



Comfort Food

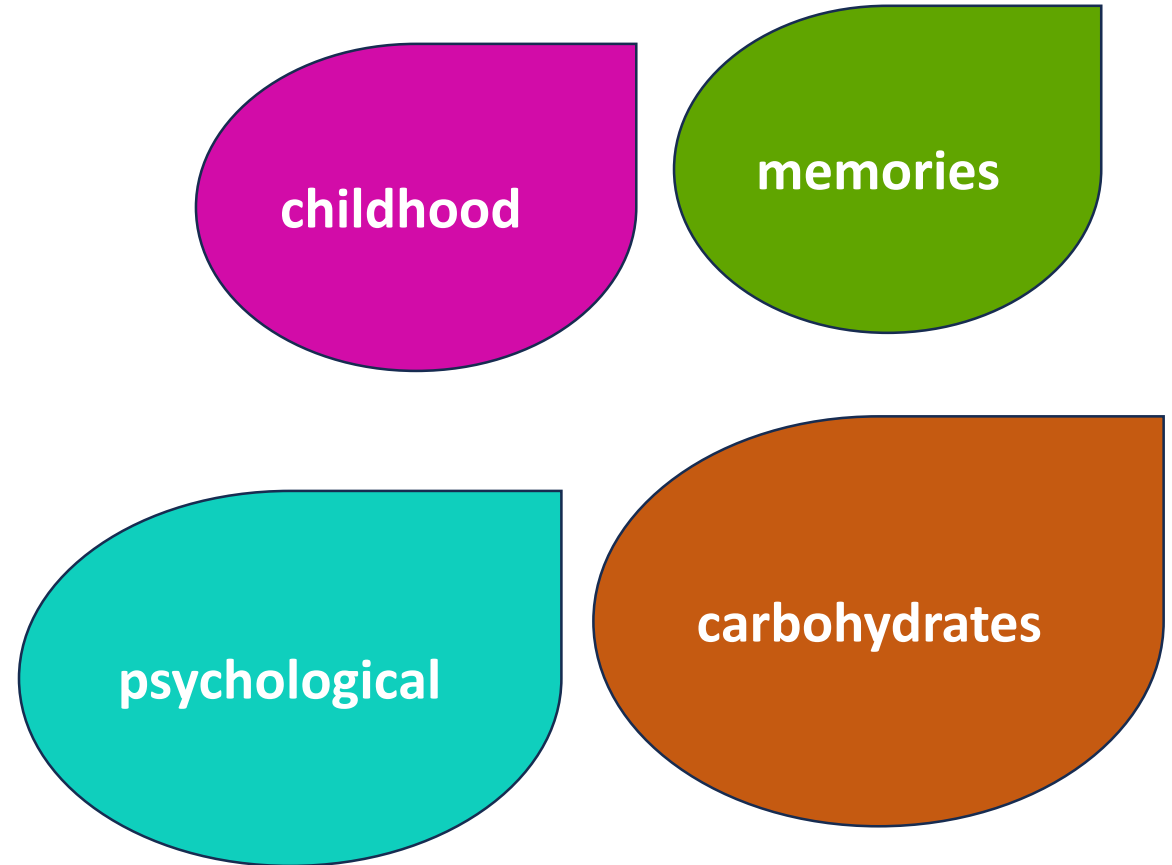


MPA CPD
11 August 2025



Comfort food

- Comfort food is a type of food that provides a sense of emotional or (---1---) comfort, often associated with positive (---2---) or feelings of nostalgia. It's typically high in calories, (---3---), or fat, and is frequently linked to (---4---) or home cooking.

