

# You are what you eat!

What do your tastes in food and drink reveal about your character? Read about Charlie Chilli, Suzie Sweet-Tooth, Hungry Harry and Picky Polly and which one you identify with! The character analysis is at the bottom.



## Charlie Chilli

— I love eating hot, spicy food. I enjoy trying foreign specialities in restaurants, and I'm also fond of preparing exotic dishes in my own kitchen. I hate eating the same thing two days running - I would rather go hungry!

## Suzie Sweet-Tooth

— I don't mind what I eat as long as there is some chocolate on the menu. I adore desserts: I have so many favourites. I often find it difficult to choose! I like milk shakes and fizzy drinks better than tea or coffee.



## Hungry Harry

— I'm more interested in quantity than quality. I can't stand getting up from the table if I still have room in my stomach. I prefer rice to potatoes and cooked vegetables to salads, and would rather drink Coke than fruit juice.



## Picky Polly

— I'm not keen on dishes which don't look beautiful. In fact, I haven't got a large appetite. There are some sorts of things I refuse to eat at all, and even when I'm given one of my favourites I always leave half of it on the plate.



## CHARACTER ANALYSIS

Chilli eaters are brave and adventurous; they like to shock, but they get bored and restless very easily.

Sweet eaters are easy-going and sociable but they lack confidence. They are kind and sympathetic but not always reliable.

Hungry eaters are hard-working and generous; they aren't ambitious and hate changes of any sort. They worry about the future.

Picky eaters are artistic and sensitive but they lose their temper easily. They set themselves very high standards and don't like to fail.

## Eating and drinking

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Which is your favourite in each of the following categories? And what do you like least? Use the expressions you chose above.

**For example:**

I love eating chocolate (vanilla, lemon) ice-cream.

I'm keen on the pizza topping which contains some cheese, ham, olives, onions, tomato ketchup.

## Eating and drinking

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Match each of the following lines of words with one of the types of food below:

cheese

soup

bread

oil

rice

salad

1. green, mixed, potato, fruit .....
  2. white, brown, wholemeal, rye, sliced, garlic .....
  3. tomato, chicken, mushroom, home-made, tinned .....
  4. mild, mature, soft, cream, blue, goats .....
  5. brown, long-grain, wild .....
  6. olive, vegetable, sunflower .....
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# Eating and drinking

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Now do the same with the following:

yogurt

ice cream

sauce

chocolate

pie

cake

1. chocolate, fruit, cheese, birthday, wedding .....
  2. natural, stawberry, black, cherry, Greek, low fat .....
  3. tomato, pesto, soy, oyster, apple, mint .....
  4. milk, plain, white, dark, Belgian .....
  5. meat, chicken, apple, cherry, home-made .....
  6. vanilla, strawberry, chocolate, Italian .....
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## Eating and drinking



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What was your favourite food and drink when you were a child? Do you still like it? What food or drink do you deliberately eat (or drink) because you know it is good for your health? Is there any food (or drink) that you know you shouldn't eat (or drink), but which you find it hard to give up?

## Eating and drinking

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What was your favourite food and drink when you were a child? Do you still like it? What food or drink do you deliberately eat (or drink) because you know it is good for your health? Is there any food (or drink) that you know you shouldn't eat (or drink), but which you find it hard to give up?

**For example:**

My favourite food was some boiled chicken and my favourite drink was Coke. And I still like them. I deliberately eat carrots and nuts because I know they are good for my eyes and brain. I know that Coke is bad for my teeth but I find it hard to give up.