

# Speaking of Nutrition

by Peter Vincent, Alan Meadows, and Naoko Nakazato



## **Speaking of Nutrition**

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## Preface

Welcome to *Speaking of Nutrition*. We wrote this book for Japanese students who study nutrition and food science. It contains various speaking, listening and writing activities to help you to talk in English about nutrition and food preparation, including explaining where things are in the kitchen, describing menus, and talking about the nutritional value of different kinds of food. The text is designed for active communication, so please try your best.

In order to make the most of the book, we would like you to remember one thing: Don't be afraid of making mistakes. Making mistakes, and learning from them, is how you will improve your English skills.

We enjoyed writing this book and we really hope that it will help you have an equally enjoyable time speaking about nutrition.

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*Speaking of Nutrition* によろこ。本書は栄養学と食物化学を専門に勉強する日本の学生のために書かれました。キッチン 用品や食べ物、飲み物の場所、メニュー、食品の栄養価の説明など、栄養や食品の調理、準備などについて英語で説明できるよう、さまざまなスピーキング、リスニング、ライティングアクティビティを紹介しています。学生のみなさんが自主的に発話を促すためのテキストですので、恥ずかしがらず、思い切ってトライしてみてください。

本書をより有効活用していただくために、ひとつ覚えておいてほしいことがあります。それは、「間違いを恐れない」ということです。間違いから学ぶことで英語の運用力が向上するからです。

著者一同にとって、本書を書くのは非常に楽しいプロセスでした。みなさんも、本書を使いながら栄養について英語で話すことが楽しいと感じていただけることを願っています。

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# Classroom English

- ▶ Try to speak as much English as you can in class. Here are some expressions you might need to use:

クラス内ではできるだけ英語で話しましょう。以下の表現を参考にしてください:

- |   |                        |
|---|------------------------|
| 1. May I ask a question?                    | 質問してもよろしいでしょうか?        |
| 2. Could you repeat that, please?           | すみません、もう一度言っていただけますか?  |
| 3. Pardon?                                  | //                     |
| 4. Could you speak more slowly, please?     | もっとゆっくり言っていただけますか?     |
| 5. How do you spell _____?                  | _____ はどのようにつづりますか?    |
| 6. Could you write it on the board, please? | それをホワイトボードに書いていただけますか。 |
| 7. What does _____ mean?                    | _____ はどういう意味ですか。      |
| 8. How do you say _____ in English?         | _____ は英語でどのように言いますか。  |
| 9. Could you explain that again, please?    | もう一度説明してください。          |
| 10. OK, I understand.                       | はい、わかりました。             |

- ▶ And here are some expressions your teacher might say:

先生は以下の表現を使います。

- |  |                   |
|--|-------------------|
| 1. Please listen carefully.              | 注意して聞いてください。      |
| 2. Please repeat.                        | もう一度くりかえしてください。   |
| 3. Please answer the question.           | 質問に答えてください。       |
| 4. Please open your books.               | 本を開けてください。        |
| 5. Please close your books.              | 本を閉じてください。        |
| 6. Please don't look at your books.      | 本を見ないでください。       |
| 7. Work in pairs /Work with a classmate. | 2人組になってください。      |
| 8. Look at page _____.                   | _____ ページを見てください。 |
| 9. Please speak louder.                  | もっと大きな声で言ってください。  |
| 10. Do you understand?                   | わかりますか。           |

## Unit 3 Talking about the Kitchen (2)

### Key Words

Here are some more pictures of things that you might find in the kitchen. Practice saying them with your teacher.

下の写真はキッチンでよく見かけるものです。先生の後について言ってみましょう。



peeler



grater



can opener



strainer



measuring cups



measuring spoons



cookie sheet



dishwasher

### Speaking

#### 【Dialog】

Mother: Jack, would you clean up the kitchen? It's a mess\*.

Jack: Can you help me? I'm not sure where everything goes.

Mother: The spices go on the shelf above the stove.

Jack: OK. How about the cookie sheet?

Mother: That goes in the drawer below the stove.



\* mess ごちゃごちゃした, 乱雑な

## Practice 1

### ▶ Matching

Match the definitions in the pink box below with items 1-8. Put the correct letters for the definitions into the spaces.

