FOOD & EATING HABITS

25 conversation questions

1. What food makes you happy?
2. Do you prefer to eat unhealthy or healthy food?
3. What foods should you eat more of and/or less of?
4. What country has the healthiest cuisine?
5. Do you think your parents' diet is healthier than yours? How about your grandparents' diet?
6. Does healthy eating cost more?
7. Is organic food worth the price?
8. Is a vegan diet healthy?
9. Is there a kind of meat you refuse to eat?
10. Is it really healthy to eat three times a day?
11. How many meals a day do you have?
12. Do you prefer to eat alone or with others?
13. Do you eat something different for breakfast at weekends than on weekdays?
14. Have you ever had / Do you ever have breakfast in bed?
15. How much water should you drink in a day? How much do you actually drink?
16. What dishes can you cook without looking at the recipe?
17. How often do you order takeaway and/or dine out?
18. How do you decide on what to order at a restaurant?
19. Is it safe to eat street food in your country?
20. Why do people diet? Is it more about health or looks?
21. Have you ever been on a diet? Why?
22. How many calories do you eat a day?
23. Do you agree with the saying 'an apple a day keeps the doctor away'?
24. Do you agree with the phrase 'we are what we eat'?
25. Do you live to eat, or do you eat to live?

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