



## Episode 28: Restaurants Part 1

Hi! If this is your first time listening to our podcast, this is an opportunity for upper level English learners to practice listening skills and learn new vocabulary by listening to authentic conversations.

In today's episode Donielle and Khrystyna discuss all things restaurant related: eating out, takeout, different cuisines, etc. But it turns out that this is a big topic, and since we love talking about food, we're calling this a part 1, and we'll continue our discussion next time!

Here are a few words and phrases about the topic that you may find useful:

<b>eat out</b>	eat a meal in a restaurant <ul style="list-style-type: none"> <li>Q: How often do you <u>eat out</u>? A: About twice a month.</li> </ul>
<b>fast food</b>	food that can be prepared quickly and easily and is sold in restaurants and snack bars as a quick meal or to be taken out. They often have a <u>drive-thru</u> , where you can order and be served without leaving your car.
<b>chain</b>	A restaurant (or other type business) that has multiple locations that share a name and concept and have a standardized menu (or products).
<b>takeout</b>	a meal cooked and bought at a restaurant but taken somewhere else, often home, to be eaten <ul style="list-style-type: none"> <li>I don't feel like cooking; let's order <u>takeout</u>.</li> </ul>
<b>diner</b>	a typically small, informal, and inexpensive restaurant that has an extensive menu. It typically offers <u>booth</u> and <u>counter</u> service.
<b>"greasy spoon"</b>	Slang: a small, cheap (often unattractive) diner typically specializing in quick, simple food.
<b>sit-down restaurant</b>	informal: a casual-dining restaurant with table service, rather than a fast food restaurant
<b>casual dining</b>	Casual dining refers to a type of restaurant that offers table service in a relaxed and comfortable atmosphere, where customers can enjoy moderately priced food and beverages.
<b>fine dining/upscale restaurant</b>	a high-end (expensive) restaurant that offers an elegant and sophisticated dining experience. These restaurants focus on exceptional gourmet food and service.

You can also read the [transcript](#) for this episode.

See the following pages for vocabulary and language focus from this episode.



## Vocabulary: Words and Phrases Used in the Conversation

<b>fool around with</b> [something]	This can have a variety of meanings depending on context. In this case, Donielle is trying to say that Khrystyna is much too busy with her work to be spending time on this task - her time is better served doing something else. <ul style="list-style-type: none"> <li>You don't have time to be <u>fooling around</u> with this stuff.</li> </ul>
<b>break down</b> [something]	separate something into smaller, more manageable parts <ul style="list-style-type: none"> <li>There are several types of restaurants, so we're going to <u>break it down</u> and talk about each one a little bit</li> </ul>
<b>ubiquitous</b>	found or existing everywhere <ul style="list-style-type: none"> <li>Fast food restaurants are <u>ubiquitous</u> in American cities.</li> </ul>
<b>choke</b>	become unable to breathe usually because something gets stuck in your throat <ul style="list-style-type: none"> <li>You shouldn't eat too fast because you could <u>choke</u> on your food.</li> </ul>
<b>stuff (v.)</b>	fill (something) so that there is no room for anything else
<b>belly</b>	informal word for stomach <ul style="list-style-type: none"> <li>The purpose of food is not just to <u>stuff</u> your <u>belly</u>.</li> </ul>
<b>dip</b>	put something into a liquid and take it out again quickly <ul style="list-style-type: none"> <li>It's a sauce holder to attach to your car vent so you can <u>dip</u> your fries or nuggets.</li> </ul>
<b>lap</b>	the area between the knees and the hips of a person who is sitting down <ul style="list-style-type: none"> <li>I don't like eating in the car because I don't like to have my food on my <u>lap</u>.</li> </ul>
<b>fix</b>	informal: prepare a meal <ul style="list-style-type: none"> <li>I didn't have time to <u>fix</u> my lunch this morning.</li> </ul>
<b>grab</b>	informal: take or get something (often food or drinks) in a quick, informal way <ul style="list-style-type: none"> <li>I'll <u>grab</u> something for lunch at the drive thru.</li> </ul>
<b>get too deep into the weeds</b>	idiom: add unnecessary or too much information or detail about a topic
<b>fast (v.)</b>	eat no food, or avoid particular types of food, for a period of time, especially for religious or medical reasons. <ul style="list-style-type: none"> <li>There are days where I <u>fast</u> and don't eat meat.</li> </ul>
<b>go-to (n., adj.)</b>	a person or thing that is often chosen or used for consistently good or reliable results <ul style="list-style-type: none"> <li>My <u>go-to</u> on days when I don't eat meat is bagels.</li> <li>He's my <u>go-to</u> (person) when I have computer problems.</li> </ul>
<b>schmear</b>	a spreadable topping for food, especially cream cheese for bagels.
<b>I'm dying to (do something)</b>	idiom: be very excited and anxious to do something. <ul style="list-style-type: none"> <li><u>I'm dying to know</u> what vegetarian options they will have.</li> </ul>
<b>underwhelming</b>	fail to impress or make a positive impact on (someone); disappoint. <ul style="list-style-type: none"> <li>I'm sorry to report that the veggie burger was very <u>underwhelming</u>.</li> </ul>