1~8の表現に合う説明をA~Hから選びましょう。

- |                   |       |                     |       |
|-------------------|-------|---------------------|-------|
| 1. burner         | _____ | 5. microwave        | _____ |
| 2. drawer         | _____ | 6. cutting boards   | _____ |
| 3. can opener     | _____ | 7. strainer         | _____ |
| 4. measuring cups | _____ | 8. measuring spoons | _____ |

- A. Cups that have marks\* for measuring\* ingredients\* when cooking.
- B. An oven that uses microwaves\* to heat or cook food.
- C. A box that slides\* into and out of a piece of furniture\* and that is used to store\* things.
- D. A kitchen tool\* that has many small holes and that is used to hold back solid\* pieces while liquid\* passes through.\*
- E. Wooden or plastic boards\* on which food (such as meat and vegetables) is cut.
- F. Spoons that hold a particular amount\* of an ingredient used in cooking.
- G. The part of a stove where the flame\* or heat comes from.
- H. A tool that is used in the kitchen to open cans of food.

### Key Words

marks しるし to measure 測る ingredients 材料 to slide 滑るように動く  
furniture 家具 to store 収納する tool 用具, 道具 solid 個体  
liquid 液体 to pass through 通り抜ける board 板 amount 量 flame 炎

## Practice 2

### ▶ Matching

Match the definitions in the pink box with items 1-8. Put the correct letters for the definitions into the spaces.

1~8の表現に合う説明をA~Hから選びましょう。

- |               |       |                          |       |
|---------------|-------|--------------------------|-------|
| 1. dishwasher | _____ | 5. sink                  | _____ |
| 2. peeler     | _____ | 6. grater                | _____ |
| 3. scale      | _____ | 7. cookie sheet          | _____ |
| 4. blender    | _____ | 8. cupboard with shelves | _____ |

- A. A wide bowl that has a faucet for water and a drain\* at the bottom. It is used for washing things.
- B. An electric kitchen machine that is used to cut food and ice into very small pieces and to make soft foods (such as fruit) into a liquid.
- C. A tool that has a rough metal surface\* with small holes and is used to slice\* food into small pieces.
- D. An electric appliance\* that is used to wash dishes.
- E. A tool for taking off the skin\* from fruit or vegetables.
- F. A flat metal tray\* on which cookies or cakes are baked.
- G. A piece of furniture used for storage\* that has doors and shelves.
- H. A tool that is used for weighing\* things.

### Key Words

drain 水気を切る    surface 表面    slice スライスする    appliance 電化製品  
 skin 肌    tray トレイ    storage 貯蔵庫    to weigh 重さを測る

