

17. Food

Normally, we eat three times a day – we have breakfast, lunch and dinner. Eating habits depend on the lifestyle of people. Busy managers do not eat regularly, young people often choose fast food, women who want to lose weight eat as little as possible.

Slovaks usually have bread with butter, jam, honey, ham or cheese for breakfast. Some prefer scrambled eggs or sausage. The English usually begin the day with a cup of tea or coffee (they drink tea and coffee with milk). The traditional English breakfast starts with cereals or cornflakes. This is sometimes followed by fried bacon and eggs or sausages with fried tomatoes.

In our country lunch is the main meal consisting of soup, a main course with a side dish (usually meat with rice or potatoes or salad) and dessert.

Slovaks like to eat meat f.e. pork, beef or poultry with potatoes and rice.

“Bryndzové halušky“ (gnocchi with sheep cheese) is considered as Slovak national meal.

Hungarian cuisine, typical for spicy meals, is quite popular in the southern parts of Slovakia. Italian cuisine, mostly pizza and pasta is also very popular.

Schoolchildren have lunch in canteens.

Businessmen eat in restaurants which a daily menu at reduced prices is offered during lunchtime.

Many Americans like to have lunch and dinner “out“ – at snack bars, fast food restaurants or hotels. They also use take-away services and coffee to go. Typical take-away food includes pizza, Chinese food and the traditional fish&chips. Most dinners during the week are simple which can be quickly prepared in the oven or microwave (frozen food or pre-cooked food). Many young people now are vegetarian which means that they do not eat meat or fish.

QUESTIONS:

1. What is your favourite food?
2. Who are vegetarians?
3. What meals can you prepare?
4. What does the traditional English breakfast consist of?
5. What do the Slovaks have for lunch?
6. Explain the expression “fast food“.
7. What should people do to stay healthy?
8. What do you like to eat/drink?
9. What is your favourite meal? How do you cook it?
10. What are the pros/cons of being a vegetarian?
11. What kinds of meat/vegetables/fruits do you know?
12. Can you cook?

Adverbs☺

Love goes through the stomach. Lásk a ide cez žalúdok.

Hunger is the best sauce. Hlad je najlepšia kuchár.