Pracovní list 6: Food and Eating Out

**Specific tasks**

* Discuss with your teacher the technologies, that help to prepare or store food. What can you say about principles of work of such equipment as a fridge, cooker or microwave oven?

**Body:**

1. Food
   1. Type of meals trough out the day
   2. Foods Czech Republic is known for
   3. What I usually like to eat for breakfast, Lunch, afternoon meal
   4. My favourite meals
   5. Food deliveries
   6. What do people eat on christmas, thanksgiving...
   7. Me and cooking
   8. What do i think about diets
   9. My opinion on Vegetarians
2. Eating out
   1. How often am I eating out
   2. What do I usually get
   3. Fast Foods
3. **SPECIAL TASK**
   1. What do I have in my kitchen
      1. Electric oven
      2. Toaster
      3. Steamer
      4. Microwave oven
      5. Fridge
      6. Frier

**FOOD**

Everybody loves food. There are 3 main meals trough out the day. When you wake up, you have breakfast. This meal is very important, because it’s first meal of the day. Some people skip this food, which is not good for their body. After that you have a lunch. That is the main meal of the day. It’s also a meal where family gathers. In the afternoon, about three hours before sleep, people eat afternoon meal.

I live in Czech Republic, and there are some popular meals. I like Svíčková and Knedlo Vepřo Zelo the most. Svíčková is meat with gravy and dumplings. And Knedlo Vepřo Zelo is described in its name. In translation to english it means Dumplings Pork Cabbage, also it has pork gravy to it.

I sometimes help cooking food my mum and that’s how I’m gaining my cooking experience. I find it very fun to try cooking something new I never tried cooking before. When I’m hungry and a want to make and eat something really quick, I usually make myself scrambled eggs with meat slices, which is really quick to make and easy and hight protein. Some people are lazy to cook, so they use Food delivery, which takes about 20 minutes to get it delivered to you. I’ve never actually tried it myself.

It’s a tradition to eat special meals for some holidays. For example, on Christmas people in Czech Republic eat fried fish with potato salad and mayo. Thanksgiving is a holiday which we don’t have in Czech Republic, but I know that Americans eat Turkey stuffed with vegetable. And it’s about being thankful for things.

Some people do diets to lose weight, but in my opinion of the diet is for just some given amount of time, they’ll lose weight, but when they’ done with the diet they’ll gain it back. People shouldn’t do diets, but eat healthy all the time with cheat days. Where you can eat whatever you want. Some people go vegetarian, because they don’t want to eat meat. I think it’s actually better if you have an actual diet programme where you gain all the proteins, fats, sugars and amino acids that human body needs. That’s something I don’t want to invest time and money in it, also I really like the taste of meat, so I’ll just eat meat.

Since It’s corona at the moment I haven’t been really eating out. But when I used to, I really enjoyed kebab. It’s like a meat, vegetables, spices, and gravy in a bread. Many people like known fastfoods like KFC, McDonald and so on, but I don’t like it. I’ve had McDonalds twice in my life and there was oil leaking from it, also it wasn’t even good. And I felt terrible in stomach for the rest of the day. I’d rather support smaller food businesses.

When I’m at home I usually use some type of cooking machines to cook the food. My favourite is microwave. It’s really fast and easy. It uses big Electro-magnetic waves to shake the water molecules and by shaking it, it makes it warmer, because there is normally water in food. That’s why it’s dangerous to humans too, it could boil a human from inside. That’s why there is a thick wall made of aluminium to stop the microwaves.

To keep food cool everybody uses fridge. It works with water that goes in the back of the fridge in loop to cool the inside of the fridge. It makes the inside cooler, but outside warmer. In tubes it has higher pressure than normal, which makes the whole process easier.

To cook the food, we use electric oven. There are coils, through them goes electricity which makes them very hot. We also use a steamer. Which is the best in my opinion and the food tastes the best too. There is a boiling water under the food and while the steam goes up it transfers the heat to the food and it cooks very quickly. Cooker works almost the same way, but it uses pressure to boil water faster.