and they would often name hamburgers as their national **signature dish**. Naturally, fast food should not be considered a part of cuisine. All of this is owing to the*

## IELTS Speaking topic – Food and cuisine

relative short period of American culture existing hence it hasn't had time to **nourish** proper culture of cooking and eating.

### Food and health

**Some people think that fast food is unhealthy. Others disagree. What do you think?**

On one hand it has been scientifically proven that **excessive** consumption of fast food often leads to a number of health conditions. Obesity and various heart problems are the most common results of **overindulging on** fast food. We should keep in mind that **fizzy drinks** and burgers go hand in hand, so increased sugar levels and likelihood of diabetes are **on the menu** as well. However, one has to understand that these terrible consequences are a result of having too much fast food. Ultimately, most things are good in moderation, even the **frowned-upon** chicken wings and milk shakes.

**Which is more dangerous - eating too much or not eating enough? Why?**

The situations in the question normally have different causes - one can choose to eat less but if you have insufficient food you simply can't magically have more of it. Therefore the latter is probably more risky - your muscles grow weak from **malnourishment**, your immune system becomes more vulnerable, you feel **irritable** and **feeble**. You have no control over how much you eat in this situation, unless you willingly limit your **daily calorie intake**. And while overeating is harmful to your body, you can choose to eat less, and therefore it is not as bad.

**Even nowadays, many people on our planet don't have enough money to eat. How can this be changed?**

It is very sad that we are still facing the problem of **famine** in 2022. In order to tackle the issue, we first have to establish the causes of this sad state of affairs. The two most common reasons are unexpected **droughts** and human conflicts such as ongoing warfare operations. The latter falls **out of the scope** of the question as this is a much more complex problem. The problem of insufficient **irrigation** can be mitigated by **anticipating** unreasonably hot summers and **stockpiling** on water supplies. **Doing due diligence** in farming is crucial and by making sure there is no waste of resources or mismanagement, the crop yield can be increased considerably.

### Food and cuisine vocabulary

**Cafeteria (n)** - a type of restaurant where you have a tray and choose food you want to eat then pay for it at the end of the line

**Slice (n)** - a thing piece of some food, e.g. a cake or meat

**Go stale** - (about food) - to grow hard and inedible because it's been sitting for too long

**Eatery (n)** - a place such as a café or a restaurant

**Franchise (n)** - a ready-to-use business model where you pay a fee to join it and open a branch, e.g. McDonalds

**Fussy eater** - a person who is very picky or peculiar about the food they eat

**Seasoning (n)** - spices and other additives that change the taste of food

**Signature dish** - a special dish unique or associated with a particular place or person

**Overindulge on smth** - have too much of something, esp. something that you like and which is not very good for you

**Fizzy drinks** - carbonated drinks such as Cola or Fanta

**On the menu** - (should not be understood literally) likely to happen

**Malnourishment (n)** - the condition of not eating enough food

**Daily calorie intake** - the amount of calories you receive in a day

**Famine (n)** - global state of hunger

## IELTS Speaking topic – Food and cuisine

### General vocabulary

**To run late** - another way of saying 'to be late'

**Habitually (adv)** - if you do something habitually, you do it regularly, as a habit

**The better part** - about time: more than a half. Has nothing to do with it being good or bad in a literal sense

**Hold on to smth** - keep something

**Tried and true** - old but effective, traditional

**Exemplify (v)** - to use as an example

**Nourish (v)** - to encourage growth and development

**Excessive (adj)** - more than needed, used negatively

**Frowned-upon (adj)** - unwelcome, berated by society

**Irritable (adj)** - if someone is irritable they are easily upset and get angry quickly

**Feeble (adj)** - physically weak

**Drought (n)** - a natural phenomenon when there is not enough rainfall in the area

**Out of the scope** - if something is out of the scope of something, it does not include it or does not concern itself with it.

**Irrigation (n)** - a technical term that means 'to give water to plants or crops'

**Anticipate (v)** - to understand or expect that something is about to happen

**Stockpile (v)** - to collect and gather something in great amount