

What do you want to eat?

Every day of your life is an adventure and an opportunity for enjoyment. Among the many things to be concerned about, like work, study, family, and relationships, one of the most routine and vital is one that everyone must think about every day: "What do I want to eat?" And for those who like to eat and drink, it can be a nightmare when hunger strikes.

www.englishtreasure.asia

What a person wants to eat is beset with judgements and limitations. Many people crave a specific food at a particular time, while, on some days, one might desire only food cooked by one's own mother. At other times, convenience may be paramount, or quality, affordability, nutrition, or taste. Each person is different, but everyone must ultimately reach a decision on the same question.

youtube.com/EnglishTreasure

Enjoying delicious and nutritious food after working or studying hard can be a joy and relief, especially food prepared by loved ones. Many families and groups of friends spend time in the kitchen during holidays preparing lunch or dinner to enjoy together – it is a chance to connect and share with family and friends and to seek pleasure in their company.

www.englishtreasure.asia

What can affect your choice of what to eat?

youtube.com/EnglishTreasure

Do you find it hard to decide what to eat?

What do you want for dinner?