

3 Food, cooking, eating out

- Daily meals and eating habits in the CR comparing to the UK/the USA
- Typical dishes of Czech cuisine, typical drinks
- Typical British and American dishes, common drinks
- Exotic cuisines; your preferences
- Ingredients and cooking methods
- Food services – kinds of restaurants, fast food, home delivery...
- Eating out: menu; ordering a meal in a restaurant

Eating habits in the Czech Republic

In our country the day starts with breakfast which consists of something to drink: tea (black tea with lemon and honey/herbal tea/fruit tea), cocoa, warm milk, coffee with or without milk and something to eat: bread and butter with cheese or eggs, salami, ham, **spread**, jam, honey... Instead of bread we can choose rolls, **buns** or something sweet (cakes, doughnuts). A lot of people prefer to have cereals with yoghurt or milk for breakfast.

Around noon, there is the time for lunch. It is usually warm and consists of three **courses**: soup, a main dish/course and a dessert. Most people have their lunch in canteens, some prefer going to restaurants or having fast lunch in a buffet or a snack bar.

An evening meal (dinner/supper) can be either warm or cold. Warm supper could be a soup, pancakes, **potato pancakes**, ham and eggs, sausages...

Traditional Czech cuisine

soups:

beef broth with liver balls, chicken, tomato, potato, vegetable, mushroom, goulash, “kulajda”(mushrooms, potatoes, **sour cream, dill, eggs**)

main courses:

- roast pork with dumplings and braised cabbage/sauerkraut
- roast goose/duck with potato dumplings and cabbage/sauerkraut or spinach
- roast (**sirloin**) beef with dumplings and cream sauce, **cranberries**
- potato pancakes
- fruit (strawberry/blueberry/apricot) dumplings with **cottage cheese**

traditional Christmas food: fish soup, fried **battered** carp and potato salad, Christmas sweets/cookies (People who do not like fish, prefer pork or chicken schnitzel).

traditional Czech drink: beer

Changing trends in Czech cuisine

Traditional Czech cuisine used to be a little unhealthy: it used fat pork, **thick** soups, cream sauces, only a little fresh vegetables. Fortunately, Czech cuisine has changed a lot. Now we have a lot of different kinds of meat, vegetables and fruit all over the year. There are also many new restaurants typical for other countries like Pizzerias, Indian and Chinese restaurants etc.

Eating habits in the United Kingdom

A typical “full” English breakfast starts with a glass of juice, a cup of tea or coffee and **porridge**.

Furthermore, it consists of **scrambled** eggs, fried bacon or sausages, grilled tomatoes, mushrooms and onions, baked beans and toasted bread. But such a big breakfast is not very common nowadays. It is served in hotels and restaurants or at weekends only when people have more time. On weekdays, they

usually have cereals (e.g. cornflakes) with milk followed by toasted bread with butter and marmalade (made of citrus fruit) or jam (made of other kinds of fruit).

In Britain people mostly have only a small light lunch (ham and cheese sandwiches, fruit, vegetables, pizza, salad, hamburger, dessert).

Around four or five o'clock it is teatime. In our country an afternoon snack is not common but in Britain it is a special occasion. Traditional tea consists of a slice of bread and butter with cheese/fish/ham, cakes or biscuits and a cup of strong tea. The English usually drink their afternoon tea with milk and without sugar. About 7 o'clock most families have their main meal: dinner. It may be hot or cold. It consists of soup or some other **starter**, a main course: meat and fish with vegetables (carrots, beans, green peas, cabbage, broccoli,...) and chips or potatoes. A lot of people have supper later in the evening (sandwiches etc.)

Traditional British cuisine:

- fish and chips (fried battered **cod**)
- shepherd's pie (roast **minced** lamb covered with **mashed potatoes** and baked in the oven)
- roast beef with Yorkshire pudding and gravy served with potatoes and braised vegetables

traditional British Christmas food: roast turkey with **chestnut stuffing** and potatoes, Christmas pudding.

Fast food

Fast food is a typical feature of American lifestyle. At food **stalls** you can buy various types of food to eat as you walk along the streets or **take it away** and eat at home. These fast food **chains** – McDonald's, Burger King, Wendy's, KFC ... usually offer **beverages** (Coca-Cola, Pepsi-Cola, tea, juice...) and food like roast chicken and chips, hamburgers, hot dogs, sandwiches, pizzas, salads, desserts, ice cream... Fast food is often called junk food = very unhealthy, low in nutrition and high in calories. Unfortunately, it is very popular among children and young people. In some countries it is often the cheapest food.

Questions:

1. What cuisine do you prefer?
2. Do you like cooking? What can you cook?
3. Do you like eating out or at home? Why?
4. What do you think about fast foods?
5. When did you last go to a café? Tell me about it.
6. Would you like to work as a waiter/waitress? Why? / Why not?
7. What shouldn't you do in a restaurant? Why?
8. Where would you take your friends for a good meal? Why?
9. What do you think about fast foods?
10. If you went abroad, would you try local cuisine? Why? / Why not?
11. Do you prepare any snacks before you go to school? Why? / Why not?
12. Can you get some food during your school day? Tell me about it. / Why not?
13. Do your classmates eat in a similar way? Why? / Why not?

Vocabulary

bun – houska
spread – pomazánka
course – chod
dinner – večeře jako hlavní jídlo dne
supper – druhá večeře, obvykle lehčí
potato pancake – bramborák
cuisine – národní kuchyně
sour cream – kysaná smetana

dill – kopr
sirloin beef – svíčková
cranberries - brusinky
cottage cheese – tvaroh
thick soup – hustá polévka
porridge – ovesná kaše
scrambled eggs – míchaná vejce
starter – předkrm
cod – treska
battered – obalená v těstíčku

minced – mleté
mashed potatoes – bramborová kaše
chestnut stuffing – kaštanová nádivka
stall – stánek
take away – jídlo s sebou
chain - řetězec
beverages - nápoje
gravy – silná šťáva k roastbeefu