

Diets

- Have you ever been on a diet?
- How do you know if you are fat?
- What is the best way to diet?
- Do you think dieting can be dangerous?
- Do you think fiber is important in your diet?
- What kind of fiber is the best when you are trying to lose weight?
- Do you think protein is important in a balanced diet?
- What is a good source of protein?
- Do you think people who are fat can be happy?
- Do you think people are in general are gaining weight or losing weight?
- What kind of diet would you recommend to your friend?
- What kind of diet would recommended for an older person (40's) and a younger person (teens)?
- What is the difference between diet and a healthy diet?
- Is there a difference between being thin and being healthy? Which one is better?
- Do you think being slim equals beautiful?
- Do you think there is more pressure now for teens to look slimmer?
- In what way can diet influence our appearance and personality?

Cooking

- How often do you cook?
- How good are you at cooking?
- What are some things that you can cook?
- What dish or food are you best at cooking?
- Do you think you can cook better than your mother?
- Who is a better cook, your mother or your grandmother?
- Are cooking shows popular in your country? Do you watch any cooking shows?
- What is the hardest thing to cook?
- What are some of the advantages of cooking your meals at home? How about the disadvantages?
- Is it important for husbands to know how to cook?
- Does your father cook?
- Who is the best cook you know?
- Would you like to be a chef? Why?
- If you had your own personal chef, what meal would you ask for most?
- How hard is it to become a chef? What do you have to do to become a chef?