

## Food

People are different. They live in different countries which influence their food. People who live in colder countries eat more fatty products which give them energy. People who live in hot countries eat fruit and vegetables because they need enough energy and liquids.

The English normally begin the day with a cup of tea and then they have breakfast. The traditional English breakfast consists of cereals with milk or cream and sugar. Some people prefer fried bacon and eggs or sausages with fried tomatoes. 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 English lunch is a light meal consisting of soup and a dessert, or ham and cheese sandwich, some fruit, pudding and ice cream.

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.

For the British dinner is the main meal of a day. It is served at about 6 o'clock. The meal can consist of some soup or vegetable salad, fish and chips or a shepherd pie, etc. Fish and chips and a shepherd pie are considered to be typically British. Then later in the evening around 10 o'clock it is time for light supper.

We have different eating habits. Some of us prefer eating in the morning, others in the evening. Some people feel sleepy when they eat in the morning, some of them when they eat in the evening. But we have to take into account that it is very important to have breakfast.

Eating habits are influenced by our work, lifestyle, economic situation and feelings. In Slovakia, women spend a lot of time cooking because they think that homemade food is much better than ready-made food.

Many people living on their own prefer convenience food. It is food that is easy to prepare for example tinned or frozen food or so called ready-made or processed food.

At work some people have a sandwich and instant soup. Others have their meals in the restaurant or go to a fast food place.

Each country has a traditional meal. Fish and chips are typically British. Pasta and pizza are considered typically Italian. Typical Slovak food is “bryndzové halušky”. It is a kind of food prepared from potatoes and flour.

Recently a great improvement has been done in eating habits. People think that too much fat can cause diseases and fatty products are on decline. Some people do not eat meat. They are called vegetarians. They eat only vegetables, fruit and eggs, some of them eat fish. Some of them are vegetarians because they like animals and they think it is cruel to kill them. Vegans don't eat meat and fish but they also don't eat any animal products at all, e.g. eggs, cheese and milk.

**Questions:**

1. In your opinion what are healthy and unhealthy eating habits?
2. Have you ever watched programmes about cooking/read magazines about cooking?
3. What are advantages and disadvantages of eating out?
4. Name places where people can eat. Which of them do you prefer?