**17 FOOD**

1. **Food and drinks during a day, your favourite meal. How do you make it?**
2. **Places where people eat (restaurants, at home, at school canteen)**
3. **National cuisine – traditions, specialties, table manners**
4. **Eating habits, healthy food**

People are different all over the world. People who live in colder countries need to eat more **fatty (mastný) products** and food which give them a lot of energy. People who live in hot countries need to eat a lot of fruit and vegetables to give their body enough energy and liquids. People who do physical work need a lot of energy and they also eat a lot of fatty products and food. In China people use **chopsticks** (paličky) when they eat, in Europe we use **spoon (lyžica)**, **knife** (nôž) and **fork (vidlička)**, in Africa they use their fingers or a piece of bread.

4. We have different **eating habits** (stravovacie návyky). Our eating habits depend on (závisia od) our lifestyle (životný štýl), our work, our mood (nálada) and feeling, our financial situation, our age and of course, the country we come from. Rich people usually eat healthier meals (jedlá) and poor people usually eat **fast-food meals** or **junk food** and they do not eat a lot of fruit and vegetables. Women usually eat healthier food than men. Those who want to eat healthy, eat a lot of low-fat products (yogurts, cheeses, skimmed milk), their food is rich in minerals, fibre (vláknina) and vitamins. They eat whole-grain (celozrnný) bread, they avoid (vyhýbajú sa) fatty meals. Women who want to lose weight eat as little as possible and kids are often fussy (vyberavý) about their food. **Children** often like fast-food meals such as (ako je) hamburgers, fish and chips, doughnuts, cakes, and also pasta, pizza and sausages. They love ketchup, but a lot of them hate healthy food. They like drinking fizzy drinks, lemonades and Coke is their favourite drink. They love sweet meals such as pancakes, cakes, puddings, jelly, ice-cream etc. (and so on).

1. Normally, we eat three times a day – we **have breakfast, lunch and dinner**.

**Breakfast.** Slovaks usually have bread or a bread roll (rohlík) with butter, jam, honey, ham, some cheese or salami for breakfast. Some prefer scrambled eggs (praženica) or sausages. Others have a bowl (miska) of cereals (cereálie) such as cornflakes or muesli with milk. We usually drink a cup of coffee or a cup of tea for breakfast. Children have a glass of milk or cocoa for breakfast. They like yogurts, toasts with chocolate spread, bread and butter with honey or jam. The English usually begin the day with a cup of tea or coffee. British people have for breakfast toasts with butter and cheese, a bowl of cereals with milk, a cup of tea or coffee or a glass of orange juice. They do not drink tea with lemon; they put milk in it instead. Then they have a cup of tea again and finish with toast and marmalade. But nowadays more and more people prefer lighter meal for breakfast. Later in the morning the English people have another cup of tea and some biscuits.

 **The traditional English breakfast** starts with cereals. It is often a bowl of cornflakes (ovsené vločky) with milk or **porridge** (ovsená kaša). This is sometimes followed by **fried bacon** and eggs or sausages (párky) and fried tomatoes, often at weekends. Children often eat toasts with beans in tomato sauce.

At about 10.00 o’clock in the morning we usually have a little **snack**, students at school eat their home-made (doma pripravené) snacks during their break after the third lesson.

**The English lunch** is a light meal consisting of **warm dish** (teplé jedlo) and a **dessert**, or ham and cheese sandwich, some fruit, pudding and ice cream. **Lamb** (jahňacina), **beef** or **chicken** is served with potatoes, vegetables and **gravy** (šťava z mäsa).

In the afternoon the English have teatime again. They meet friends and have a tea party. They eat thin slices of bread with cheese and some fish and vegetables.

**Dinner** is the main meal of the day in Great Britain (and also in the USA). It is served at about 6 o´clock when all the members of the family are at home. This meal is often eaten in front of the television. Most dinners during the week are simple, people often use **pre-cooked** (predvarené) **food** – **CONVENIENT FOOD** (tinned or frozen) with frozen (mrazené) vegetables, which **can be heated** (môže byť zohriate) quickly. A lot of supermarkets sell frozen “**TV dinners**” which can be quickly prepared in the **oven** or a **microwave**. During the week the meal consists of soup and fish and chips which is considered to be typically British. The British often have chicken and boiled vegetables with pasta or rice for dinner. Sometimes they eat pork or beef steaks with vegetables. Then later in the evening around 10 o´clock it is time for light supper.

