



**Otázka:** Food and drink

**Jazyk:** Angličtina

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## Attitudes to food

- Food is a part of our culture
- Fuel – people eat just because they have to
- Pleasure – we eat also for pleasure when we are not that hungry

### Other attitudes to food

- Vegetarianism
- People who don't eat meat (moral issue)
- Veganism
- Stricter form of vegetarianism – they don't eat meat, eggs, honey, they don't drink milk
- Eat what you can
- People who eat as uninhibited, might be obese
- Dieting
- Slim diet – for fat people
- Healthy diet – balanced diet, proteins, fats, sugar, vitamins



# Eating habits

## Czech Republic

- Usually 3 times a day (breakfast, lunch and dinner)
- Snacks in between
- Lunch is the main meal
- Breakfast - quite international (bread, butter, eggs)

## Great Britain

- Diner - main meal
- Snacks - sandwiches
- British breakfast (sausages, bacon and eggs, baked beans, fried bread - just from time to time, regular breakfast - porridge, cereals, toasts, jam, tea or coffee)
- Typical tea time (5 o'clock tea), social event (milk in the tea, served with biscuits or piece of cake)
- 2 main types of takeaway - Chinese, fish and chips

## USA

- Lots of fast - food everywhere
- Fast - food companies often sponsor schools
- They usually eat peanut butter, fries, popcorn, hamburgers, drink coke
- They try to be more health - conscious
- Breakfast - donuts, bowl of cereals, pancakes with maple syrup

# School lunches

## Czech Republic



- Half of the price of the school lunches is paid by the government, the other half is paid by students
- Usually 2 - 3 choices

### **United Kingdom**

- Free school lunches for students who lived in families with very low income (in the past). Later it was cancelled.

### **USA**

- System of school lunches controlled by the government

# **National specialities**

### **Czech Republic**

- Roasted pork with sauerkraut and potato dumplings, fried cheese, fruit dumplings

### **United Kingdom**

- Fish and chips

### **USA**

- Hamburgers, fast - food

# **Special occasions**

### **Christmas**

- CZ - fish soup, carp/schnitzel with potato salad
- USA, UK - roasted turkey with stuffing, mashed potatoes, fig pudding



## The Thanksgiving Day

- Stuffed turkey, sweet potatoes, cranberry sauce, pudding, pumpkin pie