

Read the article where four people speak about their food habits and answer the questions on the following page.

A. Reo

Sushi is my favourite dish. For me, Japan is the world of taste. It is death for me to live more than two days without something of Japanese rice. Though this obsession with Japanese food creates a lot of problems, I can't help being so addicted to it. My friends often feel my food habits are rather obstinate. Thanks to these habits, foreign trips and travels are nightmares, not only for me, but also for those who accompany me. My taste is basically non-vegetarian, but, except for sea food. If it is fish, I make sure it is from the river. I also have a passion for cooking my native dishes, though I am not that innovative about it.

B. Hana

I really love Japanese traditional food, which I enjoy during my annual vacation with grandma. As I am living off my country, it is something nostalgic to taste grandma's recipe. In London, four of us, all students of the same university, are living together and we cook ourselves. My friends are not so fond of my Japanese dishes and so most of the days we go continental. I am flexible in my taste and I can adjust with their ways. If anyone complains, it will be about my craze for chocolates and ice-cream. I can resist anything, but sugar! And, if I am afraid of anything, it is snack food during TV time. They don't taste, but they get us as their addicts. My policy is to better keep them off.

C. Himari

I have travelled a lot; in fact more than fifty countries. One huge impact of these travels was on my food habits. When I was young, I had a strong palate for our traditional food and I believed Japanese food is the best. Now, I know how diverse human tastes are and every country is best in their recipe. When I reach a country, I enjoy their food. But I try two things - to avoid packaged food and to minimise snack food. I have a theory about snacks! We think it is a light food, but it can be the biggest. If a dish tastes sweet or spicy, it will take us, but soon we will feel enough of it. But, if a snack doesn't have a dominant taste, it tempts us to take it little by little, but a huge amount at the end. In spite of my decision against them, these types of snacks often take me to over eating.

D. Sora

We all know habits of eating packed food as a routine causes a lot of health issues. So, I am keen to avoid it for my wife and children, at least as a matter of habit. As my job needs a lot of travel, I am not able to keep for me what I do for my family. Packaged food is a necessary evil in the long journeys. One thing I enjoy most is to cook myself and experiment in cooking. So, whenever my friends ask me for my favourite food, I use to say it is something that I myself invent. But it happens once in a blue moon. One good thing about my on board eating habits is that they made me, what people call, unorthodox in eating. The only dislike I have in my food is against some types of sea meat, those that have jelly elements.



Which speaker:

- a. keeps off packed food?
- b. likes meat other than sea food?
- c. is creative about cooking?
- d. likes to eat different dishes of different countries?
- e. is willing to compromise his /her preferences for other people?
- f. refers to food tasted inside vehicles?
- g. is specially tempted by sweet things?
- h. is strongly traditional in food habits?
- i. avoid snack food?
- j. says that friends are not happy with his /her eating practices?

ANSWER KEY

1	2	3	4	5	6	7	8	9	10
C	A	D	C	B	D	B	A	B	A