## Vocabulary: Words and Phrases Used in the Conversation

<b>bland</b>	dull or flavorless <ul style="list-style-type: none"> <li>The veggie burger was <u>bland</u> and dry.</li> </ul>
<b>letdown</b>	disappointment <ul style="list-style-type: none"> <li>I was excited to try it, but it was a <u>letdown</u>.</li> </ul>
<b>that stinks</b>	that's very bad, unpleasant, or unfortunate
<b>tons of (something)</b>	informal way to say a large amount or great number of something <ul style="list-style-type: none"> <li>We have <u>tons of</u> McDonald's [restaurants] in our area.</li> </ul>
<b>[someone] is ruined</b>	"ruined" means that something is damaged beyond repair. To say that <u>someone</u> is "ruined" means that the person has suffered a moral or personal failing that cannot be repaired. The joke is that the son thinks this fast food meal was the best thing he'd ever eaten, so now his sense of good taste is ruined.
<b>prevalent</b>	accepted, done, or happening often or over a large area
<b>utensils</b>	simple tools that are used for doing tasks in a person's home and especially in the kitchen or for eating (fork, knife, and spoon)
<b>shortage</b>	a state or situation in which there is not enough of something that is needed <ul style="list-style-type: none"> <li>There is a <u>shortage</u> of good restaurants in our town.</li> </ul>
<b>potluck</b>	a communal gathering where each guest contributes a different, often homemade, dish of food to be shared
<b>execution</b>	the carrying out or putting into effect of a plan, order, or course of action
<b>dig into [something]</b>	begin eating with great enthusiasm <ul style="list-style-type: none"> <li>I sat down and started <u>digging into</u> that wrap.</li> </ul>
<b>freaking (adj.)</b>	very informal: used to add emphasis to what is being said <ul style="list-style-type: none"> <li>All I could think about was that <u>freaking</u> sandwich.</li> </ul>
<b>Give [someone or something] a shout out</b>	mention by name a person or thing in a public way in order to thank them or praise them – or just to acknowledge them <ul style="list-style-type: none"> <li>I've been talking about this place so much, I should at least <u>give them a shout out</u>.</li> </ul>
<b>a pain in the neck</b>	idiom: someone or something that is very annoying, or boring and tiresome <ul style="list-style-type: none"> <li>It's a <u>a pain in the neck</u> to make it at home.</li> </ul>
<b>batter</b>	a mixture of flour and liquid, such as egg and milk or water for use in cooking, especially for coating food before frying <ul style="list-style-type: none"> <li>The vegetables were deep fried in heavy <u>batter</u>.</li> </ul>
<b>granted</b>	a transition word to indicate that something is true before making another statement about it
<b>tied up</b>	someone or something is busy or being used, making them unavailable for other things <ul style="list-style-type: none"> <li><u>Granted</u>, most of the time is just waiting for it to rise, but your whole day is <u>tied up</u> because you're making the bread.</li> </ul>

