BBC LEARNING ENGLISH

6 Minute English worksheet

Stress-free family meals



Listen to the full episode here: https://bbc.in/4eqi4zU

1. **Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?**

2. **Now listen to the first two minutes of the episode.**
   - What do the presenters say the episode is about?
   - What is this week's question? What do you think the answer is?

3. **Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?**

a) Word/phrase: _____

It means: _____.

b) Word/phrase: _____

It means: _____.

c) Word/phrase: _____

It means: _____.

d) Word/phrase: _____

It means: _____.

e) Word/phrase: _____

It means: _____.

f) Word/phrase: _____

It means: _____.

© British Broadcasting Corporation 2026



4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. Why does Dr Anne Fishel think children sometimes refuse to eat?
   a) they want control
   b) they all have food allergies
   c) they all don't like spicy food

2. Which phrase describes 'the mixture of good and bad things that happen to someone'?
   a) bits and pieces
   b) aches and pains
   c) ups and downs

3. Which phrase means 'something of special importance'?
   a) a big break
   b) a big deal
   c) a big head

4. "This season, my favourite football team bought stronger players, and the coach was really good at motivating them. The combination was a _____."
   a) winning streak
   b) winning formula
   c) award winning

5. Which noun means 'how a person feels at a particular time'?
   a) hood
   b) food
   c) mood

6. What usually happens on a 'battleground'?
   a) conflict
   b) sport
   c) music

© British Broadcasting Corporation 2026

6 Minute English worksheet
Stress-free family meals



6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

© British Broadcasting Corporation 2026

6 Minute English worksheet
Stress-free family meals



Answers

3.

a. ups and downs – a mixture of good and bad things happening to someone

b. mood – how a person is feeling at a particular time

c. battleground – place where argument or conflict happens

d. a big deal – something of special importance

e. food allergy – medical condition where certain foods make your body sick

f. winning formula – (idiom) a method or strategy that produces successful results

5. 1a, 2c, 3b, 4b, 5c, 6a

© British Broadcasting Corporation 2026

6 Minute English worksheet
Stress-free family meals



Teacher's notes
This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.

© British Broadcasting Corporation 2026