

# *Computers*

## *My favourite meal*

At the age of 11 I was lucky to visit Italy; this country charmed me at once: I really liked its narrow streets, always smiling and friendly people, a bit strange but very peculiar way of life but most of all I was impressed by their cuisine. Now I've tasted many cuisines among which there are Japanese, French, Chinese, and Mediterranean cuisines but I'm still sure that Italian dishes are the tastiest in the world, especially pizza.

Though I'm quite a big boy I still clearly remember my feelings when I eat pizza for the first time. I remember a waiter who approached the table with my large pizza and put it in front of me. I closed my eyes and smelled it. The smell of pizza was unfamiliar but very taking, I liked it at once. As soon as I opened my eyes my attention was attracted by cheese on the pizza which melted in unusual form, it reminded me Africa. I spent several seconds gazing at my pizza and trying to find other peculiar forms but then gave up and started to eat it.

That day I thought that pizza was the most delicious meal in the world; frankly speaking, I haven't changed my mind till now. I really adore it. When I invite my friends to my place to spend evening watching a film I usually order a pizza or two, every my birthday we celebrate in a pizza restaurant (each time it is a different pizza restaurant) and when I'm in good mood for cooking something delicious more often I cook pizza. It is really the tastiest meal for me!

I also want to admit that when I eat pizza I always recall sweet moments from my childhood, and if I'm in a bad mood flavory pizza can always improve it. For me pizza is not an ordinary meal it's a magic part of my childhood that's why eating of pizza is a special ritual for me.

## *Russian cuisine*

Everything is clear with my favorite dish, but what about the other dishes? Let's talk about Russian cuisine. Russia is a huge country and that is why Russian cuisine is a rich collection of diverse cooking traditions. Russian food has its own peculiarities due to the country's severe climate in winter and its forests rich in berries,

mushrooms in summer. Traditional Russian dishes are often made of vegetables, different crops, dairy products, fresh-water fish, poultry and meat.

For breakfast Russian people usually have milk porridge, syrniki (cottage cheese pancakes) or an omelette. Lunch is more sufficient and it often consists of a salad, a plate of soup and a main course. For dinner the Russians love fish and meat dishes with garnish (rice, buckwheat, mashed potatoes and stewed cabbage). Traditional pelmeni (meat dumplings), holodetz (meat jelly with pieces of meat, carrot and garlic) or golubtsy (cabbage rolls with minced meat) are special masterpieces of the national culinary art. The Russians also have salads, meat pies, apple pies, vareniki (cottage cheese, cherries or potatoes dumplings) and pancakes for dinner.

The most traditional Russian salads are Olivier, “Herring under a furcoat” and vinegret. All of them are a nourishing mixture of various ingredients such as boiled eggs, boiled vegetables (potatoes, carrots, beetroot), sausage or meat, onions, green peas and cucumbers.

Russian cuisine is famous for the variety of soups: shchi (cabbage soup), borsch (red beetroot soup), ukha (fish soup), solyanka (thick soup made of pickled veggies, meat and sausage) and rassolnik (pickle soup). A plate of hot and spicy soup helps to stay warm during long cold winters. And one of the favourite soups during hot summers is okroshka (cold vegetable and sausage soup based on kvas). All kinds of soups are normally dressed with sour-cream. It is notable that Russian people eat bread with all dishes.

Traditional Russian drinks are hot black tea with jam or honey, compote (stewed fruit drink) and kvas (drink made from rye bread).

The Russians are good at preserving fruits, vegetables and mushrooms. Classic Russian appetizers: pickled cabbage, tomatoes, crispy cucumbers and even apples – are always on a festive table.

Russian people have always been known for their hospitality. They are happy to welcome guests with lavish dinners with abundance of food on the table.

## *Obesity*

We all like to eat well, but it can turn around. Excess weight is a global problem of 70% of the population. The main cause of

obesity is a wrong way of life. There are many aspects that affect the mass of a person: insomnia, stressful situations, lack of physical activity, impaired metabolism and heredity. But first of all, we need to consider what we eat. Fast food, a cafe, food from the street, constant snacks are very unhealthy. We rarely pay attention to the composition of products, and in fact they contain a lot of chemical additives.

Obesity is a serious illness. Fatty deposits accumulate and prevent to lead a comfortable life. Extra pounds are the cause of many chronic diseases, important body functions are violated. Great weight weighs on the joints, there are problems with the heart, diabetes.

Many people keep a variety of diets, in the fight against obesity. As a result, there is a rapid process of losing weight, but soon the kilograms are returned in larger quantities. Anorexia and bulimia are psychological diseases associated with obesity. There are complexes about appearance and fat people begin to exhaust themselves with diets, hunger strikes, which leads to serious complications.

Obesity among children is also a huge problem, the causes of which are unhealthy food. Therefore, many people propose to prohibit children eating at school.

The doctor the dietician can help to cope with the problem of obesity. It is necessary to identify the cause, and to undergo a course of treatment, or to adhere to a certain diet under the control of a specialist.

### *Healthy eating*

There is a way to avoid excess weight, but for this you need to eat right. Food provides us with the energy that we spend with physical exertion. Update and development of the organism at the cellular level directly depends on the products that we use. The body needs to receive a sufficient number of nutrients every day: proteins, carbohydrates, fats, vitamins, minerals, trace elements.

Proper nutrition is a mandatory point of a healthy lifestyle and a guarantee of stable functioning of the body as a whole.

Everyday diet should be diverse and full. Freshness of products is very important. It is necessary to monitor the volume of food intake. Each person's portion varies, depending on age, health status, gender, and equipment. Cereals, fruits and vegetables, fish, meat, eggs, dairy products, nuts, salt, sugar, fat, should be present in

the diet. A balanced diet should become a way of life. You should refuse to give up snacks and fast food.

Thoroughly chew food, do not swallow large chunks. It is strictly forbidden to drink food with water. You can eat everything, but in moderation. Overeating and incompatibility of products leads to a disruption of metabolism, diabetes and obesity. It is very appropriate to say Socrates: «We do not live in order to eat, but eat in order to live.»

## *Diets*

If excess weight could not be avoided, then you can go on a diet. There are many different opinions about it. Some say that diets are harmful and dangerous to health, others consider them useful. There are a lot of different dietary programs. Each of them excludes the certain number of products, due to this, weight loss occurs. There is a special diet menu for athletes, which help to gain muscle mass. People who have diabetes most often need to adhere to a certain diet. Based on the special literature you can develop your own program. Many nutritionists deny the use of restriction in foods, because the body needs nutrients: proteins, fats, carbohydrates, sugar, salt. During slimming, a person uses his internal reserves, when they are exhausted, various chronic diseases begin to develop.

Diet is a strong stress for the body. If you still managed to lose weight, then it's very important not to gain weight. There are two such things as bulimia and anorexia. But they are problems of a psychological nature. The main thing is not to confuse the diet with a hunger strike.

The surest way to get rid of excess weight, eat fractional, balanced, often and in small portions. This eating will help not only to remove extra pounds, but also to avoid the occurrence of various diseases.