



Spracované pre potreby projektu „Cesta k modernej škole“, ktorý je realizovaný s podporou EÚ

Téma: **FOOD STRAVOVANIE**

Operačný program:	OP Vzdelávanie
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Prijímateľ:	Hotelová akadémia, Radničné námestie 1, Spišská Nová Ves
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a) Meals and drinks during the day (breakfast, lunch, dinner), favourite food

The type of meal served or eaten at any given time varies by custom and location.

In most modern cultures, three main meals are eaten:

in the morning – **breakfast** is the **first meal** of the day;

in the early afternoon - **lunch** is the **midday meal** (it might be the main meal of the day);
usually between **11 a.m.** and **2 p.m.**

in the evening – light **supper** or **dinner** - the **main meal** of the day;

Other types of meals

Brunch is a late-morning meal, usually larger than a breakfast and usually replacing both breakfast and lunch; it is most common on Sundays

Eleveneses, also called "morning tea", is a light snack and drink taken in the late morning after breakfast and before lunch.

Second breakfast is a traditional mid-morning meal served in parts of central Europe

Afternoon tea is a mid-afternoon meal, typically taken at 4 p.m. consisting of small sandwiches, cakes and scones with tea.



BREAKFAST

A light breakfast might consist of breakfast cereal, muesli, boiled or scrambled eggs, toast and conserves or sometimes poached kippers – oily fish



A traditional full English breakfast includes bacon, poached, fried or scrambled eggs, fried or grilled tomatoes, fried mushrooms, fried bread or toast with butter, sausages, baked beans and black pudding, usually served with



Continental breakfast traditionally includes bread products, fruit juice and hot beverages, also other types of food, such as cereal, fruit, meat and eggs and porridge are also eaten.



LUNCH

In the **United Kingdom**, lunch is often a small meal, designed to stave off hunger until they return home from work and eat dinner. School children can often choose between a cooked school meal, or a packed lunch, which often consists of a sandwich containing ham or a similar cold cut of meat, and/or cheese, a drink, often fruit squash, a piece of fruit, and a yogurt. Adults will often have a similar meal. On Sundays, the tradition is to have a Sunday lunch or roast dinner, which consists of roasted meat, roasted and or boiled po



In **Slovakia** the midday meal is taken between 11 a.m. and 2:00 p.m. in the afternoon. Usually lunch is the biggest meal and consists of the first course, which is a soup and a second course which usually consists of meat, potatoes, rice, dumplings or pasta with a garnish or sweet dish.



DINNER

is the evening meal, which is now often the most significant meal of the day in **English-speaking cultures**.

It is served between 5:00 and 7:00 p.m. It is usually a cooked meal with meat or fish and vegetable salad followed by a dessert. Many people like to have dinner „out“ or use take-away services.



In **Slovakia** usually have some cold meal – salami, ham, cheese, eggs, bread or roll and some vegetables; some prefer pancakes, potatoe pancakes, pizza, pasta or even thick soup with bread.



Christmas dinner in English speaking countries and Slovakia



b) dining options and eating establishments (boarding at school, at home, in a restaurant



School canteen



At home



Different types of restaurants



Discussion questions

1. Describe the traditional English and Slovak breakfast.
2. Why is dinner considered to be the main meal of the day in Britain?
3. What do elevenses and brunch mean?
4. What do people in Britain and in our country eat at Christmas time?
5. Where do you have lunch on weekdays and at weekends?

Role-play

A:

You are a customer in a restaurant. You have ordered a meal, but you have already been waiting for your meal for about one hour. Express your discontent and persuade the waiter to serve you immediately and charge less money because you are not satisfied with his/her service.



B:

You are a waiter/waitress in a restaurant. It is lunchtime and the restaurant is very busy because it is famous for delicious meals. Two other members of your staff are late for work because of a traffic jam and you have plenty of customers to be served. Make a complainer satisfied so as not to lose him/her. He/she is a head manager of a big company.

The world's favourite food

The poll results are quite interesting. The top 10 were:

1. Pasta
2. Meat
3. Rice
4. Pizza
5. Chicken
6. Fish and seafood
7. Vegetables
8. Chinese
9. Italian
10. Mexican



The UK results were: steak, pasta and chicken.

The USA places pizza, steak and chicken.

How about you? What is your order? What is your favourite meal? Can you cook it ?

