

ESL Conversation Club: Comfort Food

Warm-up:

Old MacDonald had a farm, ee-eye, ee-eye-oh
And on that farm he had a cow, ee-eye, ee-eye-oh
With a moo, moo here and a moo, moo there
Here a moo, there a moo, everywhere a moo, moo

Warm-up:

A big black bug bit a big black bear.

Conversation Questions in Groups of 2 People:

- What foods reminds you of your home country? Describe the flavors and memories.
- Have you ever tried cooking a childhood comfort food in your new home? How did it turn out?
- Do you have any special traditions or rituals surrounding your favorite comfort food?
- Have you discovered any new comfort foods in your new home country? Describe what makes them special.
- Can you think of a comfort food popular in your home country that might surprise someone from another culture? Explain why it's so beloved.
- If you could create a "fusion" comfort food combining flavors from your home country and another culture, what would it be?
- Close your eyes and imagine your favorite comfort food. Describe the sights, smells, textures, and sounds.
- Is there a particular drinks that perfectly complements your favorite comfort food?
- Is there a specific time or occasion when you most crave your comfort food?

- Does your comfort food have any funny or heartwarming stories connected to it? Share a memory that makes you smile.
- Who taught you how to make your favorite comfort food? Or do you have a favorite restaurant that you visit?
- Have you ever shared your comfort food to connect with someone from a different culture?
- Is your comfort food popular in your home country? Tell us why it is popular.
- Can you think of any books, movies, shows, or songs that remind you of your culture's food?
- How would you share your comfort food to people never experienced it before?
- What would be the comfort food that you would like to share with the people in conversation club?
- Do you think comfort food can help people understand each other better?
- What kind of comfort food traditions do you hope to create in your new life here in America?



Vocabulary to Practice

- **comfort food:** (noun) Food that makes you feel happy, relaxed, and often reminded of good memories. It's not always healthy, but it's full of familiar flavors and emotions.
- **traditions:** (noun, plural) Special customs or practices that are passed down from generation to generation and repeated regularly, often linked to celebrations or important events.
- **rituals:** (noun, plural) A series of actions or words done in a particular way, often related to religion or tradition, that give comfort or a sense of order.
- **fusion food:** (noun phrase) Food that combines ingredients or cooking styles from different cultures, creating a unique and exciting blend of flavors.
- **sights:** (noun, plural) Things you can see with your eyes, like the colors and shapes of your favorite dish.
- **smells:** (noun, plural) Things you can smell with your nose, like the delicious aroma of spices and herbs.
- **textures:** (noun, plural) The way something feels when you touch it, like the crispy crust or soft filling of your comfort food.
- **sounds:** (noun, plural) Things you can hear with your ears, like the sizzle of frying onions or the clinking of spoons stirring a pot.
- **complements:** (verb) Makes something taste even better together, like a perfect pairing of your comfort food and a refreshing drink.
- **occasion:** (noun) A special time or event, like a birthday party or a relaxing Sunday evening, when you might crave your comfort food.
- **crave:** (verb) To have a strong desire for something, especially something tasty and comforting.
- **heartwarming:** (adjective) Makes you feel happy and good inside, often bringing back sentimental memories of loved ones and good times.

