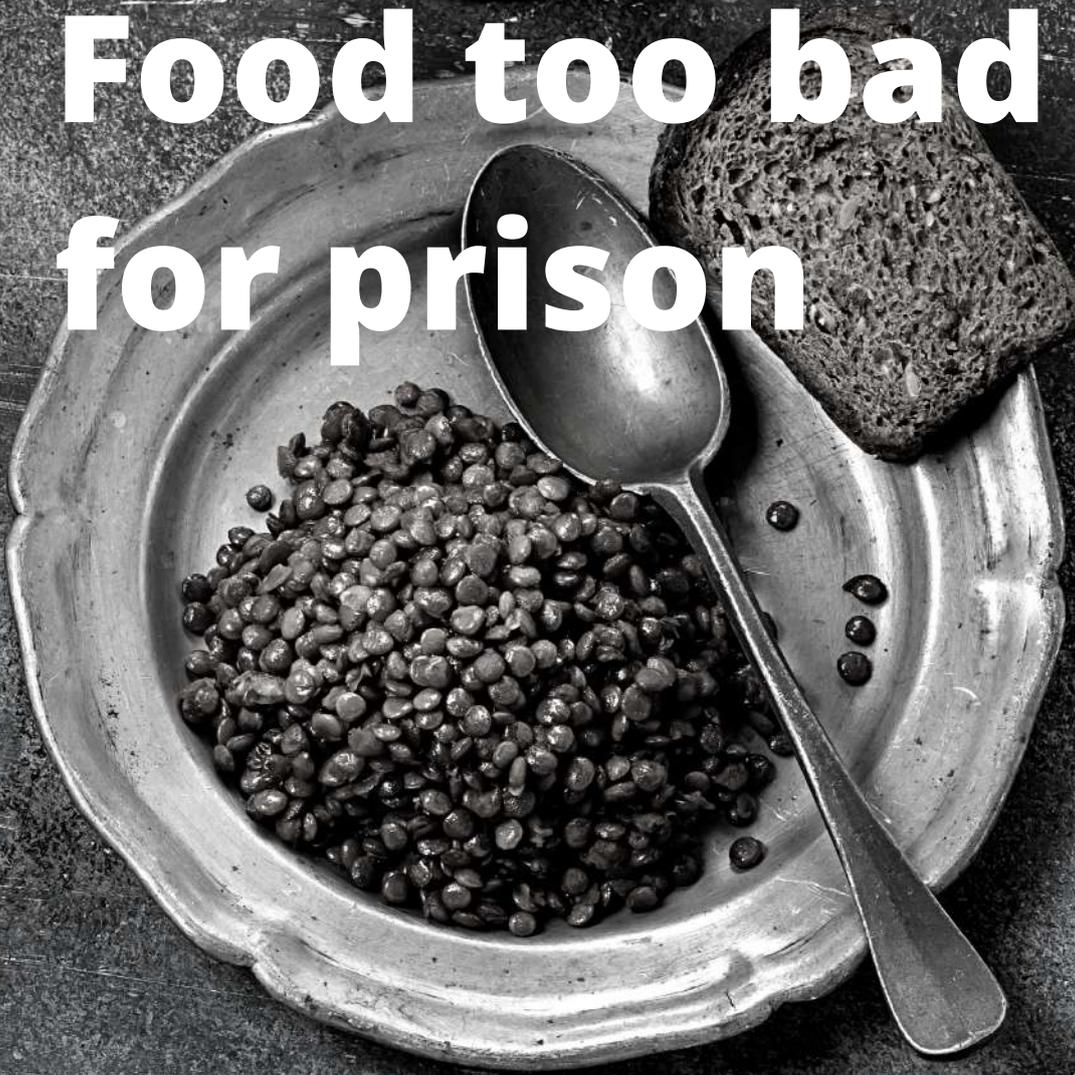


# Food too bad for prison



## Learning objectives

By the end of this session you will be able to:

- Use phrasal verbs related to food.
- Talk about your opinion regarding food.
- Discuss the punishment / reward relationship people have with food.

Match the phrasal verbs to the meanings.

- |            |   |
|------------|---|
| 1. Pig out | A. to unwillingly eat only a small amount of food because you are feeling sick, not hungry or don't like the food |
| 2. Dig in  | B. to start eating  |
| 3. Whip up | C. to eat a lot of food   |
| 4. Pick at | D. to prepare a meal very quickly   |

Complete the questions with the phrasal verbs and answer the questions.

- When you have surprise visitors, what is something you can \_\_\_\_\_ quickly?
- What is your favourite food to \_\_\_\_\_ on?
- What things do you like to \_\_\_\_\_ when you are bored?
- Do you wait for everyone to join you before you \_\_\_\_\_ to your meal? Why / why not?

Read the quotes below, what do you understand by them and to what extent do you agree or disagree?

“One cannot think well, love well, sleep well, if one has not dined well.”

— Virginia Woolf, *A Room of One's Own*

“After a good dinner one can forgive anybody, even one's own relations.”

— Oscar Wilde, *A Woman of No Importance*

“There are people in the world so hungry, that God cannot appear to them except in the form of bread.”

— Mahatma Gandhi

How important is food in your culture?

Discuss the question

- How important is food in your culture?

Look at the pictures below and answer the questions.



Balut - top left

Chapulines - top right

Fried Seahorse - bottom left

Fried Tarantula - bottom right

- What do you think of these foods?
- Would you try them? Why or why not?
- What strange / exotic food do you have in your country?

Watch the video <https://www.youtube.com/watch?v=a5NI5Rp3oXs> and answer the questions.

- What is the video about?
- Would you like to try nutraloaf?

### Discuss

- What is the relationship between reward and punishment and food like between you / your culture / your childhood?
- Do reward / punishment food relationships lead to obesity in adulthood?

### Debate

Should food be used as a punishment?

- Group A: The food is technically edible, so what's the problem?
- Group B: People have a right to tasty food.