Activity 1. Read the questions below and prepare your own answer. Remember to give a direct answer to the question first, then extend your answer by adding extra information in a couple of sentences.

Activity 2. Read the answers below carefully and highlight expressions, vocabulary or idioms that you wish to remember. Make sure you practice them in your speaking, so that you can make use of them in your speaking test.

Part 1. Food

Q: What do you think is the most important meal of the day- breakfast, lunch, or dinner?

I think the most important meal of the day is breakfast. As in the word 'breakfast' itself, we break the overnight fasting period by eating something in the morning, which is important as this fills the empty stomach and get the whole-body system going by supplying essential nutrients and energy. Without breakfast, it's not possible to have a kick-start in the morning and to be honest, I believe my daily performance really depends on it.

Q: What kind of food do people in your country typically eat for each meal?

In my country people almost always have rice with a main dish or with a few side dishes for lunch and dinner. Many people in the past had rice for breakfast as well, but it's changing nowadays. It seems like people, especially the younger generations have more Western-style breakfast such as cereals and toasts with spreads, like jam or peanut butter.

Q: Which type of food do you like better: home cooked food or food from restaurants?

For me, the answer to this question is very clear. I prefer home cooked food to food from restaurants. Home cooked food is by far healthier and fresher. This is simply because the cook prepares food for people he or she loves. So, the food is all about love and care for family members. This makes home cooked food special and incomparable with food from restaurants, which is often nutritiously unbalanced, unwholesome, and unhealthful with too much sodium, sugar and fat in it.

Q: What is a balanced diet in your opinion?

In my opinion, a balanced diet means taking all the right nutrients in recommended amounts to help your body function properly. You need a good combination of carbohydrates, protein, fat, minerals and vitamins daily. I personally believe anything excessive can be harmful and anything in moderation is fine.