

● What do you like eating?

I only like traditional Czech food like goulash and dumplings / eating food that I know. I love trying new / foreign food like sushi / noodles / Japanese / Chinese / Asian food. I love curry / spicy food / Indian food. I like pasta / Italian cuisine. My favourite food is burgers / chips / fast food. I love all food / I can eat anything.

● Do you cook at home?

I don't like cooking. I never cook at home. My parents do / mum / grandmother does most of the cooking. I'm not allowed in the kitchen. I love helping in the kitchen. I am interested in food / I am always trying to learn new things in the kitchen / following new recipes.

● What do you cook at home?

I don't cook anything. I just make breakfast for myself. I am a terrible cook. I always burn everything. I love cooking. I always try to cook different meals like pasta dishes / Chinese food / Mediterranean cuisine. I can cook simple meals. I like experimenting and making up my own recipes using different herbs and spices.

● Can you choose a meal and describe how it is cooked or what ingredients you need?

I like cooking pasta. First you boil some water and cook the pasta until it is soft. Chop onions and garlic and fry them in a pan. Add tomatoes and herbs to make the sauce. / To make soup you need to chop the vegetables and fry them. Add boiling water with some stock. Cook until the ingredients are ready. Add herbs and salt and pepper for flavour. / To make chicken schnitzel you first have to cut the meat into thin pieces. Coat the chicken in egg, flour and breadcrumbs and fry it in a pan.

● Do you go to restaurants? How often?

I like going to restaurants but it is expensive. We don't go to restaurants often. We go at least once a week / month. I never go to restaurants. We eat out at a pub if we are on a day trip / on holiday. We go out to eat if we are celebrating a birthday / anniversary. I prefer to eat at home. I love eating out / trying new food.

● What food don't you like / can't you eat?

I like all foods. I always try everything at least once. I never eat fish. I don't like the taste of meat. I don't like eggs / cream / spicy / sweet food. I am allergic to nuts / eggs / dairy / wheat. I am a vegetarian / vegan so I don't eat meat / fish / dairy. I only like meat. I don't like vegetables much. I am a fussy

eater; I only try food that I know. I never eat fast food / fatty food.

● Can you tell me about healthy / unhealthy food?

I think fast food like burgers / chips / pizza / kebabs are unhealthy because they contain too much salt / sugar / fat and it's bad for your health / heart. It can make you overweight / obese. Processed foods like salami / tinned food / ready-made food can have a lot of chemicals / preservatives / artificial colours. Fresh food / fruit / organic food is better for you. The best diet is a balance of everything.

● What do you think about diets?

I don't think it's a good idea to go on a diet. It's better to eat a little bit of everything. I think it's a good idea if we can cut down on salt / sugar / fat. People like to follow the latest celebrity diet.

● Why do you think TV shows about cooking are so popular? What do you think about celebrity chefs?

I love watching cooking shows. I get lots of ideas and it inspires me to cook. I think it's good to try different recipes. I don't like these TV shows or celebrity chefs. They get too much money / are famous for nothing. I think these programmes are stupid and don't teach us anything new. There are too many shows / cookbooks now.

● Do you know about any special foods or rituals from other countries?

I know that a tea ceremony is very important in Japan. In China they eat special mooncakes to celebrate the goddess of the moon. At Christmas time the British eat special foods like mince pies and Christmas pudding. Scottish people eat haggis (sheep's stomach filled with vegetables and potato) on Burns night.

PERSONAL INTERVIEW:

Can you tell me about food in your country (UK)?

People think that we only eat fish and chips. But that's not true – we have a lot of different food from all over the world like Indian / Chinese / Mexican / Caribbean. You can find all types of exotic ingredients in our supermarkets like lemon grass or special spices, and there are so many different restaurants to choose from. But there is also a revival of traditional English cooking and lots of trendy restaurants offering sausage and mash (mashed potatoes), meat pies with gravy, and sticky toffee pudding. It is still popular to go to a pub and have a traditional Sunday roast.