## Practice 3

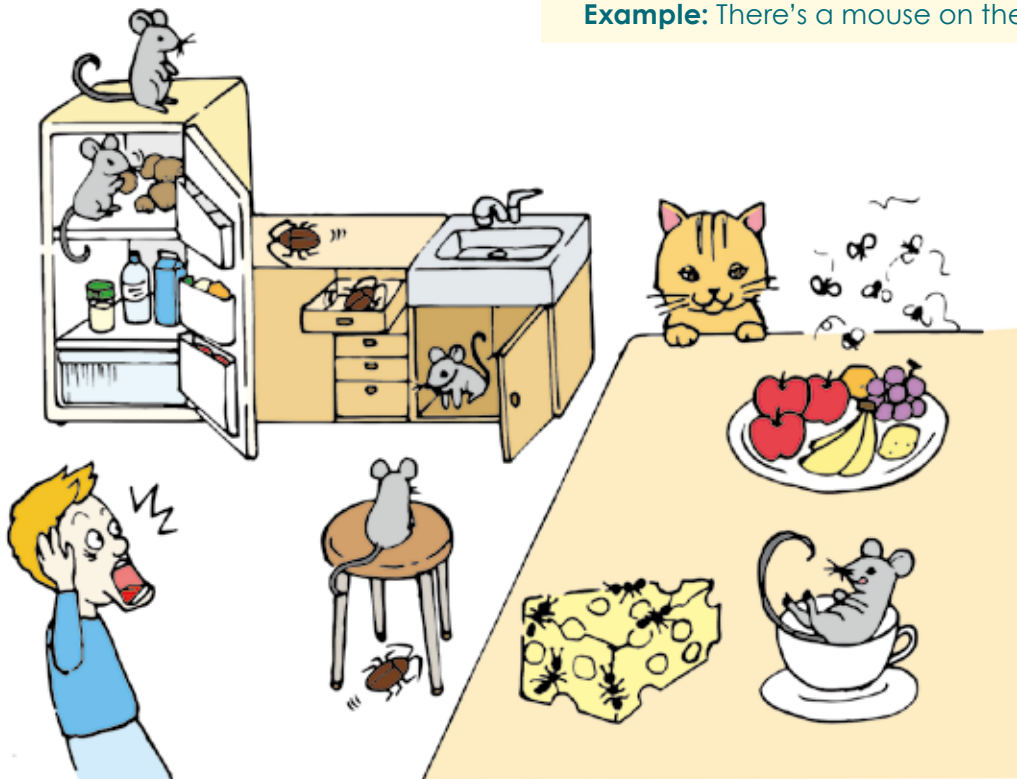
### ▶ Pair Work: Pests in the Kitchen

Work with a partner and find where the pests\* are. Make sentences.

パートナーと一緒に、動物や虫がどこにいるか説明する文を作りましょう。

\*pest: 害虫, 有害な小動物

**Example:** There's a mouse on the stool.



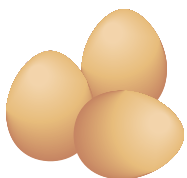


## Practice 4

### Scrambled Sentences

With a partner, try to make sentences with the words and pictures below.

下の写真を参考にして、パートナーと一緒に文章を作ってみましょう。



1. Beat three \_\_\_\_\_ with a \_\_\_\_\_.



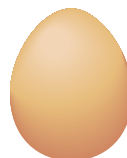
2. To make \_\_\_\_\_, \_\_\_\_\_ pancake batter with a \_\_\_\_\_



into a hot \_\_\_\_\_.



3. Chop an \_\_\_\_\_ on a \_\_\_\_\_ with a \_\_\_\_\_.



4. Add \_\_\_\_\_ to \_\_\_\_\_ and an \_\_\_\_\_ in a mixing



\_\_\_\_\_.



5. Put some dough on a \_\_\_\_\_ and put it into a heated\* \_\_\_\_\_



for about \_\_\_\_\_ minutes at \_\_\_\_\_ degrees centigrade.

\* heated 予熱された

## Practice 5

### ▶ Mini-Presentation: About My Kitchen (or another kitchen you know well)



Now it is time to tell us about the kitchen that you wrote about in **Unit 2, Practice 3**. You will be given time to practice your presentations and then give your presentations. Keep the following points in mind when you give your presentation:

Unit 2 の Practice 3 で自分が描いたキッチンについて説明しましょう。プレゼンテーションをする前に練習する時間が与えられます。以下の点に注意しましょう。

1. Eye contact: Be sure to look at your classmates when you talk.
2. Speak in a loud voice so everyone can hear you.
3. Speak clearly. Do not speak too quickly or use *katakana* English.

# Unit 11 Researching Diet Information

## Conversations

Practice the following dialogs with a partner.

以下の会話をパートナーと練習しましょう。



### 【Dialog 1】



Cindy: Which are sweeter, peaches or watermelons\*?

Sid: Watermelons are sweeter. They have more fructose\* than peaches.

Cindy: What is the sweetest fruit of all?

Sid: I think pears\* are the sweetest. They have the most fructose.

\* watermelon スイカ fructose フルクトース pear ナシ



### 【Dialog 2】



Dana: What food do you like the most?

Carl: I like all Italian food, but pizza is my favorite.

Dana: I love Italian food too, but I like pasta more than pizza.

Carl: What kind of pasta do you like best?

Dana: I think spaghetti carbonara is the most delicious.



### 【Dialog 3】



Blake: You ate all your salad but you didn't eat your broccoli.

Fiona: I don't like broccoli as much as most other vegetables.

Blake: How about some green peas, then?

Fiona: Sorry, I dislike green peas the most. They are my least favourite vegetable.

## Grammar 1

Tofu has more protein\* than milk.

Salmon\* has more vitamin E than steak.

I like ice cream more than cake.

Pizza is more delicious than spaghetti.

Japanese cakes are usually less sweet than American cakes.