Reading the text GLOBAL PIZZA (Headway intermediate, p.51)

c) national cuisine - traditions and specialties (ingredients, meals, dining)



Russian and Ukrainian borscht



Hungarian goulash



Czech - roast pork with dumplings and sauerkraut



Pilaf Central Asia



Sushi, Japan



Greek moussaka



British Fish and chips



Mexican Taco



Chinesse



Italian spaghetti and pizza



Turkish Adana kebab



Polish Cabbage Rolls



Indian Butter chicken

Which two Slovak meals can you see in the pictures? Describe them, give the recipes – ingredients and instructions in more details.



Can you name some other Slovak traditional food?



d) international cuisine (characteristic, differences, specialties)

International fusion cuisine is cuisine that combines elements of different **culinary traditions**. Cuisines of this type are not categorized according to any one particular cuisine style and have played a part in innovations of many contemporary restaurant cuisines.

e.g. Asian fusion restaurants, which combine the various cuisines of different **Asian countries**



Taco Pizza - this particular dish is a fusion of **Italian and Mexican** cuisines.
American-European-Japanese restaurant

Poached tofu



Asian fusion bowl



Eel, lettuce and tomato sushi handroll

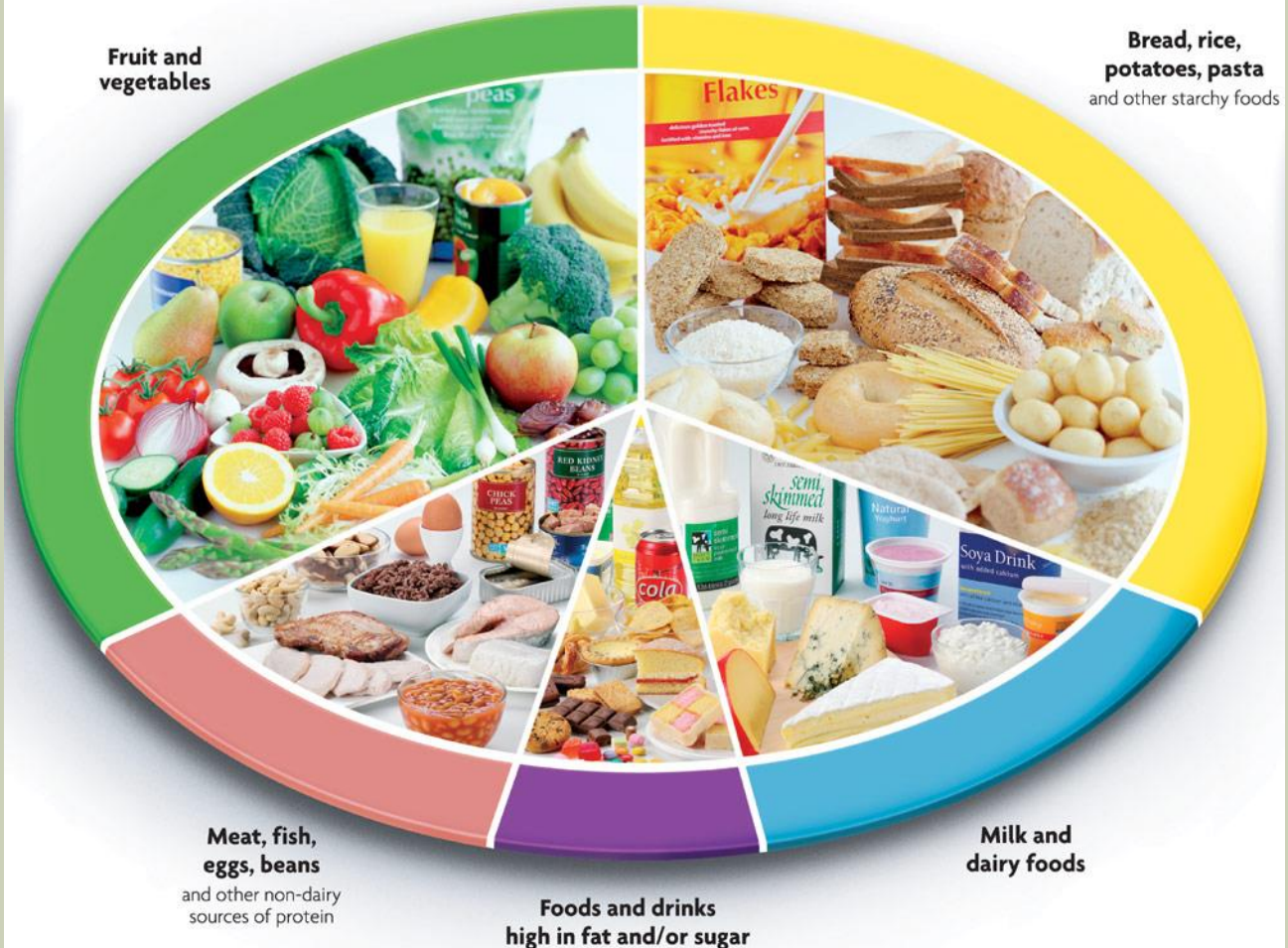


e) healthy eating (meals for children, habits, vegetarianism, diet)

