

## **Food**

- What is your typical breakfast/ lunch/ dinner like? Do you eat breakfast in the morning? Why? Why not?
- Who cooks in your family? Do you help at home with cooking? Can you cook? What can you prepare?
- What is your favourite meal and drink? How often do you eat this meal? Can you prepare it?
- Do you eat healthy food? Why? Why not?
- Do you eat junk food? Why? Why not? Give some examples of junk food.
- Do you have a healthy lifestyle? Why? Why not? Is it important to have one? Why? Why not? What can happen if people don't have a healthy lifestyle? What problems can they face?
- What do you think of diets? Have you ever been on a diet?
- Where do you usually eat lunch? Do you go to school canteen? Why? Why not?
- Do you eat out? How often? On what occasions? Describe the last time you were eating out. What did you order? Do you order the same meals when you eat out? Do you have a favourite place to eat out?
- Would you like to work as a cook? Why? Why not?
- Do you like traditional Czech dishes? Which ones? Why not?
- Have you ever tasted anything from the British or American cuisine? What was it? Did you like it?
- How often do you go shopping for food? Who does this shopping in your family?
- Have you ever ordered food online? Why? What was it?
- When you travel, do you try local or exotic meals or just continental ones? Why?
- What national cuisine do you prefer and why?

## **Czech cuisine**

Czech cuisine is very heavy and unhealthy, full of sugar, salt or fat.

Typical starters are pork pies or pickled sausages with onion, vinegar and pickled gherkins. In restaurants people also order stuffed tomatoes, stuffed eggs and ham rolls with horse-radish mousse. Czech people most often start their meal with a soup, they don't eat starters that much.

We have lots of kinds of soups. We can eat broth with vegetables, meat and noodles or liver dumplings or we can taste vegetable soups. Our typical soup is potato soup with mushrooms, garlic soup with cheese, goulash soup or beans soup. Typical broth is beef broth with liver dumplings or liver rice and chicken broth with homemade noodles.

Czech people like to eat meat for lunch, mainly pork, beef and chicken. We like meat with sauce like cream sauce, dill sauce, tomato sauce or mushroom sauce. Other favourite meals are goulash, roast pork or chicken steak. The typical Czech main dishes are sirloin in cream sauce, roast pork, dumplings and sauerkraut, fried cheese, fried carp and potato salad, duck with red cabbage.

As a side dish we usually eat dumplings, for example yeast dumplings, potato dumplings, bread and carrot dumplings. Other side-dishes are potatoes, mashed potatoes, potato mash or rice and pasta.

Czech people love sweet homemade desserts. The most popular are buns with filling (plum jam, poppy seed or cottage cheese), sweet dumplings with fruit inside, pancakes with fruit, chocolate, whipped cream or jam. We bake small pies or sponge cake with cherries too.

The most popular drink in the Czech Republic is beer. The most famous is Pilsner beer – Pilsner Urquell, but people can also taste beer made in smaller private beer factories. In Moravia we grow grapes and make excellent wine.

For breakfast people usually eat roll or bread with butter, ham and cheese or bread, butter and jam or honey. Some people prefer healthier food – such as porridge or cornflakes. The most usual drink for breakfast is tea or coffee.

For lunch people have soup, some meat with a side dish and a dessert. Typical Czech dishes are made especially at the weekends. During the week people have lunch at a canteen or a restaurant or they take a snack from home.

For dinner a lot of people eat some bread or roll, because they are lazy to make something that lasts a long time to prepare it. Sometimes they eat leftovers from lunch or previous day.

In the Czech Republic we also have some festive dishes – for example at Easter we prepare Easter stuffing with nettles, Easter lamb, at Christmas we bake gingerbreads and eat fried carp with potato salad.

During the summer holidays people in the Czech Republic pick mushrooms in forests and then make dishes from them – for example mushroom sauce or scrambled mushrooms. We also eat sweet dish as a main dish, which is not very common in other countries. On New Year's Day people eat lentils, because they believe it will bring them luck and money. The more you eat it, the luckier you will be.

### **British cuisine**

It is difficult to say if the British cuisine is healthy or unhealthy. We can find there some really healthy meals but on the other hand also many meals that are not that healthy.

The typical British meals are for example fish and chips, which you can buy on every corner, when you are in Britain. Another example of typical British meals is Jacket potato, which is a roasted potato with fillings such as beans in tomato sauce, tuna with mayonnaise. On Sundays British people usually eat roast meat, various kinds of vegetables, potatoes and Yorkshire Pudding with a sauce called gravy. Yorkshire pudding is something totally different from the classical Czech pudding. It is a pastry eaten either as a starter with onion gravy or as a side-dish served with roast meat. It is made of baked pastry and it contains eggs, flour, milk or water, oil and salt. Toad in the hole is another typical British meal and it consists of sausages baked in pancake/ Yorkshire pudding batter. Toad in the hole is served with onion gravy and vegetables. British people also eat cottage pie, which is minced beef and vegetables with mashed potatoes. Shepherd's Pie is made of lamb and served with mashed potatoes. Black pudding is a sausage made of onion, pork fat, oatmeal and congealed blood (something similar to Czech meal called "jelito"). Lancashire Hot Pot is a casserole of meat and vegetables topped with sliced potatoes. As a desert they like English pancakes, which are very thin, rolled up and eaten with sugar and lemon. A very common meal ordered in pubs is Bangers and Mash. Bangers are a name for British sausages and they are served with brown gravy and potato mash. A typical example of Scottish cuisine is haggis. It consists of sheep insides, onion and oat flakes boiled in sheep stomach. It is often served with boiled turnips and potatoes. Among really popular meals is also Indian food, especially Chicken Tikka Masala. It is made of chicken breasts, red and green peppers, tomatoes, onions together with spice such as bay leaf, cinnamon, coriander and some others. Lamb or pork, pasta, rice and curry are also very popular in British cuisine.

Typical English breakfast consists of fried eggs, sausages, roasted bacon, beans in tomato sauce, fried bread or toasts, tomatoes and mushrooms. Nowadays a lot of people in the UK don't eat typical English breakfast, they have cereals with milk or yoghurt, toast or porridge.

Typical British drink is tea, the British are a nation of tea drinkers, very well-known is their teatime at 5 o'clock. Other typical British drinks are whiskey - in England you can taste a lot of kinds of whiskey, punch, which is served in large bowls, ginger beer, sherry, which is a liqueur wine from Spain, Gin-tonic, Cider, which is a fermented apple drink and many kinds of beer - dark beers such as Guinness, or a lager - classical beer as our Pilsner Urquell.

The traditional festive meal is roast turkey or goose with different kinds of vegetables and potatoes and it is eaten at Thanksgiving and Christmas. At Easter they eat hot cross buns. It is a sweet pastry with a cross made of sugar on it.