

Comfort Food

Intermediate (B1-B2)



Part 1. Look at the words below. What's the first thing that comes to mind? Share it with your partner.

Childhood

Late night

Rainy day

After a long week

Feeling ill

Celebration

Part 2. Choose one option in each pair. Give a reason or example.

Something sweet

or

something savoury?

Eating alone

or

eating with others?

A hot meal

or

something cold?

Something homemade

or

something from a restaurant?

Eating at home

or

eating out?

Part 3. Discuss the following questions.

1. What's a food that immediately takes you back to your childhood? What's the memory attached to it?
2. When you're feeling down, stressed, or tired — do you reach for food? What kind?
3. Is there a dish someone used to make for you that you've never quite been able to recreate?
4. Do you think the foods we crave say something about who we are or where we're from?

Part 4. Read the statements. Say which ones feel true for you and why.

- I eat differently when I'm happy compared to when I'm sad.
- Food tastes better when it has a memory attached to it.
- I sometimes eat things I don't even particularly like — out of habit or comfort.
- Eating together with others is more satisfying than eating the same food alone.
- I've used food to reward myself or get through a difficult day.

Part 5. Read the sentences and try to guess the meaning of the word in bold. Then say whether each sentence feels true for you.

1. There's something deeply **nostalgic** about a bowl of soup — it takes me straight back to being looked after as a child.
2. I often eat **mindlessly** in the evening, scrolling through my phone without really tasting anything.
3. Some foods are genuinely **comforting** — they slow you down and make you feel less alone.
4. I think I sometimes use food as an **emotional crutch** when I don't want to deal with how I'm feeling.
5. There's a huge difference between eating something because you're hungry and eating something because you're **craving** it.
6. Cooking for someone is one of the most **nurturing** things you can do — it's care made visible.



Part 6. Read the situations and discuss what you would do.

- You've had a genuinely awful day. It's 8pm. What do you eat?
- You're visiting your hometown after a long time away. What's the first food you go to find?
- A close friend is going through a hard time. You want to help. Do you cook for them, order something in, or do something else entirely?
- You're trying to eat more healthily, but you're stressed and craving something comforting. What happens?

Part 7. Read the statements. For each one, say whether you agree, disagree, or partly agree. Explain why.

- Comfort eating is completely normal and there's nothing wrong with it.
- The foods we crave when we're sad are almost always bad for us.
- Men and women tend to reach for different comfort foods.
- Cooking is more therapeutic than eating.
- You can't truly share a comfort food with someone who didn't grow up with it.

Part 8. Think of one food that means something to you – a memory, a person, a feeling. Tell your partner about it.

Include:

- What the food is
- Where the memory comes from
- How you feel when you eat it – or even just think about it
- Whether you still eat it now, and why

Part 9. Read the two viewpoints below. Which do you agree with more? Discuss.

Viewpoint A

Using food to manage your emotions is a perfectly healthy coping mechanism, as long as it's not the only one you have. Food has always been tied to emotion, community, and care. There's nothing unhealthy about a biscuit when you're stressed.

Viewpoint B

Emotional eating is worth examining, not because food is bad, but because it can stop us from understanding what we actually need. If we always reach for food when we're sad, we might never ask ourselves what's really going on.

REFLECTION

Complete the sentences in your own words.

- The food that most feels like comfort to me is... because...
- I tend to reach for food when I'm feeling...
- Something I've realised about my relationship with food is...
- One food memory I'd never want to forget is...