

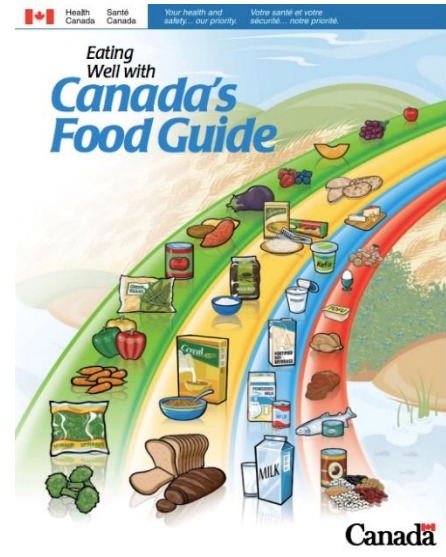
## Conversation Café

### Food

Food is the third most essential thing for physical life after air and water. Food in general consists of carbohydrates, proteins, fats as major components. And minerals, vitamins and trace elements as minor components. All of these components are useful for a living body to sustain health. This food we eat is in the form of grains, pulses, fruits, vegetables, oils, meat, etc.

#### Discussion Questions:

1. Have you considered how food (cuisine) is a huge part of our home culture? Tell us about your home culture cuisine.
2. What kinds of foods are essential to serve a guest in your home culture?
3. What foods are missing for you when you travel outside your native country?
4. What are your three favorite dishes? Tell us about the worst food you have ever eaten. What kind of new foods have you tried since you came to Canada?
5. When you shop, do you see foods that you have never eaten? What do they look like? What do you think is the strangest food from your country? From Canada?
6. In Canadian culture we talk about “comfort food” – food that comforts you when you are sad, or lonely or stressed or depressed. Sometimes we have happy memories of eating certain food and so it is “comfort food.” What are the kinds of foods you really want to eat when you are happy / sad?
7. In many cultures, eating together is an important sign of friendship. Does sharing a meal have special significance in your native culture? Share a story of a meal that was very important in a family, friend or business relationship.
8. **Potlucks** – In Canada a popular custom is to have potluck meals. A “potluck” is a meal where guests all bring a dish of food to contribute to the meal. Have you ever been to a potluck? Would you like to go to one? Suggestion: Bring a dish of food that is characteristic of your culture!



## JESUS Teaching About Food

Gospel of Mark 7:14-23 ICB

<sup>14</sup> Jesus called the people to him again. He said, “Every person should listen to me and understand what I am saying. <sup>15</sup> There is nothing a person puts into his body that makes him unclean. A person is made unclean by the things that come out of him. <sup>16</sup> [Let those with ears use them and listen!]” <sup>17</sup> When Jesus left the people and went inside, his followers asked him about this story. <sup>18</sup> Jesus said, “Do you still have trouble understanding? Surely you know that nothing that enters a man from the outside can make him unclean. <sup>19</sup> Food does not go into a person’s mind. Food goes into his stomach. Then that food goes out of his body.” (When Jesus said this, he meant that there is no food that is unclean for people to eat.)

<sup>20</sup> And Jesus said, “The things that come out of a man are the things that make him unclean. <sup>21</sup> All these evil things begin inside a person, in the mind: evil thoughts, sexual immorality, stealing, murder, adultery, <sup>22</sup> selfishness, doing bad things to other people, lying, doing sinful things, jealousy, saying bad things about people, pride, and foolish living. <sup>23</sup> All these evil things come from within a person. These things make a person unclean.”

❖ Do you agree with what Jesus taught about food? Why or why not?

## IDIOMS:


**Best Thing Since Sliced Bread**  
An innovative development




**Big Cheese**  
An important person in a company or organization



**Bottom of the Barrel**  
Low-quality choices




**Cherry-Pick**  
To present evidence selectively to one’s own advantage



**Chew the Fat**  
Chat for a considerable length of time



**Couch Potato**  
A lazy person who watches a great deal of television



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*My new touchscreen computer is the greatest thing since sliced bread.*

*He was a really big cheese in the business world.*

*After the divorce, Tim felt he had hit the bottom of the barrel.*

*The private schools were cherry-picking the best students in the area.*

*We were chewing the fat, telling stories about the old days.*

*Stop being a couch potato. Turn off the television and go outside and play.*