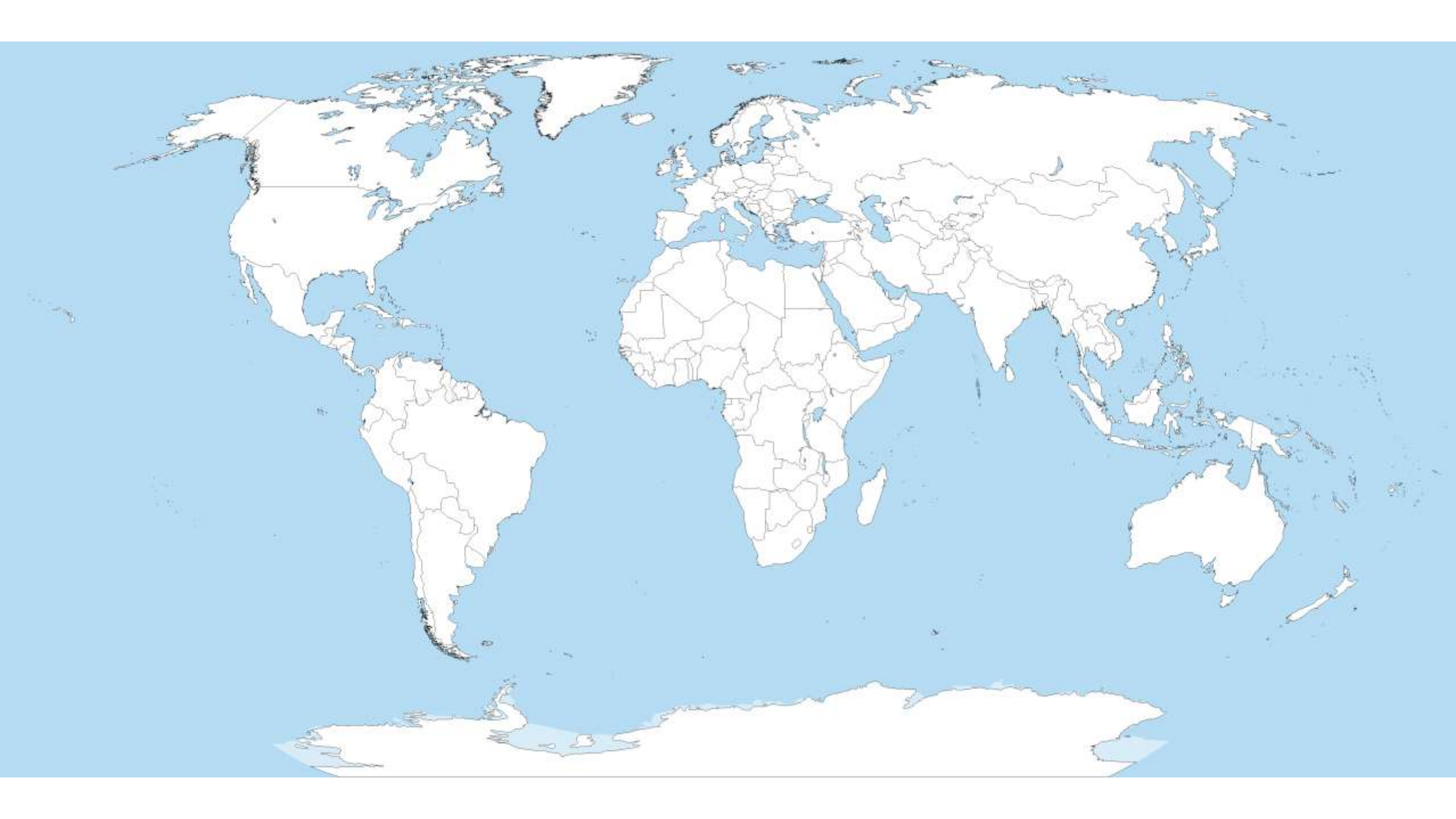


Comfort food

- Comfort food is a type of food that provides a sense of emotional or psychological comfort, often associated with positive memories or feelings of nostalgia. It's typically high in calories, carbohydrates, or fat, and is frequently linked to childhood or home cooking.









Burger – United States



Tea – China



Donut – Netherlands



Pizza – Naples, Italy



Coffee – Ethiopia



ADJECTIVES FOR FOOD



bland

An omelette without mushrooms and tomatoes will almost certainly have a bland taste.



tangy /'tæŋ.i/

The freshly squeezed orange juice was tangy and very refreshing. It helped to quench my thirst.

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pungent /'pʌn.dʒənt/

There was a pungent smell coming from the bin when we returned from holidays. Someone had forgotten to empty it.

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rancid

Butter turns rancid if it is left exposed at room temperature.



savoury /'seɪ.vər.i/

I love savoury crepes, especially with mushrooms and melted cheese.



crunchy

My apple was crunchy and juicy as I bit into it. In short, everything an apple should be.

