

## Talking about Food

**Class objective:** I will be able to talk about food in Portuguese.

### Concept A: Introduction

It's important to know some basic vocabulary for food when traveling in a Portuguese-speaking country.

You'll find it handy when **going out to eat or when shopping for food in a market.**

Talk about what you like, '*Eu gosto de \_\_\_\_\_*';  
what you don't like '*Eu não gosto de \_\_\_\_\_*';  
or perhaps you have a food allergy you need to tell your waiter about, '*Sou alérgico a \_\_\_\_\_*'.

Let's tune into this lesson!

### Concept B: Dairy products./ laticínios

O leite	Milk
O iogurte	Yogurt
O queijo	Cheese
A manteiga	Butter
O gelado	Ice cream
A nata	Cream

Note: **Leite**, **iogurte**, and **queijo** are a part of many Portuguese people's breakfasts and snacks.

There are three main types for Leite.

Leite	Very low fat content
Leite meio gordo	Medium fat content.
Leite gordo	High fat content.

### Concept C: Fruits and vegetables (as frutas e os vegetais):

O morango	strawberry
A laranja	Orange

1. **Introduction**

2. **Background**

3. **Method**

- 1. **Study Design**
- 2. **Participants**
- 3. **Intervention**

4. **Results**

- 1. **Primary Outcome**
- 2. **Secondary Outcome**
- 3. **Subgroup Analysis**

5. **Conclusion**

- 1. **Summary**

6. **References**

7. **Appendix**

8. **Supplementary Materials**

9. **Footnote**

- 1. **Footnote 1**
- 2. **Footnote 2**
- 3. **Footnote 3**

10. **Page Number**

1. **Introduction**

2. **Background**

3. **Method**

- 1. **Study Design**
- 2. **Participants**
- 3. **Intervention**

4. **Results**

- 1. **Primary Outcome**
- 2. **Secondary Outcome**
- 3. **Subgroup Analysis**

5. **Conclusion**

- 1. **Summary**

6. **Discussion**

7. **Conclusion**

8. **References**

9. **Appendix**

- 1. **Table 1**
- 2. **Table 2**
- 3. **Table 3**

10. **References**

1. **Introduction**

2. **Background**

3. **Method**

- 1. **Study Design**
- 2. **Participants**
- 3. **Intervention**

4. **Results**

- 1. **Primary Outcome**
- 2. **Secondary Outcome**
- 3. **Subgroup Analysis**

5. **Conclusion**

- 1. **Summary**

6. **Discussion**

7. **Conclusion**

8. **References**

9. **Appendix**

- 1. **Table 1**
- 2. **Table 2**
- 3. **Table 3**

10. **References**