Kiwifruit\*, strawberries, and oranges all have a lot of vitamin C, but Kiwifruit has the most.

Kiwifruit is one of the most nutritious fruits.

I think cheesecake is the most delicious kind of cake.

Tofu has fewer calories than ground beef\*.

Soft drinks have less nutrition than fruit juice.

Soft drinks are the worst drink for a healthy diet.

Soft drinks have the least nutrition of all drinks.

\* protein タンパク質 salmon サケ kiwifruit キウイ ground beef 牛ひき肉

### Grammar Exercise

Write your own sentences, using the words in parentheses.

カッコ内の単語を使って文章を作ってみましょう。

1. (Oranges, vitamin C, apples)

---

2. (Steak, protein, tofu)

---

3. (Sirloin steak, calories, pork chops)

---

4. (Bacon, saturated fat\*, lean\* steak)

---

5. (Nuts, tofu, steak, protein)

---

6. (I think, cheesecake, delicious, ice cream)

---

7. (Fruit, calories, cakes and cookies)

---

8. (I think, [*your choice of dessert*], most delicious dessert)

---

9. (Kiwi fruit, sweet, ripe\* bananas)

---

10. (Fried, salty snacks, least healthy, all snacks)

---

\* saturated fat 飽和脂肪 lean (steak) 肪身の少ない(ステーキ) ripe 熟した

## Grammar 2

Fruit often has as many vitamins as vegetables.  
Bananas have as much vitamin C as peaches.  
Oranges do not have as much vitamin C as kiwi fruit.  
Fruit juice has a lot of sugar, so it is not as healthy as water.  
I don't like chocolate ice cream as much as vanilla ice cream.

### Grammar Exercise

Write your own sentences, using the words in parentheses.

カッコ内の単語を使い、文章を作ってみましょう。

1. (Fruit, vitamins, vegetables)

---

2. (Green tea\*, caffeine\*, black tea\*)

---

3. (Lettuce, about as many calories, green beans\*)

---

4. (I think, vanilla ice cream, delicious, chocolate ice cream)

---

5. (I think, black tea, delicious, coffee)

---

6. (I think, [*your choice of dessert*], delicious [*another dessert*])

---

7. (American cookies, sweet, American cake)

---

8. (I don't like [food], [another food])

---

\* green tea 緑茶    caffeine カフェイン    black tea 紅茶    green beans インゲン

## Practice 1

### ▶Pairwork: Write a Dialog

Write a dialog about your food likes and dislikes. You can use the dialog and grammar examples to help you. After you finish, have your instructor check your dialog. Then memorize your dialog and be ready to perform it in front of the class.

上記の会話文や文法を参考にして、自分の好きな食べ物や嫌いな食べ物に関する会話文を作ってみましょう。終わったら先生にチェックしてもらい、会話文を暗記してクラスで発表しましょう。

## Practice 2

### Vitamins and Minerals in Food

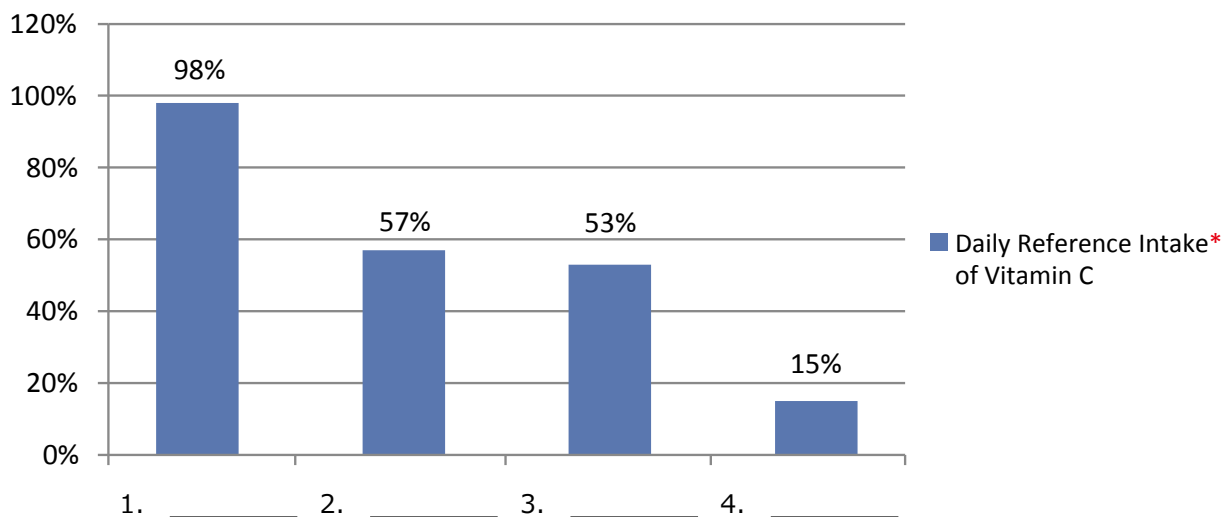
Look at the charts below and write the correct food in the blanks. After you hear the correct answer, write sentences below the charts using the comparative and superlative. Try to make a variety of sentences, using the grammar you have studied to help you.