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Describing food



savoury



stale



fresh



moist



crunchy



rich



soggy



greasy



spicy



dry



tasty



bland



creamy



juicy



chilled



sweet



sour



grilled



grainy



refreshing

Useful language

expressing

PREFERENCE

Prefer

I prefer coffee to tea.

Our employees prefer to be paid in foreign currencies.

Would prefer

I would prefer it if you didn't tell anyone about our conversation.

Which would you prefer – a window or an aisle seat?

Would rather

I would rather save money on clothes than food if you don't mind.

What would you rather have - steak or fish?

Rather than

Nathan needed peace to think rather than loud company.

Wouldn't it be much better if people cycled rather than drove?



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GIVING REASONS



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Because/Because of

*I got up early **because** I couldn't sleep.*

*I got up early **because of** not being able to sleep.*

The reason (for this) is

*The police arrested two men last night. **The reason for this is** a bank robbery.*

In order to

*John works two jobs **in order to** support his numerous family.*

Why

*Scientists have finally found the reason **why** chocolate is addictive*

As a result of

***As a result of** hard police work, the crime rate is lower than last year.*

For

*Many people today decide not to eat meat **for** health reasons.*

Through

*She became successful **through** her hard work.*

Due to/Owing to

*The plane was delayed **due to** the bad weather.
The nomination was cancelled **owing to** a lack of interest.*



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You and your comfort food

- If you could only eat one comfort food for a week, what would it be?
- How would you explain your favorite comfort food to someone who has never tried it?
- Imagine you're opening a restaurant that serves only comfort food. What would be on the menu?



My Comfort Food



My Comfort Food



Tea leaf salad is my comfort food because it provides a unique sensory experience, evokes positive memories and represents a deep connection to my cultural roots. The distinct combination of fermented tea leaves, crunchy nuts, garlic, chili, and lime creates a rich and balanced flavor that is both refreshing and satisfying. This complexity not only stimulates the senses but also brings a feeling of familiarity and emotional warmth. As a traditional dish from Myanmar, tea leaf salad reminds me of home and family, especially shared meals and celebrations that brought people together. Additionally, preparing or eating tea leaf salad often reminds me of my cultural identity and the values of hospitality and togetherness that are tied to food in Burmese tradition. In times of stress or homesickness, this dish brings comfort by reconnecting me to meaningful personal and cultural experiences.



My Comfort Food

Topic sentence

- Tea leaf salad is my comfort food because it provides a unique sensory experience, evokes positive memories and represents a deep connection to my cultural roots.

Support sentence 1

- The distinct combination of fermented tea leaves, crunchy nuts, garlic, chili, and lime creates a rich and balanced flavor that is both refreshing and satisfying.

Support sentence 2

- This complexity not only stimulates the senses but also brings a feeling of familiarity and emotional warmth.

Support sentence 3

- As a traditional dish from Myanmar, tea leaf salad reminds me of home and family, especially shared meals and celebrations that brought people together.

Support sentence 4

- Additionally, preparing or eating tea leaf salad often reminds me of my cultural identity and the values of hospitality and togetherness that are tied to food in Burmese tradition.

Concluding sentence

- In times of stress or homesickness, this dish brings comfort by reconnecting me to meaningful personal and cultural experiences.

Learning at Leisure



Listening

- Listen to people talking about 'comfort food'? Do you have same or similar reasons for comfort food craving?
- <https://ello.org/english/1401/1423-KatieWilda-ComfortFood.htm>
- <https://www.bbc.co.uk/learningenglish/features/6-minute-english/ep-210107>
- 20 Comfort Foods From Around The World | Around The World | Food Insider
- <https://www.youtube.com/watch?v=T4NOt727wql>



Reading

- Read the article on 'comfort food'? What Myanmar traditional food would you add to the list? Why?
- <https://www.bbc.com/future/article/20230105-why-not-all-comfort-food-is-the-same>

Language work

- Talking about preferences
- <https://myenglishteacher.co.uk/2024/06/04/expressing-preference-in-english/>
- Ways of Giving Reasons in English
- <https://myenglishteacher.co.uk/2021/06/23/ways-of-giving-reason-in-english/>

Learning at Leisure

Writing

- Write a paragraph about your comfort food.
- Use the paragraph structure including a topic sentence, supporting sentences and a concluding sentence.



