

# 10 - Food

Talk about – rozprávajte o:

- **Your eating habits** – vaše stravovacie návyky
- **Healthy eating** – zdravé stravovanie
- **Food you like and dislike** – jedlo ktoré máte a nemáte radi
- **Fast food** – rýchle občerstvenie
- **Diets and vegetarians** – diéty a vegetariáni
- **Food around the world** – jedlo vo svete

**1. Your eating habits**  
In Slovakia a typical day starts with breakfast. Between breakfast and lunch we usually have a snack. At midday we have lunch. Later we can have a snack again. In the evening, we eat dinner. **BREAKFAST** – raňajky – the typical breakfast in Slovakia consists of a slice of bread with butter, ham, cheese or jam with a cup of tea or coffee. Some people like sausages or rolls. Some people prefer healthy breakfast /light breakfast/ - for example cereals /Cheerios, Cornflakes .../ with yoghurt. They drink fruit juice.

Breakfast is very important because it gives us energy for the start of the day. **SNACK** – desiata, občerstvenie – we usually have a snack between breakfast and lunch and we eat it at school or at work. Children and students usually bring their snack from home or they buy it in the school buffet. As a snack people usually have a sandwich with ham or cheese, fruit, a chocolate bar or some sweets. **LUNCH** – obed – lunch is the main meal that we have during the day. We eat our lunch at midday. Some people have their lunch at work, at school or they wait and eat their lunch when they come home. Our lunch usually has 2 courses /2 chody/:

a) **Soup** /polievka/ - for example:

- **stock** – vývar
- **meat soup** – mäsová polievka
- **tomato soup** – rajčinová polievka
- **vegetable soup** – zeleninová polievka...

b) **Main meal** /hlavné jedlo/ - in Slovakia we usually have meat with potatoes or rice and some vegetables. In some families, people have lunch together. In Slovakia people always have lunch together at Christmas. **Meat** – mäso \* **potatoes** – zemiaky

- **chicken** – kurča \* **chips /French fries/** – hranolky
- **beef** – hovädzie \* **rice** – ryža
- **pork** – bravčové \* **dessert** – desert

- **lamb** – jahňacie \* **dumplings** – knedle
- **fish** – ryba \* **pasta** - cestoviny
- **tuna** – tuniak \* **salad** - šalát
- **salmon** - losos **DINNER** – večera – in Slovakia it is not very common to cook dinner. We usually cook lunch and most people eat for dinner what they had for lunch. Some people just have a snack – e.g. rolls, a cake with milk or tea and so on.

## **2. Food you like and dislike**

I wouldn't like to be a vegetarian because I like meat. My favourite food is ..... /chicken with rice, creamy sauce /smotanová omáčka/ with meat and dumplings, chips.../ I also like to eat salted crisps /solené lupienky/, especially in the evening when I watch TV. I know that it isn't healthy, but I like it and I also like sweets and fruit.

I don't like spinach /špenát/ – I can't stand it /neznášam ho/. When my mother cooks it, I always make myself something different to eat – for example scrambled eggs /praženica/. I also dislike .....

## **3. Healthy eating**

If we want to be healthy, we should eat healthy food. We should:

- **eat at least 3 times during the day** – jesť aspoň 3x za deň
- **eat smaller portions but more often during the day** – jesť menšie porcie, ale častejšie počas dňa
- **we should eat slowly** – mali by sme jesť pomaly
- **we should eat a lot of fruit and vegetables** – mali by sme jesť veľa ovocia a zeleniny
- **we should drink a lot of mineral water** – mali by sme piť veľa minerálky
- **we should stop skipping meals** – mali by sme prestať vynechávať jedlá
- **we should avoid too much salt and spices** – mali by sme sa vyhýbať príliš veľa soli a koreniu
- **we should avoid eating in the fast food restaurants** – mali by sme sa vyhýbať jedeniu v reštauráciách rýchleho občerstvenia
- **we should avoid eating finger food, ketchup and too much sweets** – mali by sme sa vyhýbať jedeniu jednohubiek, kečupu a príliš veľa sladkostí
- **we should avoid eating late at night** – mali by sme sa vyhýbať jedeniu neskoro v noci
- **we should avoid sweet fizzy drinks /like Coca Cola/** - mali by sme sa vyhýbať sladkým bublinkovým nápojom /ako Coca Cola/
- **we should avoid drinking alcohol and smoking cigarettes** – mali by sme sa vyhýbať pitiu alkoholu a fajčeniu cigariet
- **we should avoid drinking too much coffee and caffeine** – mali by sme sa

vyhýbať pitiu príliš veľa kávy a kofeínu

- **we should eat more fish and dairy products** – mali by sme jesť viac rýb a mliečnych výrobkov

#### **4. Fast food**

Fast food /rýchle občerstvenie/ is very popular especially with young people – McDonalds', Kentucky Fried Chicken /KFC/ and so on. Fast food restaurants sell hamburgers, cheeseburgers, ice/cream, chicken with chips, sweet fizzy drinks => this food usually contains too many calories and oil and is too heavy for our stomach. But it is tasty and easily accessible and many people like it. It is also quite expensive but for many people it is a comfortable way of eating because they are busy and they don't have time to cook or wait in a restaurant for lunch – they can just buy a hamburger in a fast food restaurant, carry it with them and eat it when they have time.