下の表を見て空欄に正しい食べ物の名前を入れてください。答えを聞き取り比較級, 最上級を使って表の下に文を書きましょう。今まで習った文法を参考にしていろいろな文を作ってみましょう。

Chart A

A. Oranges    B. Pineapples    C. Kiwi fruit    D. Strawberries

### Amount of Vitamin C in Fruits



\* Daily Reference Intake (DRI) 食事摂取基準

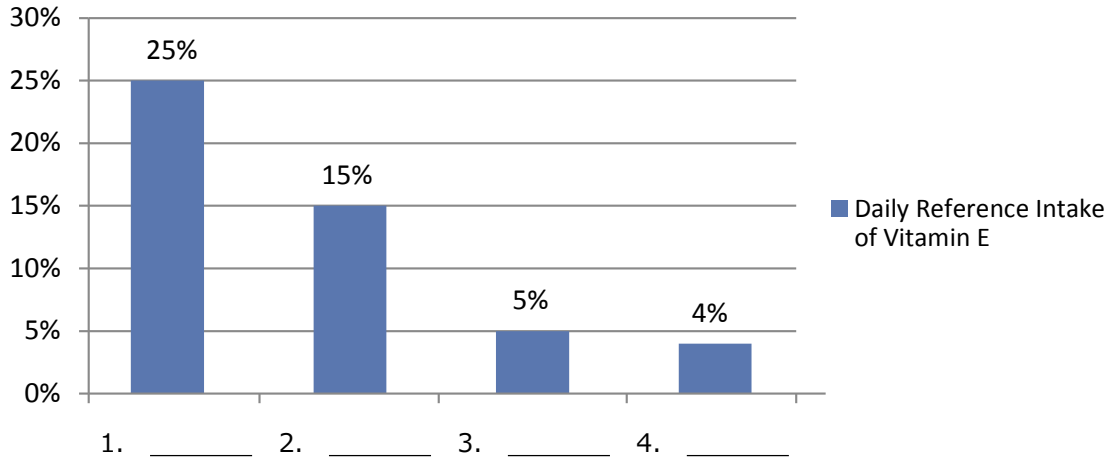
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Chart B

A. Broccoli    B. Spinach\*    C. Green beans    D. Carrots

\* spinach ホウレンソウ

### Amount of Vitamin E in Vegetables



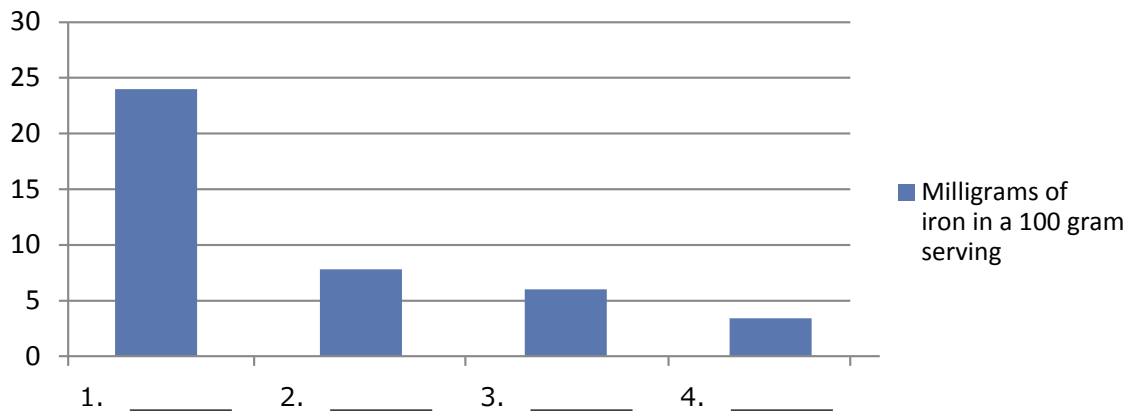
- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Chart C

