## Food and diet

Task 1: monologue



You are a dietician and have been invited to give a talk of about 5 minutes to some secondary school students on changing eating habits in modern society.

You can mention the following points as well as anything else that you may consider relevant:

- Are people eating out more and why (not) (e.g. prices, stressful timetables)? How often?
- What kind of food do they eat out (e.g. low-fat food, junk food, vegetarian, organic, Mediterranean...)?
- Is fast food taking over and why (not)?
- Is home-made food time-consuming and expensive?
- Should cooking skills be taught at school?, etc. You have 4 minutes to prepare your ideas individually.