A lot of Americans love to **have lunch and dinner** “**out**” – at snack bars, fast food restaurants or expensive hotels. They also use **take-away services**. You go to the take-away restaurant, you buy your food, take it home and you eat it at home. Typical **take-away food** includes pizza, Chinese food, Indian food and the traditional fish and chips.

In our country **lunch** is the main meal of the day. It usually has two courses (chody). The **first course** is a **soup** and the **main course** consists of some meat with the **side dish** (príloha). Sometimes we have **dessert**. For lunch, Slovaks have some **meat** (mäso), it is usually **pork** (bravčové), **beef** (hovädzie) or **poultry** (hydina) with potatoes or rice. But we also eat a lot of pasta (veľa cestovín) and sweet meals.

The **Slovaks** prepare **dinner** themselves at home. It is either (buď) a **warm meal** or a sandwich. Sometimes they order pizza. Some people have light supper, often cheese and biscuits and a glass of milk or a **mug** of cocoa before they go to bed. Men usually have a glass of beer or a glass of wine in the evening.

2. People who are at work have their lunch at **canteens** (v jedálňach) or they go and buy something in **fast-food restaurants (KFC or Mc Donald’s)** or **take-away restaurants**. Pupils and students have lunch at **school canteen** or they eat their **packed lunch** (which their mums made for them the day before) at school. Businessmen often invite their business partners for lunch or dinner to a **restaurant**. There they can choose from **daily menu** which is usually cheaper and is usually offered **during lunchtime**.

3. Each country has some traditional meals. Fish and chips are typically British. Pasta and pizza are considered typically Italian. Hamburger with chips is a typical American meal. In China they eat **noodles** and **rice**. Typical Slovak meal is “bryndzové halušky” (**potato dumplings with sheep cheese**). It is a kind of food prepared from potatoes and flour. Another traditional Slovak meal is “lokše” which are **potato pancakes cooked on the stove** (platni) or on a frying pan without oil. Another typical Slovak meal is **cabbage soup** (made of cabbage, pork, beef, plums, bacon and cream which we eat on Christmas Eve). For Christmas dinner the Slovaks usually have **lentil soup** (šošovicová polievka) or cabbage soup and potato salad with **fried fish**. We usually eat **carp**. The English and Americans have **roast turkey** with vegetables for their Christmas dinner. The British also eat **Christmas pudding**, which is a special cake and they eat it only on Christmas day. At Easter we usually eat **smoked ham** with potato salad and the English have **hot cross buns** on Easter Sunday.

**Table manners – decide whether these manners are considered polite or impolite**.

* Use your knife to cut and your fork to put the food in your mouth.
* Chew food with your mouth closed.
* Have a cigarette while other people eat.
* Sip your soup if it is too hot.
* Ask for things to be passed to you, don't lean over the table.
* If you have chewed the spice, spit it on the plate
* If you need to blow your nose, excuse yourself and go out of the room first.
* Answer your phone at the table and talk loudly and long enough.
* Don't grab everything you want first - help others to get their food and be prepared to share.
* Don't talk with your mouth full of food. It is not a good look!
* Eat with fingers if nobody tells you that you cannot do that.
* Put your elbows on the table, it is more comfortable.
* Do not pick anything out of your teeth. If it bothers you that bad, excuse yourself and go to the toilet to pick it.
* Always use a napkin to wipe your mouth, which should be on your lap when you do not use it.
* If you have a cold you can blow your nose with a napkin. You don’t have excuse yourself and go to the toilet.
* Lick your mouth when need it, do not have to use a napkin
* It is OK to put a knife into your mouth.
* You can start eating as soon as you are served. You do not have to wait for the others to be served
* You can make unpleasant noises when you are at home (belching - grganie, farting-prdenie, sipping, smacking)
* When you eat rolls, tear off a piece of it and then spread butter on it. Do not take a whole piece of a bread roll