

IELTS Speaking #11 – Topic 1.8: Food and Restaurants

1. What kinds of food do you particularly like?

“Well, I have to say that I’m a big fan of meat, all kinds of it. In particular, I love it when mixing it with garlic, sweet and sour sauce and a bit chili. It’s flavorsome. My dishes always actually include those ingredients. OMG, just think of it wakes my instinct up already.”

Từ vựng

sweet and sour	chua ngọt
flavorsome	thơm phức
ingredients	nguyên liệu, gia vị
instinct	bản năng

Có nhiều cách để trả lời dạng câu hỏi này. Mình đã phân tích khá kỹ ở các topic đầu tiên, sau đây mình tổng hợp lại **4 cách trả lời** như sau:

- Divide into three parts
- Well, there are three kinds of food that I’m really keen on.
- The one I like best is Italian food because...
- I also really like to eat Korean food as it’s very...
- I’m also kind of partial to Mexican food for the reason that it is...

General to specific (give an example)

Well, I’d have to say that I’m a big fan of seafood. In particular, I really like to eat Japanese seafood because it’s always so fresh. For instance, sashimi is good because the raw fish is so flavoursome.

Depends

I think it depends really. If I’m working I prefer to get something like fast food such as McDonalds because... But , if I’m out with friends I would rather have something more exotic such as Thai food or Indian food.

Concession

Well, recently I’d have to say that I been enjoying eating steak and each time I feel like a steak I go to Outback Steak House, because the steaks there are huge. However, I think that it may not be all that healthy to eat so much red meat, as I’ve heard it can lead to high levels of cholesterol.

2. Is there any food you don’t like?

“Not much coz I’m not a fussy eater at all. Actually, I eat like a horse a bit of everything except those are fattening and greasy, you know.”

Từ vựng:

fussy eater	người ăn uống kiểu cách, cầu kỳ
eat like a horse	ăn nhiều = eat a lot
fattening	béo

greasy	dầu mỡ
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Các bạn có thể trả lời bằng cách kể ra những loại đồ bạn ko thích và đưa ra 1 câu lý do đi kèm. Đó là cách đơn giản nhất

3. Do you like cooking?

“Well, I love to cook, but not very often and not for very many people coz then, it’s too much work and lots of pressure on me. I feel like it’s something to be done, not something to have fun. Anyway, actually, I just feel lazy to get my ass up to the kitchen but when I’m in it, I feel fascinated. Besides, it’s good to try out new recipes or just improve some of the ones that I already know and make before.”

Từ vựng

get my ass up to swhere/do sthing	bắt đầu làm gì
fascinated	hào hứng
recipe	công thức nấu ăn

4. Who usually does the cooking in your home?

“Mostly my mother, I take turn sometime. I learned most of my cooking from my mom. She’s a great cook. My father seems to wanna try sometimes but I don’t think my mom trusted him to make a nice meal so he never gets a chance.”

Từ vựng

take turn	thay nhau
get a chance	có cơ hội

5. Do you prefer to eat at home or in restaurants?

“It depends, you know. If it’s a big occasion or something, I prefer to eat in a restaurant because there’s no washing up. Besides, the atmosphere and the setting are usually more relaxing and pleasant. But if it just family ourselves, I would rather eat in coz of cozy atmosphere and you can guarantee lovely home-cooked food. You know for sure what is in the ingredients, whereas at a restaurant you can never be sure of what is in the food and whether it is healthy or not.”

Lại gặp lại cấu trúc “often”, các bạn hãy xem cách trả lời tại câu 3, chủ đề [Hobbies and Interests](#)

Từ vựng

occasion	địp, cơ hội
washing up	rửa bát
eat in	ăn ở nhà
eat out	ăn ngoài
home-cooked food	món ăn tự nấu

6. Do you often eat with your family?

“Not very often for almost 10 years since I lived alone. I usually eat solo since then. I only have a chance to go back home 1 or twice every 2 months and it’s always precious time.”

Câu này hoàn toàn các bạn có thể trả lời theo hướng “depends” quen thuộc hoặc trả lời trực tiếp theo thực tế như trong câu trả lời của mình.

do st. solo	làm cái gì đó một mình
precious	quý giá

7. Do you think it’s important for people to eat with your family?

“Of course it is. I always think that family is the only place that never turns back on you and for that reason, people should always respect that sacred place. And spending time with your family on a lovely dinner meals every day is the best ways to help you keep that in mind. It’s almost the only time you when you have most of your family together so it’s worthy.”

Từ vựng

turn back on sb.	quay lưng với ai, phản bội ai
sacred	thiêng liêng

8. Do you often go to restaurant to eat?

“Not often, you know coz the money issues but every now and again. But I’ll tell you this, If I had money, I would be eating out every night, coz it would save my time on shopping, cooking and dish washing, you know, stuff like that. But anyway, I’m just kidding coz it’s never gonna happen.”

Chú ý khi bạn trả lời cho những câu hỏi “often”, hãy tận dụng mẫu câu trả lời với mệnh đề quan hệ để tăng điểm ngữ pháp cho bạn. Nhớ ôn lại các loại câu điều kiện nhé.

9. What kind of restaurant do you like?

“For me, the most important part about restaurant is the food so I like where there’s good one. I tend to prefer smaller, non-chain type restaurant over the nationwide and swanky places that advertise all over the TV. I think the restaurants are more about entertainment than the food itself these day, you know what I mean, lots of the posh restaurants are not as good as they’re cracked up to be. That’s sad, isn’t it?”

