



Otázka: Food

Jazyk: Angličtina

Přidal(a): Denisa Toufarová

People have different eating habits. Some people eat healthy which means smaller but frequent fresh meals consisted of all food types such as proteins, carbohydrate, fats, fibre, vitamins and minerals and also lot of liquids. But there are many people who eat unhealthy food which contains a lot of fat, salt, sugar and a little fibre, vitamins and they eat ready-made food which can have a lot of chemicals or they eat junk food in fast foods such as burgers, chips and pizza. These meals are usually fried and quality isn't very high. Then there are people who don't eat meat called vegetarians or vegans who don't eat animal products at all.

Different countries have different eating customs, for example in southern states (such as Spain or Italy) they get up later, don't have almost any breakfast (or brunch). Lunch is served late in afternoon, which is followed by rest called siesta, when nobody works and then between 9 and 11 is served dinner, because they also go to sleep late.

Whereas in Britain they start with typical English all-fried breakfast which is big meal of fried beans, sausage, egg, tomatoes and sometimes mushrooms. But today people prefer light breakfast consisted of cereals with milk or toasts with jam or honey. They also drink their English tea with cold milk. For many people lunch is quick meal, it's consisted of soup, salad, sandwich or a light snack. Then about 5 o'clock comes teatime with cakes, biscuits and English tea. The main meal of the day is dinner which has more courses and the whole family eat together. The first course is soup or another starter, then main course can be meat pie or roast meat with potatoes and vegetables and the dessert can be fruits, pudding, jelly with cream or ice cream. Traditional English meals are fish and chips, roast beef, Christmas pudding or



Yorkshire pudding (similar to czech langoš), kidney pie or Scottish food Haggis which contains organs from lamb and it's eaten on New Year's Eve.

Also in the USA they have quick breakfast and lunch and most they eat for dinner. For breakfast they have usually cornflakes, yoghurt or a pastry and then they eat fast food at lunch. The evening meal is mostly some meat, vegetable and bread. Traditional American meals are hamburger with fries, apple pie, hot dog or steak and salad.

Our eating habits are that we start day with breakfast containing bread or roll with salami or cheese, patry, cereals with milk or yoghurt and we drink tea, cacao or coffee. Then about 10 o'clock we usually have little snack. The main meal of the day is lunch there. Usually it consists of soup, main dish – mostly some meat with side dish and sometimes dessert. Then for dinner we sometimes eat cold or hot meals. Some people eat food as for lunch and some people bread with something and vegetables.

Traditional Czech meals are sirloin with vegetable and cream sauce, dumplings (and served with cranberry sauce and whipped cream) or pork with sauerkraut and dumplings, Goulash with sauce, beef and dumplings, Viennerschnitzel which is breaded and fried meat, fruit dumplings or potato pancake. In Czech cuisine are used various sauces a lot.