

# Food & Mood: Can Diet Really Affect How We Feel?

Intermediate (B1-B2)



## WARM-UP DISCUSSION

### Part 1. Discuss the following questions.

1. Would you say your mood changes with the food you eat?
2. Do you ever eat something "just for comfort"?

### Part 2. Read the quotes and discuss the questions.

**"You are what you eat."**

**"Food is fuel, but it's also emotion."**

**"A good meal can reset a bad day."**

1. Which one feels the most true in your life?
2. Which quote would you give to a friend?



## READING ACTIVITY

### Part 1. Read the following text.

#### A Bite of Comfort

Have you ever had a bad day, walked through the door, opened the fridge and eaten something you knew you didn't really need?

Most of us have. Sometimes we eat for comfort, not hunger. It gives us a small lift for a few minutes, then leaves us feeling tired or guilty.

Many people say that the food they choose depends on their mood. Some grab something quick on stressful days. Others look for something sweet or heavy when they feel low. And sometimes, the food that gives us the most pleasure in the moment is the exact thing that makes us feel worse later.

Scientists say this is completely normal. Food can affect mood in small but noticeable ways. Lighter meals can give us more consistent energy. Snacks that have real nourishment, like fruit or nuts, can keep our mind clearer. Even simple things like drinking enough water can make a difference.

The interesting thing is that everyone has different "feel-good foods". What comforts one person might not comfort another. And sometimes the best mood booster is not a treat at all, but a meal that makes you feel steady, calm and cared for.

### Part 2. Discuss the following questions.

1. When was the last time food genuinely improved your mood? What did you eat and why do you think it helped?
2. Do you have a "comfort food" that works every time, even if it isn't healthy?
3. What food makes you feel low in energy afterwards, even if it tastes good?
4. Have you ever changed your eating habits and noticed a clear difference in your mood?



## VOCABULARY & SPEAKING

### Part 1. Read the short conversations. What do the words and phrases in bold mean?

1.

**A:** "I feel so **low in energy** after lunch."

**B:** "Same. Heavy meals make me sleepy."

2.

**A:** "This soup really **lifts my spirits.**"

**B:** "Food that warms your soul is the best."

3.

**A:** "I'm trying to choose food that actually gives me **nourishment.**"

**B:** "Good plan. Real food over random snacks."

4.

**A:** "I've been eating so much **processed food** this week."

**B:** "No wonder you feel rubbish."

5.

**A:** "I've been focusing on a more **balanced diet** lately."

**B:** "Do you feel any different?"

6.

**A:** "Smoothies really **boost my energy** in the morning."

**B:** "Mine too. It's like a push to start the day."

7.

**A:** "I'm trying to support my **emotional stability** with better meals."

**B:** "That makes sense. Mood definitely comes from the basics."

### Part 2. Match the words/phrases to their meanings.

1. \_\_\_\_\_ meals made with many artificial ingredients or chemicals
2. \_\_\_\_\_ food that includes a healthy variety of nutrients
3. \_\_\_\_\_ to increase strength or make someone more lively
4. \_\_\_\_\_ steady and calm emotions
5. \_\_\_\_\_ to make someone feel happier
6. \_\_\_\_\_ when you don't have much strength or motivation
7. \_\_\_\_\_ food that provides what the body and mind need

### Part 3. Complete the sentences with your own ideas.

- When I feel **low in energy**, I usually...
- The food that always **lifts my spirits** is...
- One thing that gives me real **nourishment** is...
- I've been eating too much **processed food** lately because...
- One way I try to keep a **balanced diet** is...
- Something that **boosts my energy** instantly is...
- Eating well helps my **emotional stability** because...

### Part 4. Read the situations and say what you would do or say. Try to use one expression in each answer.

- You've been tired all week.
- Your friend feels down after work.
- Someone is living on instant noodles.
- You're starting a new routine for better health.
- Your friend says "Food doesn't affect mood."
- You're in a rush but hungry.

### Part 5. Choose one option and explain your choice.

<b>Coffee</b>	<b>or</b>	<b>Herbal tea?</b>
<b>Home-cooked meal</b>	<b>or</b>	<b>Takeaway?</b>
<b>Something sweet</b>	<b>or</b>	<b>Something savoury?</b>
<b>Light lunch</b>	<b>or</b>	<b>Heavy lunch?</b>
<b>Eating early</b>	<b>or</b>	<b>Eating late?</b>
<b>Comfort food</b>	<b>or</b>	<b>Balanced meal?</b>
<b>Boost my energy now</b>	<b>or</b>	<b>Feel better all day?</b>

## **Part 6. Look at the situations below. What advice would you give each person?**

- "My mood is all over the place lately and I can't figure out why."
- "I feel tired from the moment I wake up."
- "When I'm stressed, I snack without even realising I'm doing it."
- "I skip meals when I'm busy, then overeat in the evening."

## **REFLECTION**

**Complete the sentences.**

1. One food that always comforts me is...
2. One habit I want to change is...
3. One small change that would help my mood is...

## **WRAP-UP TASK (OPTIONAL HOMEWORK)**

**Write 8–10 sentences about how diet affects your mood. Use at least 5 of today's vocabulary items or record a 2-minute talk explaining what you would recommend to someone who wants to eat for better mood and energy.**