Từ vựng

nationwide	khắp cả nước
swanky	sang trọng
posh	lịch sự, trang trọng
not as good as they’re cracked up to be	không tốt như họ nói

Một số từ vựng khác về chủ đề này các bạn có thể dùng cho câu trả lời riêng của mình. Các bạn hãy tự tra từ điển các từ này để biết nghĩa và cách đọc, cách phát âm của nó nhé. Hãy cố gắng đặt một câu với một từ, một câu có nghĩa nhé, không đặt đối phó.

Nouns

eatery (= restaurant)	speciality dish	cuisine	recipe
homemade food	ready meals	service	meal
chemical additive	delicacy	flavor	

Verbs

eat out	dine out	feast on	sample
grill	roast	steam	stew

Adjectives

regional	unsophisticated	crunchy	posh
swanky	overcooked	stodgy	tasty
low-cost	bitter	tender	

Phrases

to be full up	to eat to the point that you can no longer eat any more
to be starving hungry	an exaggerated way of saying you are very hungry
to bolt something down	to eat something very quickly
to be dying of hunger	an exaggerated way of saying you are hungry
to eat a balanced diet	to eat the correct types and amounts of food
to eat like a horse	to eat a lot
to follow a recipe	to cook a meal using instructions
to foot the bill	to pay the bill
a fussy eater	somebody who has their own very high standards about what to eat
to grab a bite to eat	to eat something quickly (when you're in a rush)
to have a sweet tooth	to enjoy sugary food
home-cooked food	food cooked at home from individual ingredients
the main meal	the most important meal of the day, usually eaten in the evening
to make your mouth water	to make you feel very hungry for something
to play with your food	to push food around the plate to avoid eating it
processed food	commercially prepared food bought for convenience

a quick snack	to eat a small amount of food between meals
a ready meal	see “processed food”
a slap up meal	a large meal
to spoil your appetite	to eat something that will stop you feeling hungry when it’s meal-time
a take away	a cooked meal prepared in a restaurant and eaten at home
to tuck into	to eat something with pleasure
to wine and dine	to entertain someone by treating them to food and drink
to work up an appetite	to do physical work that leads to you becoming hungry

Food

Part1 – style questions:

Examiner: Do you like to cook?

Mandy: Not really no ... most of the time I eat ready meals and take-aways ... that’s one of the reasons I love visiting my mum ... you can always guarantee lovely home-cooked food ...

a ready meal: see ‘processed food’

a take away: a cooked meal prepared in a restaurant and eaten at home

me-cooked food: food cooked at home from individual ingredients

Examiner: What time do you usually eat dinner?

Michelle: We have our main meal at around 7.00 ... I’m usually starving hungry by then ... in fact I often grab a bite to eat as soon as I get home from college ... a sandwich perhaps ... but not too much to spoil my appetite ...

the main meal: the most important meal of the day, usually eaten in the evening

to grab a bite to eat: to eat something quickly (when you’re in a rush)

to spoil your appetite: to eat something that will stop you feeling hungry when it’s meal-time.

to be starving hungry: an exaggerated way of saying you are very hungry

Examiner: Are there any types of food you don’t like?

Lionel: No not really ... I’m not a fussy eater at all ... actually I eat like a horse ... I do a lot of sport and work up quite an appetite ...

to eat like a horse: to eat a lot

a fussy eater: somebody who has their own very high standards about what to eat

to work up an appetite: to do physical work that leads to you becoming hungry

Part 2-style task

Describe a restaurant that you like to use. You should say

where this restaurant is

what kind of food it serves

how often you go there

and say why you like eating there so much

Howard: OK ... this is a nice topic to talk about ... there's a restaurant just around the corner from where I live ... it's an Italian restaurant so as you'd expect you can eat various pasta dishes and pizzas and I usually go there with my family for a slap-up meal if we have anything to celebrate ... it's quite a posh restaurant ... the kind of place you would take someone if you wanted to wine and dine them ... we usually order a 3-course meal ... a light starter then a main dish ... and I have quite a sweet tooth so I always look forward to the dessert ... I usually order Tiramisu ... it makes my mouth water just to think about it ... I'm always totally full up by the end ... why do I enjoy it there ... well ... it's not cheap ... my parents always foot the bill and we couldn't afford to go there regularly so it's always a nice treat ...

to wine and dine: to entertain someone by treating them to food and drink

a slap up meal: a large meal

to be full up: to eat to the point that you can no longer eat any more

to make your mouth water: to make you feel very hungry for something

to have a sweet tooth: to enjoy sugary food

to foot the bill: to pay the bill

Part 3-style questions

Examiner: How can we encourage people to eat more healthily?

Anna: I think the best approach is to have everything in moderation ... processed food won't kill you if you only eat it occasionally ... but people should also be encouraged to eat a balanced diet... try to cook fresh ingredients at home a few times a week ...

to eat a balanced diet: to eat the correct types and amounts of food

processed food: commercially prepared food bought for convenience

Examiner: Do you think people enjoy their food as much as they should?

Florrie: I don't know really ... I suppose it's true that people will often eat a quick snack because they're bored not because they're dying of hunger ... and often they just bolt it down and don't savour it ... so yes ... perhaps we could take more time over our food ...

a quick snack: to eat a small amount of food between meals

to be dying of hunger: an exaggerated way of saying you are hungry

Examiner: Do you think cooking is a pleasure or a chore for people who have busy lives?

Julie: Well ... whether you follow a recipe or make something up as you go along ... I think cooking is a very creative process ... and cooking for other people is a particular pleasure ... there's nothing more satisfying than seeing people you love tucking into something you've cooked yourself ...

to tuck into: to eat something with pleasure

to follow a recipe: to cook a meal using instructions

Addition:

to bolt something down: to eat something very quickly

to play with your food: to push food around the plate to avoid eating it