A. Clams\*    B. Spinach    C. Tofu    D. Nuts

\* clam アサリ

### Amount of Iron in Various Foods



- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

## Practice 3

### ► Pairwork: Fructose Content

Take turns and make sentences using the comparative and superlative forms about the fructose content of different kinds of fruit using the chart below.





下の表を参考に、比較級、最上級を使って、くだものフルクトース含有量についてパートナーと文章を作って練習してみましょう。

#### Examples:

Student A: Lemons have a little more fructose than limes.

Student B: Among all citrus fruits, oranges have the most fructose.

### HOW MUCH FRUCTOSE ARE YOU GETTING FROM FRUITS?

Fruit	Serving Size	Grams of Fructose	Fruit	Serving Size	Grams of Fructose
 Limes	1 medium	0	 Pineapple	1 slice (3.5"×7.5")	4.0
 Lemons	1 medium	0.6	 Grapefruit, pink or red	1/2 medium	4.3
 Cranberries	1 cup	0.7	 Boysenberries	1 cup	4.6
 Passion fruit	1 medium	0.9	 Tangerine/mandarin orange	1 medium	4.8
 Prune	1 medium	1.2	 Nectarine	1 medium	5.4
 Apricot	1 medium	1.3	 Peach	1 medium	5.9
 Guava	2 medium	2.2	 Orange (navel)	1 medium	6.1
 Date (Deglet Noor style)	1 medium	2.6	 Papaya	1/2 medium	6.3
 Cantaloupe	1/8 of a medium fruit	2.8	 Honeydew	1/8 of a medium fruit	6.7
 Raspberries	1 cup	3.0	 Banana	1 medium	7.1
 Clementine	1 medium	3.4	 Blueberries	1 cup	7.4
 Kiwifruit	1 medium	3.4	 Date (Medjool)	1 medium	7.7
 Blackberries	1 cup	3.5	 Apple (composite)	1 medium	9.5
 Starfruit	1 medium	3.6	 Persimmon	1 medium	10.6
 Cherries, sweet	10	3.8	 Watermelon	1/16 of a medium fruit	11.3
 Strawberries	1 cup	3.8	 Pear	1 medium	11.8
 Cherries, sour	1 cup	4.0	 Raisins	1/4 cup	12.3



## Practice 4

### Fat Content in Milk

Work with a partner and compare the nutritional value of the two kinds of milk below. Try to make eight different sentences together.

パートナーと2種類の牛乳の栄養価を比較して、最低8つの文章を作ってください。

#### REDUCED FAT MILK - 2% Milkfat

Nutrition Facts	
Serving Size 2 slices (236 ml)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 45
%Daily Value *	
<b>Total fat</b> 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein</b> 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

#### NONFAT MILK

Nutrition Facts	
Serving Size 2 slices (236 ml)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
%Daily Value *	
<b>Total fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> Less than 5mg	0%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein</b> 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

#### Key Words

nutrition facts 栄養成分表    trans fat トランス脂肪    cholesterol コレステロール  
sodium ナトリウム    dietary fiber 食物繊維

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Practice 5

### ▶ Pairwork: Restaurant Menu Nutritional Value

Student A look at the information on **Appendix 5**. Student B looks at the information in **Appendix 6**. Ask questions to your partner to fill in the missing information on the chart. Use the model questions below to help you.

