

# Zywnienie

Cards	HEARTS ♥	SPADES ♠	DIAMONDS ♦	CLUBS ♣
Ace	Which products are a good source of protein?	Which products are a good source of carbohydrates?	Which products are low in vitamins?	Which products are high in calories?
King	Do you enjoy barbecues?	What are the advantages of learning to cook while you're quite young?	Should young people learn to cook? Why?	What are the disadvantages of eating out?
Queen	What kind of diet would you recommend to a friend who wants to lose weight?	Do you prefer eating at home or eating out?	Do you enjoy cooking? Why?	What is the best restaurant you have ever been to?
Jack	What do you usually have for breakfast?	Do you ever skip breakfast? Why?	Do you think you waste food? Why?	What drinks do you usually serve when you have guests?
10	What are the advantages of fast food restaurants?	Do you often eat out? Why?	Do you like to try the local specialities when you travel? Why?	What's the strangest thing you've ever eaten?
9	Would you ever consider becoming a vegetarian?	How can people be encouraged to eat more wisely?	Do you trust food advertisements? Why?	Is ordering takeaway food popular in Poland? Why?
8	What's your favourite foreign food?	Do you enjoy cooking?	Tell me about an occasion when you went out to eat with friends.	Why is eating a balanced diet so important?
7	Do you think people worry too much about food nowadays?	What's your favourite restaurant?	What do you usually have for dinner?	What food do you serve when you have guests?
6	Would it be easy to change your eating habits?	What changes would you introduce to your diet?	Why are so many teenagers becoming overweight?	Have you ever tried to stick to a diet? Were you successful?
5	Why is olive oil good for us?	What is your favourite dish and how do you make it?	What is traditional English food like?	Describe how you cooked a meal for someone.
4	Do you ever watch cookery shows or competitions on TV?	What do people find interesting in cookery shows?	Would you like to try to compete in a cookery competition?	Have you ever visited food fairs?
3	How often do you have soup for lunch?	How do you prefer your tea: weak, medium or strong?	What kind of food do you prefer: sweet or salty?	Do you like hot and spicy food like curry?
2	What kind of food do you eat most often?	What foods do you avoid?	Is the food you eat healthy?	How much sugar do you have a day?