



# Yummy Seasonal Dishes: Autumn

We are right in the middle of Autumn, and everyone knows that Autumn is **all about food!** 食欲の秋!

Traditional Fall Food Around the World

https://www.youtube.com/watch?v=Z0EWeEjH9Ac

What about Japan?

https://www.byfood.com/blog/best-fall-foods-japan-p-535

# One Minute Speech

Let's practice giving spontaneous speeches on the spot!

## Training points:

- Quick, creative, and on-the-fly thinking.
- Short speeches about a given topic.
- No assistance from the listener.
- Useful for interviews, speaking-exams, and speeches.

#### Topic: Autumn Food in Japan

Speak about the topic for **exactly one minute**.

You cannot stop before I minute, and you must stop after one minute.

The listener cannot help the speaker continue their speech by asking questions during the speech.

Even if the speaker is faltering and doesn't know what to say next, the **listener** must stay silent and just wait for the speaker to continue.

After the speech, listeners can ask one follow-up question.

Use your **smartphone's countdown-timer** in order to keep time. **Set your timer** to one minute.

#### Topic: Autumn Food in Japan

What is your favourite autumn food? Why?

Where do you usually eat this food? Do you have a favourite restaurant?

Who do you like to enjoy this food with? Who makes this food for you?

When do you usually enjoy this food? (e.g. when you're happy? Stressed?)

**How** is this dish prepared?

How often do you eat it?

**Tell me about** the last time you enjoyed this food.

If possible, which country's autumn cuisine would you like to try?

## **Writing Topic Options**

- 1. What are Japanese New Year's traditions? (大晦日・元日・お正月)
- 2. What are the origins of Santa Claus?
- 3. What is the aurora borealis?
- 4. What is meditation?
- 5. Where did コロッケ come from?
- 6. What is a capybara?