Student Aは Appendix 5 の情報を, Student Bは Appendix 6 の情報を見てください。下の例文を参考にし, お互いパートナーに質問して表の空欄を埋めましょう。

#### Model Questions and Answer patterns:

Q: How many calories are there in the ribs*?	A: There are X calories in the ribs.
Q: How much saturated fat* is there in the ribs?	A: The ribs have X grams of saturated fat.
Q: How much trans fat* is there in the ribs?	A: The ribs have X grams of trans fat.
Q: How many carbohydrates are there in the ribs?	A: The ribs have X grams of carbohydrates.
Q: How much sodium* is there in the ribs?	A: The ribs have X grams of sodium.
Q: How much protein is there in the ribs?	A: The ribs have X grams of protein.
Q: How much fiber* is there in the ribs?	A: The ribs have X grams of fiber.
Q: What is the total fat content* of the ribs?	A: The total fat content of the ribs is X grams.

#### Key Words

ribs あばら肉    saturated fat 飽和脂肪    trans fat トランス脂肪  
sodium ナトリウム    fiber 繊維    content 中身, 含有物

Now, work with your partner and make several sentences about the information contained in **Appendixes 5** and **6** using the comparative and the superlative.

パートナーと Appendix 5 と 6 の情報について, 文章を作ってみましょう。比較級と最上級を使ってください。

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Practice 6

### ►Survey

First, write questions in the survey below, using the words in parentheses. Questions 1, 2 and 3 have been done for you. For 7 to 10, write your own questions. Then ask questions to different students and write student names and answers in the provided spaces.

以下の質問票に、カッコ内の単語を使って質問を作りましょう。1～3にはすでに質問が書いてありますが、7～10は自分で質問を作ります。クラスメイトに質問をして、答えとクラスメイトの名前も書いてください。

Questions	Student Name	Answer (just write notes)
1. (dessert, like, cake, cookies) <i>What/which dessert do you like more, cake or cookies?</i>		
2. (meat, eat, beef, chicken) <i>What/which meat do you eat more, beef or chicken?</i>		
3. (delicious dessert, fruit tarts, chocolate cake, éclairs) <i>What/which do you think is the most delicious dessert, fruit tarts, chocolate cake or éclairs?</i>		
4. (fruit, delicious, pineapple, watermelon)		
5. (food, dislike)		
6. (drink, dislike)		
7.		
8.		
9.		
10.		

## Practice 7

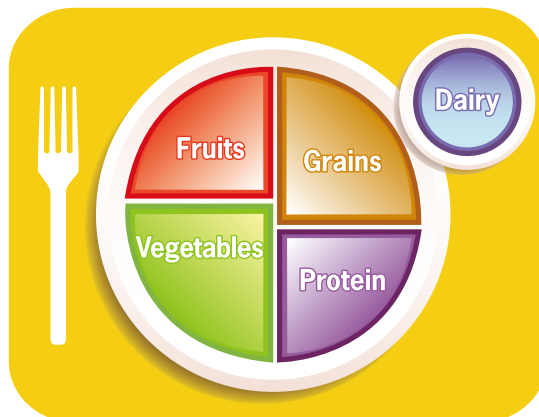
### Food Charts

Look at the two food charts below that recommend what people should eat to get a balanced diet. Work in a group. Write some sentences that compare similarities and differences between the two charts. Why do you think the charts are different?

以下の2つの図はバランスの良い食生活のために推奨される食品チャートです。グループ内で2つのチャートを比べ、共通点と相違点を書きましょう。また、なぜこのような相違点があるのかを話し合しましょう。

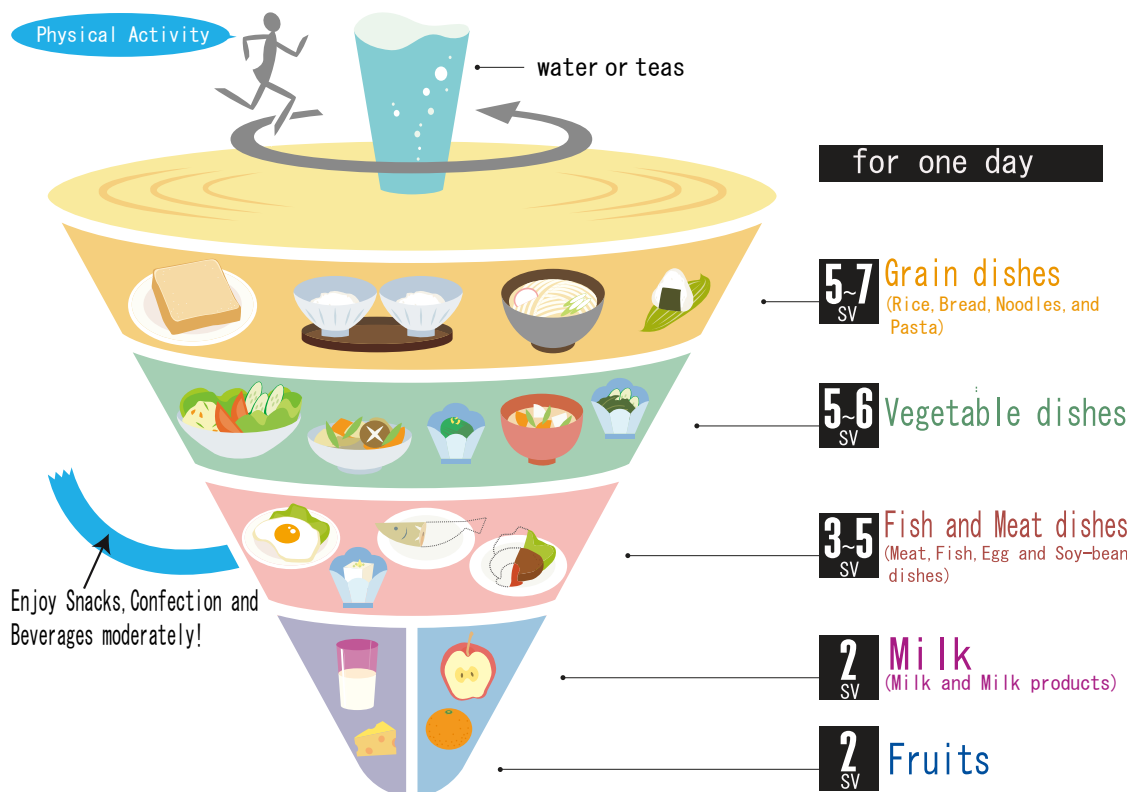
#### American: "My Plate"

(Created by the US Department of Agriculture)



#### Japanese: "Spinning Top"

出典：厚生労働省ホームページ (www.mhlw.go.jp/bunya/kenkou/pdf/eiyou-syokuji5.pdf)



※ SV is an abbreviation of "Serving", which is a simply countable number describing the approximated amount of each dish or food served to one person

Decided by Ministry of Health, Labour and Welfare and Ministry of Agriculture, Forestry and Fisheries.

## Practice 8

### ►Presentation

You will give a presentation about the nutrition of a kind of food. Every student should write about a different food, so you will need to tell your teacher what food you are going to talk about before you start writing. Bring in some pictures to make your presentation more interesting. Look back at expressions you learned in this unit and try to use the comparative and, if possible, the superlative. Some of the following expressions might help you:

食べ物についてのプレゼンテーションをします。全員がそれぞれ違う食べ物についてプレゼンテーションをします。どの食べ物について話すかを先生に事前に伝えてください。写真などを使って楽しいプレゼンテーションにしてください。枠内の例を参考にし、できればこのUnitで学んだ比較級や最上級を使いましょう。

<p><b>Introduction</b></p>	<p>Hello everybody. Today, I'd like to tell you about (kind of food).</p> <p>Good morning/afternoon. For my presentation I have decided to talk about (kind of food).</p>
<p><b>Main body details</b></p>	<p>As you know, (kind of food) has more (protein/vitamin C, etc.) than (another kind of food).</p> <p>I was surprised to learn that (kind of food) has more (protein/vitamin C, etc.) than (another type of food).</p> <p>(Kind of food) is very healthy. For example it has lots of (protein/vitamin C, etc.).</p> <p>Because (kind of food) has lots of (sugar), it is not very good for you.</p> <p>(Kind of food) is one of the most (delicious/tasty) fruits/vegetables, etc.</p>
<p><b>Conclusion</b></p>	<p>In conclusion, (kind of food) is/are very good for you.</p> <p>In conclusion, (kind of food) is not/are not very good for you.</p> <p>I think that (kind of food) is delicious.</p> <p>I think that (kind of food) is more delicious than (another kind of food).</p> <p>Why don't you eat some (kind of food) the next time you get the chance?</p> <p>Thank you very much for listening.</p>