

# Eating Conversation Questions

## Warm-up Question:

What have you eaten today?

## Discussion Questions:

1. Do you enjoy eating? Why?
2. How many meals do you eat each day? Do you ever skip meals?
3. Which foods are you bored with eating?
4. Do you eat a *healthy diet*? Do you eat too much or too little of any type of food?
5. What does your family do while eating dinner? Do you sit around a dinner table?
6. What is special about eating with another person?
7. What is the best type of food to eat on a first date?
8. People say, "the way to a man's heart is through his stomach". What does this mean? Do you think it's true?
9. Some people say breakfast is the most important meal of the day. Agree or disagree?
10. Are you a *messy eater*? What do you think when a person makes a lot of mess while eating?
11. Do you snack? What is your favorite thing to snack on?
12. How often do you eat out? Is this more or less than the average person, in your opinion?
13. What kind of restaurants do you like?
14. Do you mind eating alone? Or do you usually try to eat with another person?
15. Which eating tools are best? Chopsticks, knife and fork, or hands? Why?
16. Do you ever eat a midnight snack? What do you like to eat late at night?
17. Do you eat because you feel bored? What's wrong with doing that?
18. How do you know when to stop eating? Is it easy to eat too much?
19. In your culture, do you say anything special before or after eating? To whom?
20. What do you think about eating disorders such as *Anorexia* and *Bulimia*? Are they common? How serious are they?

