

NUTRITION

DISCUSSION QUESTIONS



A2

1. What are your favorite fruits?
2. Do you like vegetables? Which ones?
3. What do you eat for breakfast?
4. Can you name three healthy foods?
5. Do you drink a lot of water?
6. What is your favorite snack?
7. Do you know what vitamins are?
8. What foods do you not like?
9. Do you like to cook? What do you cook?
10. What is a popular dish in your country?
11. How often do you eat fast food?
12. Do you eat a lot of sweets?
13. What is your favorite drink?
14. Do you eat fish? How do you like it cooked?
15. Have you tried vegetarian food?
16. What do you eat when you're sick?
17. Do you like spicy food?
18. How many meals do you eat a day?
19. What's your favorite type of bread?
20. Do you eat rice often?

B1

1. How important is nutrition for health?
2. What do you know about a balanced diet?
3. How do you choose healthy food?
4. What are the benefits of drinking water?
5. Do you think diet affects energy levels?
6. How does food culture differ in your country?
7. What do you think about organic food?
8. How do you feel about sugar in food?
9. What is your opinion on dieting?
10. Have you ever read nutrition labels? What did you look for?
11. How do you feel about processed foods?
12. Do you take any dietary supplements?
13. What are your thoughts on vegetarianism?
14. How does the media influence food choices?
15. What's your favorite healthy recipe?
16. How do you stay hydrated?
17. What's your approach to portion control?
18. Do you think eating habits are changing in your country?
19. What are common misconceptions about nutrition?
20. How do you balance taste and health in your meals?

B2

1. Discuss the impact of diet on overall well-being.
2. How do different cultures perceive healthy eating?
3. What are the pros and cons of various diets (e.g., keto, vegan)?
4. How does nutrition affect mental health?
5. Discuss the role of government in promoting healthy eating.
6. Analyze the trend of superfoods.
7. How is technology changing the way we eat?
8. What's your stance on genetically modified foods?
9. Discuss the challenges of maintaining a balanced diet.
10. How do social factors influence eating habits?
11. Evaluate the impact of fast food on society.
12. Discuss the importance of educating children about nutrition.
13. How does advertising affect our food choices?
14. What are the ethical considerations of food production?
15. Discuss the relationship between nutrition and sports performance.
16. How do food allergies impact diet choices?
17. What are the future trends in nutrition?
18. Discuss the global issue of food security.
19. How do economic factors influence nutrition?
20. Evaluate the role of nutrition in disease prevention.

C1

1. Critically analyze different dietary philosophies.
2. Discuss the socio-economic factors affecting access to healthy food.
3. Evaluate the impact of globalization on dietary habits.
4. Analyze the role of policy in addressing nutritional challenges.
5. Discuss the scientific advancements in nutrition.
6. Evaluate the relationship between diet and chronic diseases.
7. Discuss the ethical implications of animal-based diets.
8. Analyze the psychological aspects of eating disorders.
9. Evaluate the effectiveness of public health campaigns on nutrition.
10. Discuss the interplay between culture and food science.

C2

1. Critique the influence of the food industry on dietary guidelines.
2. Analyze the cultural dimensions of food and nutrition.
3. Discuss the long-term sustainability of current dietary trends.
4. Evaluate the impact of media on public perception of nutrition.
5. Critically assess the role of nutrition in lifespan and aging.
6. Debate the ethical considerations of global food distribution.
7. Analyze the complexities of nutrition science communication.
8. Critique the role of diet in managing health conditions.
9. Discuss the intersection of nutrition and environmental sustainability.
10. Evaluate the influence of technological innovation on food consumption.