



Otázka: Food, healthy diet, gastronomy

Jazyk: Angličtina

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In the world there are many kinds of meals or eating habits.

I think that **Czech food** is good but unhealthy. Breakfast is the most important meal of the day, but nevertheless a lot of people in the Czech Republic do not have breakfast. I also do not have breakfast, because I get up early and do not have much time. Typical Czech breakfast: cup of tea or coffee, roll or bread with ham, cheese or with jam, and sometimes something sweet for example croissant. Czech breakfast is quick. The lunch is in the Czech Republic main meal of the day. In the week most people have lunch at work or at school canteen. At the weekend we eat at the home or in restaurants. The main meal usually consists of three meals – soup, main meal and dessert. Typical Czech soup is made of chicken, beef, vegetable and other. The Czech menu often offers favourite roast pork with dumplings or potato dumplings and cabbage. Other typical main meals are a fried pork or chicken schnitzel with boiled potatoes, chips or vegetable salad, or goulash with dumplings. As a dessert we eat fruit, ice-cream, pudding, cakes. Dinner should be only a small and light, but this is not always true. Dinner can be warm or cold, if we have cold dinner we eat for example bread and rolls with ham and vegetable. If we have warm dinner we eat for example eggs, sausages, sauce, pasta...

Most of the people in the Czech Republic eat at home. The cook their meals themselves and only sometimes order a pizza. But when you get hungry in the Czech Republic, there are really many options to choose from. First of all, you can buy a hot dog, a kebab, a piece of pizza or a hamburger from a small shop in streets. In the Czech Republic there are well known fast food too – McDonalds, KFC and next, it is good but it is not healthy. There are many different restaurants. In Italian restaurants there we can eat different pizzas and pasta, in Chinese restaurant we can eat noodles with meat, rice, fish. Next restaurants are French, Vietnamese,



Mexican and other.

And what to drink? In the Czech Republic is this question very simple. Most Czechs drink beer. It is a typical drink in the Czech Republic. Our beer is known around all world. Czechs are in first place in the number of beers, which we drink, each Czech drinks every year 160 liters of beer.

If we talk about the **British meal** we must say that it's very different. They have five or six meals a day: breakfast, brunch, lunch, tea and two dinners. The most typical food in England is fish and chips. Typical for breakfast is toast bread with jam and juice. Pie is with meat and vegetables. A long tradition of drinking tea in the afternoon.

A healthy diet is something I would love to keep up to. Having fruit bowl for breakfast, salad for lunch, yoghurt for snack, and another salad or fish for dinner.