## Additional Notes from the Discussion

1. The following types of food and dishes were mentioned in the episode:



**Falafel:** Falafel is a deep-fried ball or patty made from ground chickpeas, fava beans, or a combination of both, seasoned with herbs and spices. It is typically served in a pita or flatbread, often accompanied by vegetables, tahini, hummus, or other sauces.



**Tapas:** Tapas are a variety of small Spanish dishes or snacks, often served with drinks in bars and restaurants. These dishes can include items like olives, cheeses, meats, seafood, and vegetables, typically shared among friends. Tapas are enjoyed both as appetizers and as a full meal when several are combined.



**Shawarma:** Shawarma is a Middle Eastern dish consisting of thinly sliced marinated meat, typically lamb, chicken, or beef, cooked on a vertical rotisserie. It is commonly served in a wrap or pita bread with accompaniments like tahini, garlic sauce, fresh vegetables, and pickles.



**Sushi:** Sushi is a Japanese dish featuring vinegared rice combined with various ingredients, such as raw fish, vegetables, and seaweed. It is often served in bite-sized pieces, either rolled, pressed, or scattered. Sushi is typically accompanied by soy sauce, wasabi, and pickled ginger.

2. Click [HERE](#) to see the fast food graphic that was discussed starting at the 15:45 mark

### Join the Conversation

- What do you know about the dishes listed above? Which ones have you tried? Which would you like to try?
- How often do you eat out? What is your favorite restaurant, and why do you like it?
- Do you like to get takeout, or do you prefer to eat in a restaurant? What is the reason for your preference?
- How often do you eat fast food? What is your favorite fast food restaurant? What do you like to order there.
- What are the advantages and disadvantages of dining at a chain restaurant versus an independent one?
- Have you noticed any differences in menus at chain restaurants from country to country? If so, what are some of the differences you've found?
- What are some dishes you like to order from restaurants because they're difficult or time consuming to make? Conversely, what are some dishes that you would never order when eating out because you can make them much better yourself?

# Thanks for checking out our podcast!

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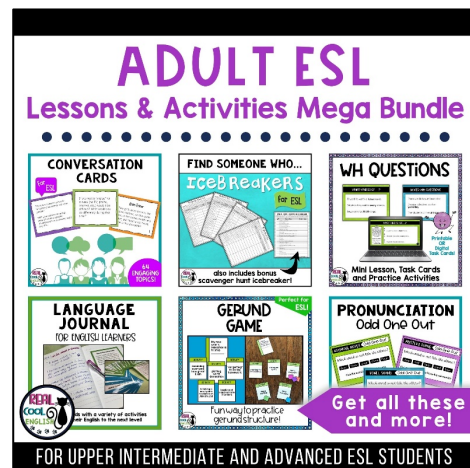
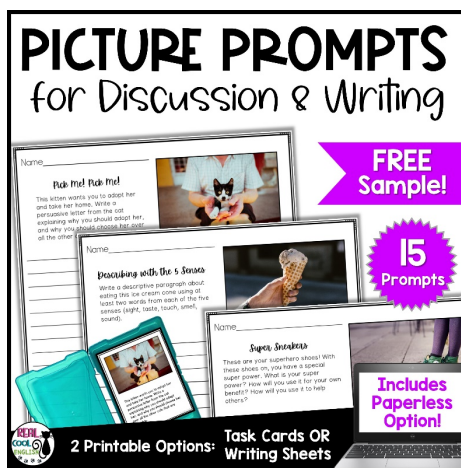
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