Nowadays many fast food restaurants have a drive-in => you can buy food while you are sitting in your car.

**5. Diets and vegetarians**Diets – especially young girls often go on a diet because they want to be slim and attractive. Too much dieting is not healthy, but it can be dangerous to health => nowadays many young girls become seriously ill because they want to loose weight and be as slim as famous models – such illnesses are for example anorexia, bulimia and so on.**Vegetarians** – vegetarians are people who don't eat meat or fish. They eat only vegetable products like grains or fruit. People become vegetarians because they think it is more healthy or for moral reasons – for example because they don't like the cruel treatment of animals so they protest in this form. Vegetarians are less ill /they don't suffer from the heart attack so often/ because it is more healthy to eat vegetable products than to eat meat.**Vegans** – vegans are people who don't eat any animal products at all – they don't eat meat, fish, cheese, milk, eggs – nothing that comes from animals.

Doctors believe that a natural diet for a human being should contain both animal and vegetable products.

#### **6. Food around the world**

Different nationalities have different national dishes.**SLOVAKIA** – our national dish is "**Bryndzové halušky**" – it is food made from potatoes mixed with cheese**GREAT BRITAIN** – the national dish is "**Fish and chips**" – people in Britain usually buy it in a shop – they don't cook it – it is usually wrapped in a paper and eaten outside British are also famous for their English tea – tea with milk and for Christmas they have a Christmas pudding which is made of candied fruit. For Thanksgiving Day they have a turkey and the whole family has dinner together.**THE USA** – they don't have a national dish because it is a very multicultural country – their cuisine /kwizin =

kuchyňa/ contains food from different parts of the world – Indian, Chinese, food and so on. American people also like eating steaks.**CHINA** – they eat a lot of vegetables and rice – it is eaten with chopsticks /paličky/.**CANADA** – Canada is famous for its Maple syrup /Javorový sirup/.**RUSSIA** – Vodka.

**Vocabulary:****between** - medzim**midday** - poludnie**consist of** – skladať sa z, pozostávať za **slice of bread** – krajec chleba**butter** - maslo**ham** - šunka**a cup of tea** – šálka čaj**like** – mať rád**sausage** - klobásar**olls** - rohlíky**prefer** - uprednostňovať**healthy** - zdravý**cereals** - cerálie**important** - dôležitý**sandwich** – obložený chlebík**chocolate bar** – čokoládová tyčinka**sweets** - sladkosti**during** - počas**wait** - čakať**together** - spolu**common** - bežný**to cook** - variť**a cake** - koláč**fast food** - rýchle občerstvenie**especially** – najmä, hlavne**sell** - predávať**sweet fizzy drinks** – sladké bublinkové nápoje**contain** - obsahovať**too many** – príliš veľa**oil** - olej**stomach** - žalúdok**tasty** - chutný**easily accessible** – ľahko dostupné**quite expensive** – dosť drahé**a comfortable way of eating** – pohodlný spôsob jedenia**busy** - zaneprázdnený**just** - jednoducho**carry** – niesť, odniesť**nowadays** – v dnešnej dobe, v súčasnosti**go on a diet** – začať diétu**slim** - chudý**too much dieting** – príliš veľa diéty**dangerous to health** – nebezpečný pre zdravie**become** – stať sa**seriously ill** – vážne chorý**lose weight** - schudnúť**as slim as famous models** – také chudé ako slávne modelky**such** - taký**illnesses** - choroby**grains** - obilniny**for moral reasons** – pre morálne príčiny**the cruel treatment of animals** – kruté zaobchádzanie so zvieratami**less ill** – menej chorý**suffer from the heart attack** – utrpieť/ dostať srdcový infarkt**at all** - vôbec**contain** - obsahovať**different** – odlišný, rozličný**nationality** - národnosť**national dish** – národné jedlo**made from** – vyrobené z**wrapped in a paper and eaten outside** – zabalené v papieri a jedené vonku**to be famous for** - byť slávny pre**candied fruit** – kondenzované ovocie**Thanksgiving Day** – Deň Vďakyvzdania**a turkey** - moriak**the whole family** – celá rodina**together** - spolu**multicultural country** – multikultúrna krajina**cuisine** /kwizin = kuchyňa