

## Food

Food is one of frequent topics of people's conversation, especially among women who often exchange recipes and give each other advice on how to cook a delicious meal, but there are also a lot of men who are fond of cooking. It is interesting that most chefs in famous restaurants all over the world are men.

People need to have a well-balanced diet = low-fat and high-fibre, to be healthy and in good condition. Diet experts say we should eat four or five times a day and in small portions. Eating habits are different in different countries depending on people's daily routine. People on the continent usually eat three meals a day: a light breakfast, lunch which is the main meal of the day and supper.

### BREAKFAST

#### Slovakia

a cup of tea, milk, black coffee or cocoa (children love it)

a slice of bread, rolls, buns spread with butter or cheese and ham, salami, eggs or sausages, yoghurts

#### The UK

a cup of tea with milk, coffee, milk, juice

a bowl of cereals (either cornflakes or porridge or muesli – they sometimes add various ingredients like yoghurt, raisins, chocolate, stewed fruit, walnuts, hazelnuts), a slice of toast with butter and ham

at weekends they have the typical English breakfast that consists of: baked bacon, baked sausages, fried eggs, baked beans, tomatoes, a slice of toast, juice of a cup of tea.

#### The USA

Doughnuts, sweet rolls, muffins and newly favourite Jewish bagels.

At the weekends families eat together and they have richer breakfast including pancakes and waffles eaten with butter and maple syrup. They sometimes go for **brunch** which is a combination of breakfast and lunch eaten usually during the late morning to early afternoon, generally served from 11am up to 3pm.

### LUNCH

#### Slovakia

Lunch is the main warm meal of the day. It is served around noon between 11:30 am and 2:30 pm. People have it at home, in a school or work canteen, restaurant or a buffet. It usually consists of hot soup (different kinds: chicken, vegetable, tomato, bean, pea, egg, onion, etc), a main course can be some meat (poultry, pork, beef, fish – roasted, grilled, stewed, boiled fried)

with potatoes (baked, mashed, roasted, fried) or rice, fresh or preserved vegetable salad and a dessert (cakes, cookies, pies, muffins)

The UK

Lunch in the UK may be eaten at any time after midday

Working people are allowed to have about an hour off for lunch during the lunch hour or lunch break. British lunch is a light meal and it may be a hot dish in a restaurant or a packed lunch. Many students and working people prefer a packed lunch of sandwiches and fruit.

At weekends the main meal of a day may be lunch, it means they eat meat with potatoes or rice, but it is not at midday but it is sort of late lunch at about 2 or 3pm.

The USA

similar to the UK

DINNER

Slovakia

It is served between 6–8 pm and is a lighter meal, like some pasta with vegetables or a piece of pizza, sausages, sandwiches, yoghurt or just fruit salad.

The UK

Dinner is the main meal of a day. It is a large hot meal served between 6.00 – 7.00 p.m. it is usually a cooked meal with meat or fish and vegetable salad followed by a dessert.

The USA

Dinner often consists of dishes bought ready-prepared and heated in a microwave oven. In many American families people eat in different time and rarely sit down at the table together.

American complete meal consists of main meal, which is usually pork or beef, but now the white meat – chicken or fish is more preferable, then it is cooked vegetables, potatoes, pasta or rice.

Traditional meals

The typical Slovak meal is bryndzové halušky made from flour and potatoes, similar to Italian gnocchi in shape, eaten with fried bacon and bryndza which is a sort of a sheep cheese.

The typical British meal is fish and chips.

The typical American food is hamburger.

Many people also eat snacks like sandwiches, biscuits, crisps, vegetables, chocolate bars etc between meals.. Most have a cup of tea or coffee at mid-morning.

The typical British break is 5 o'clock tea, which is called **high tea**. The tea is usually fairly strong and eaten together with some cakes or biscuits.

Fast food is a typical feature of both British and American life styles. In a restaurant you can eat national dishes, but there are food stalls and places where you can either buy various types of food to eat as you walk along the streets or take it away and eat at home. The Americans call fast food restaurants „cheopies“. These places – McDonald s, Burger King, Wendy's, Kentucky Fried Chicken (in the USA also Mrs. Winner's) usually offer beverages (nápoje) (Coca-Cola, Pepsi-Cola, tea, coffee, milkshakes...), some meals like roast chicken and chips, hamburgers, sandwiches, pizza, salads or deserts (apple, cherry pie).

Another typical feature of British and American lifestyle is popcorn. You can buy it when walking the streets. Various types of popcorn are sold – either sweet with sugar or other flavours, or cooked with salt.

### Questions:

- Can you cook? If so, describe a meal you have recently cooked. If not, would you like to learn how to cook? Why? Why not?
- What are the pros/cons of being a vegetarian/vegan?
- What is in your opinion healthy and junk food?