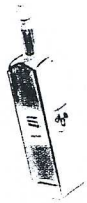


6B | Slow food

Are You A Foodie?

Answer our questionnaire to find out if you are a foodie.



1 How long is a typical meal in your home?

- a) less than 30 minutes
- b) 30–90 minutes
- c) more than 90 minutes

2 How often do you eat in front of the TV?

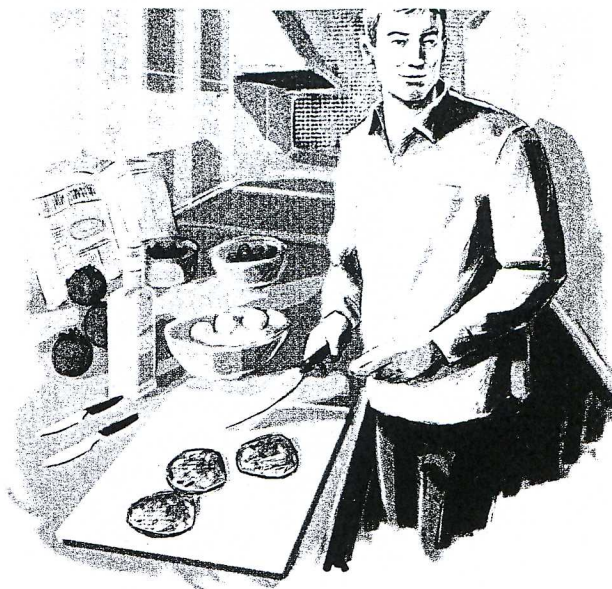
- a) less than once a week
- b) once a week
- c) more than once a week

3 How many of the following do you eat at least once a week?

- a) crisps b) chips
- c) chocolate biscuits
- d) microwave dinner

4 How many recipe books do you have?

- a) 0 b) 1–5 c) more than 5



5 How often do you spend more than one hour preparing a meal?

- a) less than once a week
- b) once a week
- c) more than once a week

6 How often do you go to a restaurant (not fast food or pizza!)?

- a) less than twice a month
- b) 2–4 times a month
- c) more than 4 times a month



Answers on page 128.

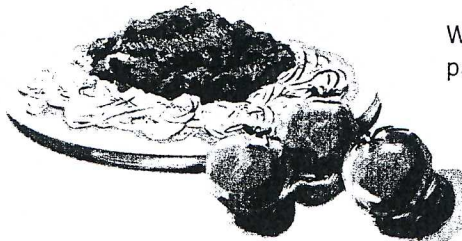
SPEAKING

- 1 Work in pairs and do the quiz. Take it in turns to ask the questions. (A foodie is someone who enjoys eating or cooking different types of food.)
- 2 Now turn to page 128. Add up your points and read the description for your score. Does it describe you well?
Who is the biggest 'foodie' in the class?

LISTENING

- 1 1.50 Listen to part of a radio interview about food in Italy. Choose the best title for the programme.
 - 1 How to make Bolognese sauce
 - 2 Fast food in Italy
 - 3 Slow food in Bologna
 - 4 Tagliatelle or spaghetti?

Spaghetti Bolognese
(spaghetti with a sauce made with tomatoes, meat, onions and herbs)



- 2 1.50 Read the passage below and then listen again. Underline the incorrect information and explain what is wrong.

The radio presenter is in Bologna, not Rome.

The radio presenter is in Rome, an Italian city where people eat Spaghetti Bolognese. Spaghetti is a speciality of Bologna. Bolognese sauce from supermarkets is made from many different ingredients. It is very similar to Ragu sauce. Ragu is quicker to prepare. 'Slow food' is a movement that started in France in 1997. It has members in about twenty countries and they are interested in making food more enjoyable and more traditional.

- 3 Do you agree with Maura that *good food is slow food*? Why or why not?

What traditional foods are there in your country? What parts of the country do they come from?