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Part 1. Read about Priya's dinner party. Has anything like this ever happened to you, or someone you know? Tell your partner.

Priya had spent the whole afternoon on the lasagne. Then, five minutes before the guests arrived, she opened the fridge for the salad and caught a smell that told her everything: the chicken from Tuesday had **gone off**. Not a crisis, she told herself – the lasagne was the main event.

Then the doorbell rang 20 minutes early, and when she checked the oven, the top had turned an alarming shade of black. There was no time to panic; she'd have to **whip something up** fast, using whatever was left in the cupboard. She sent Tom out to **dish out** drinks and keep everyone talking while she worked.

One guest turned out to be exceptionally fussy, and had apparently **given up** dairy, gluten, and patience, all in the same month. By the time the food finally arrived, everyone was starving, and two people had already **filled up** on bread before the main course even reached the table. Two latecomers missed the first round entirely, so Tom had to **warm up** their plates separately.

Somehow, everyone **ate up** every last scrap. Tom later confessed he'd been **snacking on** crisps in the kitchen the whole time, so he barely touched his own dinner. Priya said that if it ever happened again, she'd rather they just **eat out**.

Part 2. The story has nine phrasal verbs. Find them, and try to guess what they mean before you check Part 3.

Part 3. Match each phrasal verb to its meaning.

A. eat out	1. to make something hot again
B. eat up	2. to eat too much of one thing, so you're not hungry for more
C. go off	3. to stop having something, like a habit or food
D. warm up	4. to eat between meals
E. fill up	5. to make something quickly, often food
F. give up	6. to serve food onto plates
G. snack on	7. to eat at a restaurant, not at home
H. whip up	8. to eat all of something, until it's finished
I. dish out	9. to become too bad to eat

Answers: A) 7 B) 8 C) 9 D) 1 E) 2 F) 3 G) 4 H) 5 I) 6

Part 4. Complete the sentences with a phrasal verb from the box.

Eat out	Eat up	Go off
Warm up	Fill up	Give up
Snack on	Whip up	Dish out

1. Don't leave the milk out — it'll **go off** in this heat.
2. I always **whip up** pasta when I'm short on time; it's quick and easy.
3. We **eat out** at least once a month, usually on a Friday.
4. Can you **warm up** the rice while I finish the sauce?
5. I **gave up** ice cream for a month, but I gave in eventually.
6. Try not to **fill up** on bread before the main meal arrives.
7. I always **eat up** everything on my plate, even when I'm not that hungry.
8. He always **dishes out** the biggest portions to the guests first.
9. I tend to **snack on** nuts and fruit between lessons.

Part 5. Before you ask, guess your partner's answers. Then check — how well do you know them?

- Has your partner ever eaten something that had probably gone off, just to avoid wasting it?
- Would your partner rather warm up leftovers than cook something fresh?
- Has your partner ever given up a food or drink, only to give in within a week?
- Does your partner always dish out equal portions, or do they play favourites?
- Has your partner ever filled up on snacks and ruined their appetite for a proper meal?
- Would your partner admit to snacking on food that wasn't theirs?

Part 6. In small groups, agree on an order for the "kitchen crimes" below, from 1 (mildly annoying) to 8 (unforgivable).

Eating the last slice and denying it	Letting good food go off out of laziness
Dishing out bigger portions for yourself	Snacking on someone else's food without asking

Warming up food that clearly should be thrown out	Filling up on snacks right before a meal someone cooked for you
Giving up on a diet in front of someone still trying	Always suggesting eating out when someone offered to cook

Part 7. Discuss the following questions.

- Is it worse to waste food, or to risk eating something that's gone off?
- Do you think most people are more relaxed about food than they let on, or genuinely careful?
- What's the most unforgivable kitchen crime, in your opinion?
- Is refusing to eat out ever a bit precious, or is home cooking always worth defending?

Part 8. Read the situations. Choose the response closest to how you'd actually behave. Then discuss what your choice reveals.

It's been in the fridge for four days. It smells slightly off, but you really don't want to throw it out.

1. *You eat it anyway and hope for the best.*
2. *You warm it up extra thoroughly, just in case.*
3. *You throw it out immediately, no debate.*
4. *You offer it to someone else first, to test the water.*

You're the only one who noticed the fish looked a bit questionable, but everyone else is already eating.

1. *You say nothing and eat around it.*
2. *You quietly mention it, so as not to cause a scene.*
3. *You say it loudly, so no one else gets sick.*
4. *You just don't eat it and hope no one asks why.*

Part 9. Read the two viewpoints. Which is closer to what you actually think?
Viewpoint A

Cooking from scratch is worth the effort, even on a busy day. It's healthier, usually cheaper, and there's something almost disrespectful about giving up on home cooking the moment life gets slightly inconvenient. If you always eat out or order in, you're not saving time — you're avoiding a skill everyone should have.

Viewpoint B

Eating out or ordering in is a completely legitimate choice, not a failure. Time is limited, and being able to afford or access good food elsewhere isn't laziness — it's just a different way of living. The idea that everyone must cook to be a responsible adult is oddly moralistic about something that's ultimately just dinner.

Part 10. Interview your partner about their real kitchen habits. Try to use at least six phrasal verbs from this lesson.
Ask about:

- Where they like to eat out
- Whether food ever goes off before they use it
- Something they can whip up quickly
- Whether they snack on anything between meals
- Anything they've ever given up, food or drink-wise

Reflection**Complete the sentences in your own words.**

1. The kitchen crime I'm most guilty of is...
2. Something I should really eat up before it goes off is...
3. I'd rather eat out / cook from scratch, because...
4. If I hosted a dinner party disaster like Priya's, I would...