

BIENVENIDO A SIMPLE SPANISH PODCAST
WELCOME TO SIMPLE SPANISH PODCAST



Episodio11 / Episode11

For today's episode we practice how to express preferences and our topic is food.

Mi comida favorita

La comida es uno de mis temas favoritos. Amo comer y me encanta preparar cosas deliciosas para mi familia y amigos. Cuando alguien me pregunta ¿Cuál es tu comida favorita?, pues en realidad, es una pregunta muy difícil de responder, porque me gusta casi toda la comida. Prefiero la comida italiana y la comida colombiana, sin embargo, no puedo elegir solo una como mi favorita.

01:08

Así que decidí que hoy voy a hablarte de todos mis favoritos. Me gusta la pizza en general, aunque prefiero la pizza con vegetales. Disfruto la lasaña, las pitas y adoro el espagueti. A pesar de que amo la comida hay dos cosas que no me gustan; la cebolla y el tomate. Además de estos, también tengo como favoritos los platos típicos de Colombia como la bandeja paisa, el sancocho, el ajiaco, las empanadas, las arepas y por supuesto, los buñuelos. Para mí es bastante interesante conocer comida de otros países, así que siempre que tengo la oportunidad pruebo comida nueva, aunque nunca probaría animales vivos o insectos.

02:01

Me gusta la comida griega, la comida oriental como comida thai, comida china y japonesa. Amo los makis, ¿Quién no? Siempre que hablo de comida me dan ganas de comer. Me agrada compartir recetas con mis amigos y familiares y no me pierdo ningún programa sobre cocina en Netflix, pienso que en esos programas puedes aprender muchísimo.

02:28

La verdad es que me gusta cocinar, disfruto el tiempo probando recetas y aprendiendo, pero debo confesar que no cocino muy bien, los platos no me quedan tan ricos como los que cocina mi papá. Él es todo un chef. Él sabe cocinar de todo, es algo natural. Creo que hay personas que nacen con ese don, mientras otras tenemos que practicar mucho para cocinar bien.

02:55

Algún día me gustaría viajar a Asia y probar la verdadera comida asiática y mi sueño es ser una buena cocinera y poder abrir un restaurante de comida étnica muy deliciosa.

My favorite food

Food is one of my favorite topics. I love eating and I love cooking delicious things for my family and friends. When someone asks me, what's your favorite food? Actually, is a very hard question to answer, because I like almost all kind of food. I prefer Italian food and Colombian food; however, I can't choose only one as my favorite.

So, I decided that today I'm going to talk about all my favorite food. I like pizza in general, although I prefer pizza with vegetables. I enjoy lasagna, pitas and I love spaghetti. Although I love food, there are two things I don't like; onions and tomatoes. Beside this, I also have as a favorite, typical Colombian food like bandeja paisa, sancocho, ajiaco, empanadas, arepas and of course, buñuelos. For me is quite interesting to discover new food from different countries, so whenever I have the chance, I try new food, although I would never try live animals or insects.

I like Greek food and Asian food, like Thai, Chinese or Japanese. I love makis! I mean, who doesn't? Whenever I talk about food, it makes me want to eat. I like sharing recipes with my friends and family, and I never miss a cooking show on Netflix. I think you can learn a lot from those shows.

The truth is that I like to cook, I really enjoy the time trying recipes and learning, but I must confess I don't cook very well. My dishes are not as good as the ones my dad cooks. He is quite a chef. He knows how to cook everything, it's something natural. I think there are people who are born with this gift, while others have to practice a lot to cook well.

Someday, I would like to travel to Asia and taste the real Asian food and my dream is to be a good cook and to open a very delicious ethnic food restaurant.

TIPS:

1. Now try to write about your favorite food. This is a very useful exercise you can make with any topic you want, because it gives you different topics to talk about, it helps you with your fluency and will help you with vocabulary you'll need and vocabulary you might use. When writing about the topic, think or imagine a conversation with someone new. Think what kind of things would you like to share with this person about this topic. In this case, think about your favorite food, the food you hate, food you have tried in the past, food you would like to try in the future, and so on. The idea of this exercise **is not** to have a script. The idea is to practice, to get new words and to start to connect ideas. *Read it out loud, ask yourself questions and answer them, imagine conversations with someone.* This is part of training your brain, so have fun doing it. Believe me, every language learner speaks alone to practice! 😊



After you have made this exercise with more topics you will have a great bank of ideas, that you can check and review anytime to refresh vocabulary, expressions and useful writing and speaking material.

2. On episode 3, we learned how to talk about likes and interests using verbs like *gustar*, *interesar*, *encantar*, *fascinar*. Here you can see new ways to express preferences like: *Yo prefiero*, (I Prefer) *Yo disfruto*, (I enjoy). *Yo adoro*, (I adore), *Mi favorito es* (my favorite is), *Me agrada* (Another way to say *Me gusta*)
3. In the text you can check the expression: “*Me dan ganas de*” - *Siempre que hablo de comida me dan ganas de comer*-.
Tener ganas de, means “I want that” but more like a craving.
Por ejemplo, “*Yo tengo ganas de helado*”, means that I want an ice-cream in a craving way, so to speak. And it’s not only with food cravings, it can be with anything. Por ejemplo: *tengo ganas de dormir*, *ella tiene ganas de viajar*. En español podemos decir que es un *deseo* (a desire) o un *antojo* (a craving).
4. As always, remember you can schedule a class with me in case you have doubts or if you want to practice Spanish. Don’t hesitate to email me if you have comments, or if you want me to talk about a specific topic on the podcast.

Gracias por ser parte de Simple Spanish. Les envío un abrazo gigante desde Colombia. ¡Diviértanse aprendiendo español!

Estos son los platos colombianos mencionados en el texto:

Bandeja paisa:



Sancocho:



Ajiaco:



Empanadas:



Arepas:



Buñuelos:

