

# Open Forum 2

## Web Site Transcript

### Chapter 3

**A = Host**

**B = College student**

**C = Professor Harris**

**D = Restaurant owner**

A: Welcome back to College Health Watch. For those of you just joining us, our topic today is nutrition and eating healthy. Earlier this week, I walked around our beautiful campus and asked some of the people I met to tell me about their eating habits. Let's listen to a few of those interviews.

A: Hi, are you a student here?

B: Yes, I am.

A: Do you ever cook for yourself?

B: I haven't tried cooking since I came to college because I don't have a kitchen in my dorm. So I usually eat in the cafeteria.

A: How's the cafeteria food?

B: It's not bad and it's pretty cheap. Some of my classmates complain that the food's greasy, but it tastes OK to me. They added a new salad bar last year . . . you know, lettuce, tomatoes, peppers . . . that sort of thing. I guess it's good that there's always a healthy choice . . . and I have some vegetarian friends who really like it. But salad isn't my thing. It's kind of boring.

A: What other dishes would you like to see on the menu in the cafeteria?

B: I'd like to see more international food . . . you know, like Chinese or Thai or Indian. I think you can really learn a lot about other cultures through their food.

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A: Hi, Professor Harris. Do you mind if I ask you a few questions for our radio program?

C: Not at all.

A: You have a large family, don't you?

C: It's not too big. My husband and I have two kids—Jenny's 7 and Dave's 5.

A: And who does the cooking in your family? Do either of you have time for that?

C: Well, uh . . . we don't actually have much time for cooking, but I do it anyway . . . because we really want the kids to learn good eating habits.

A: Can you give me an example of what you mean by good eating habits?

C: Sure. We don't let them eat fast food or drink soda. Actually, Jenny doesn't even like drinking soda. The problem, though, is vegetables. Both kids would prefer not to eat any vegetables at all, but they won't refuse to eat them if they can't see the vegetables. Soup, for example—they don't mind having vegetable soup because they can't see the carrots and peas and everything. My husband enjoys cooking, too. He loves making spicy dishes—his curry is great. But the kids don't like spicy tastes—they must be too young. So, I end up doing most of the cooking.

A: Do you ever go out to eat?

C: Not much these days. It's really expensive for all four of us to eat out, and my husband refuses to get a babysitter. Also, you know, it's not easy to take the kids to a restaurant—they don't sit still for long, and they're kind of loud. I can't stand seeing other people looking at our table.

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A: Your restaurant is pretty popular with students and faculty on campus. How would you describe the food here?

D: Oh . . . we have some different styles. But mostly Italian, great pasta, fish . . . lots of fresh fish and seafood. But we're really famous for our gourmet pizza! It is absolutely the best around, and everybody loves it!

A: Do you try to cook healthy food?

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D: Of course! All good food is healthy! Seriously, we only buy the highest quality ingredients . . . but many of the dishes are a little high in fat. But you know, I took a course recently about nutrition and healthy eating, and the nutritionist said something very interesting. She said that restaurants could help people to eat better if they served smaller portions. And I was thinking . . . when I was in France and Italy, I did notice how much bigger American servings are. So . . . we've started serving smaller portions, and our customers seem happy with that.

A: What type of people come into your restaurant?

D: All sorts. Students, of course . . . But families with kids, too . . . parents without their kids, young couples, older folks. Everyone, really—it depends on the day and time. Sundays are our busiest day. A lot of families come in for brunch—that's a mixture of breakfast and lunch we serve in the late morning. We have a jazz band—it's a lot of fun. On school nights, we mostly get the college crowd and couples who don't have kids. And on a weekend evening, we might get families early in the evening—say around 6—then the crowd gets a bit older as the night goes on.

A: What do you cook at home?

D: At home? I don't cook. I don't even have a kitchen!