

Food trends IELTS Writing, Speaking and Listening

Focus on IELTS

Using your homework Writing Task 1 essay to help if you have one, brainstorm phrases that you have used or could use meaning:

- Go up
- Go down
- Be flat
- Become flat
- Go both up and down

Compare your phrases as a class.

Use similar phrases to describe the graphs on page 19 and 21 of Focus on IELTS.

Do you think the same trend would be true in your country and other countries (for people your age or people generally)?

Choose one of the food-related topics below and explain the past, present and/ or future trends for yourself, people your age in your country, people in your country generally or the whole world. Your partner will guess which topic you are talking and say if they agree that is trend. Discuss for longer if you like, then take turns doing the same for other trends.

- Alcohol
- American food
- Cholesterol
- Convenience stores
- Dieting
- Eating at your desk
- Eating disorders (anorexia etc)
- Eating walking along the street
- Fast food
- Food that comes from your country
- Fruit and vegetables
- High fat foods
- Italian food
- Junk food
- Low fat foods
- Microwave meals/ Boil in the bag meals
- Organic food
- Skipping meals
- Vending machines
- Weight

Do the same for other things related to food.

Discuss the following questions together, using the questions in brackets to stimulate more discussion if you need to.

- What are your favourite and least favourite foods? (Do most people your age who you know feel that way?)
- Would you say that you have a healthy diet? (What makes you say that?)
- How often do you cook? (Do you think that will change in the future?)
- What kinds of food would you like to cut down on? (Why that food/ those foods?)
- What kinds of food do you think you should eat more of? (Why?)
- Do you ever skip meals? (Why?)
- What is your opinion of organic food? (Why do you feel that way?)

You are going to listen to someone interviewing a student for a survey on the topic of food. What questions do you think they will ask, and what will his answers be?

Look at the task on page 22. Which answers do you expect and what words might he use to say those things?

Listen and check.

Do the same for a talk about healthy eating for students on page 23.