



Teacher's Guide

Comfort Food – Intermediate (B1–B2)

Canva Presentation Link: <https://canva.link/7lb2we48iie2qph>

Editable Presentation Link: <https://canva.link/wa94idte9riguyc>

Editable Worksheet Link: <https://canva.link/eqccpj8s2mrewy4>

Part 1. Students share the first thing that comes to mind when they look at each of the words.

Part 2. Students choose one option in each pair and give a reason or example.

Part 3. Students discuss the questions.

Part 4. Students read the statements and say which ones feel true for them and why.

Part 5. Students read the sentences and try to guess the meaning of the word in bold. Students then say whether each sentence feels true for them.

Nostalgic – feeling a warm, sometimes bittersweet longing for the past

Mindlessly – without paying attention; automatically, without thinking

Comforting – making you feel calmer, safer, or less upset

Emotional crutch – something you rely on too much to manage difficult feelings

Craving – a very strong desire for a specific food or thing

Nurturing – caring, supportive, and helping something or someone to grow

Part 6. Students discuss what they would do in each situation.

Part 7. Students say whether they agree, disagree, or partly agree with each statement.

Part 8. Using the prompts, students tell their partner about one food that means something to them.

Part 9. Students discuss which viewpoint they agree with more.

Reflection

Students complete the sentences in their own words.