

<https://speakdom.com>

www.youtube.com/@EPlearningEnglish

6 Minute English Shadowing Practice – Talk About Food and Meals | Slow English Podcast

Hello everyone! Welcome to Easy English Practice.

Do you sometimes feel nervous when someone asks you, “What is your favorite food?” or “What do you usually eat at a restaurant?”

Many English learners know the names of foods, but they cannot make simple and natural sentences when talking about meals or eating out.

In this episode, we will practice step by step. You will learn easy sentences to describe your favorite food, to talk about eating in a restaurant, and to share your feelings about the taste.

Remember, I will speak slowly and clearly. You can listen and repeat with me. This is shadowing, and it will help you speak English faster and more naturally.

So, let us get started!

Let us begin with your favorite food.

When someone asks you, “What is your favorite food?” you can answer in a simple way.

For example, you can say:

“My favorite food is pizza.”

“I love eating pasta.”

“I really like grilled chicken.”

Now, repeat these sentences with me:

“My favorite food is pizza.”

“I love eating pasta.”

“I really like grilled chicken.”

This is shadowing. Listen and repeat with me. It will help you speak faster and more naturally.

After that, you can add more details. For example:

“I usually eat pizza on weekends.”

“I like pasta because it is easy to cook.”

“Grilled chicken is healthy and delicious.”

Let us repeat together:

“I usually eat pizza on weekends.”

“I like pasta because it is easy to cook.”

“Grilled chicken is healthy and delicious.”

Great job! Now you can talk about your favorite food in English.

Now let us move to eating at a restaurant.

When you want to talk about going to a restaurant, you can use simple sentences.

For example:

“I went to a restaurant last weekend.”

“I ordered chicken and rice.”

“The food was very tasty.”

Repeat with me:

“I went to a restaurant last weekend.”

“I ordered chicken and rice.”

“The food was very tasty.”

This is shadowing. Listen and repeat with me.

You can also describe more details:

“The restaurant was clean and comfortable.”

“I drank orange juice with my meal.”

“I enjoyed eating with my friends.”

Let us repeat together:

“The restaurant was clean and comfortable.”

“I drank orange juice with my meal.”

“I enjoyed eating with my friends.”

Great! Now you can describe your experience at a restaurant in English.

Now let us talk about cooking at home.

Many people enjoy preparing their own meals. You can use short and easy sentences to describe it.

For example:

“I cooked pasta yesterday.”

“I cut vegetables and made a salad.”

“I fried some eggs for breakfast.”

Repeat with me:

“I cooked pasta yesterday.”

“I cut vegetables and made a salad.”

“I fried some eggs for breakfast.”

This is shadowing. Listen and repeat with me.

You can also add more details:

“I like cooking with my family.”

“I use fresh ingredients.”

“I enjoy eating food that I cook myself.”

Let us repeat together:

“I like cooking with my family.”

“I use fresh ingredients.”

“I enjoy eating food that I cook myself.”

Great job! Now you can talk about cooking at home in simple and natural English.

Now let us reflect on how food makes us feel.

Food is not only about eating, it is also about emotions and experiences.

You can say:

“I feel happy when I eat with my family.”

“I was excited to try new food during my trip.”

“I felt relaxed after drinking hot tea.”

Repeat with me:

“I feel happy when I eat with my family.”

“I was excited to try new food during my trip.”

“I felt relaxed after drinking hot tea.”

Sometimes food reminds us of special memories.

You can say:

“This dish reminds me of my childhood.”

“I remember my grandmother when I eat this soup.”

Repeat again:

“This dish reminds me of my childhood.”

“I remember my grandmother when I eat this soup.”

Great! You are now learning not only to describe food, but also to express your feelings and experiences in English.

Now let us move to some useful tips to practice talking about food in English.

Tip number one:

Try to describe what you eat every day in English.

For example:

“I eat bread and cheese for breakfast.”

“I drink orange juice in the morning.”

Tip number two:

When you go shopping, practice saying the names of foods in English.

For example:

“I want to buy apples and bananas.”

“I need rice and chicken.”

Tip number three:

Practice shadowing with a friend, or listen and repeat sentences from this podcast.

Shadowing helps you speak faster and more naturally.

Repeat these sentences with me:

“I eat bread and cheese for breakfast.”

“I want to buy apples and bananas.”

“I need rice and chicken.”

Remember, practice every day. Even a few minutes can make a big difference.

Great job!

In this episode, you practiced simple sentences about food and meals.

Remember: shadowing every day will help you speak more fluently.

Download the free PDF with text and exercises on [Speakdom.com](https://www.speakdom.com).

Thank you for listening! Do not forget to subscribe, share, and keep practicing.

See you in the next episode!