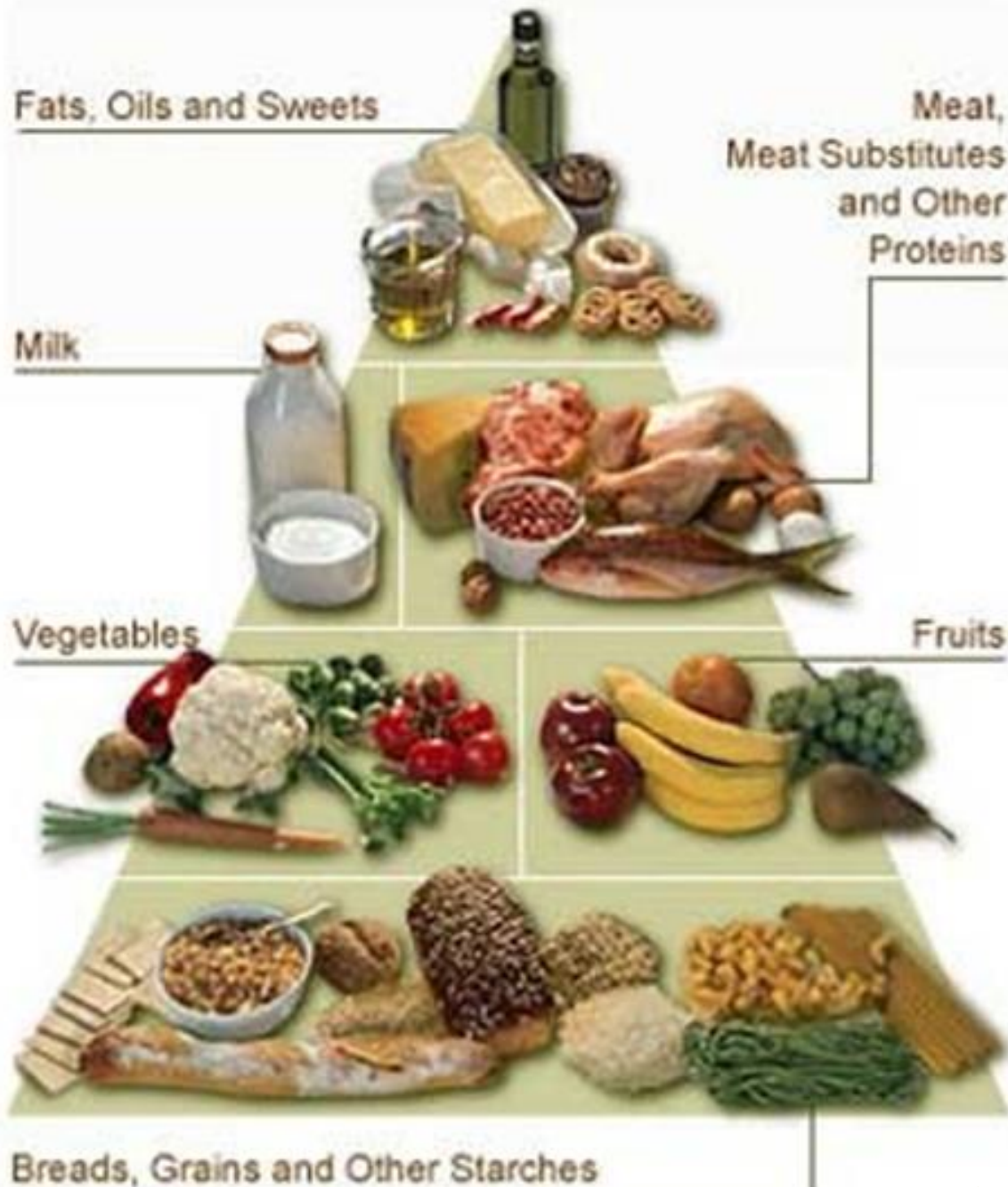
The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

The eatwell plate is a simple guide to a balanced healthy diet and it shows the types and proportions of the 5 food groups that make up a balanced healthy diet.



Answer the question : **How should a balanced diet look ?**



HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.

VEGETABLES

FRUITS

WHOLE GRAINS

HEALTHY PROTEIN



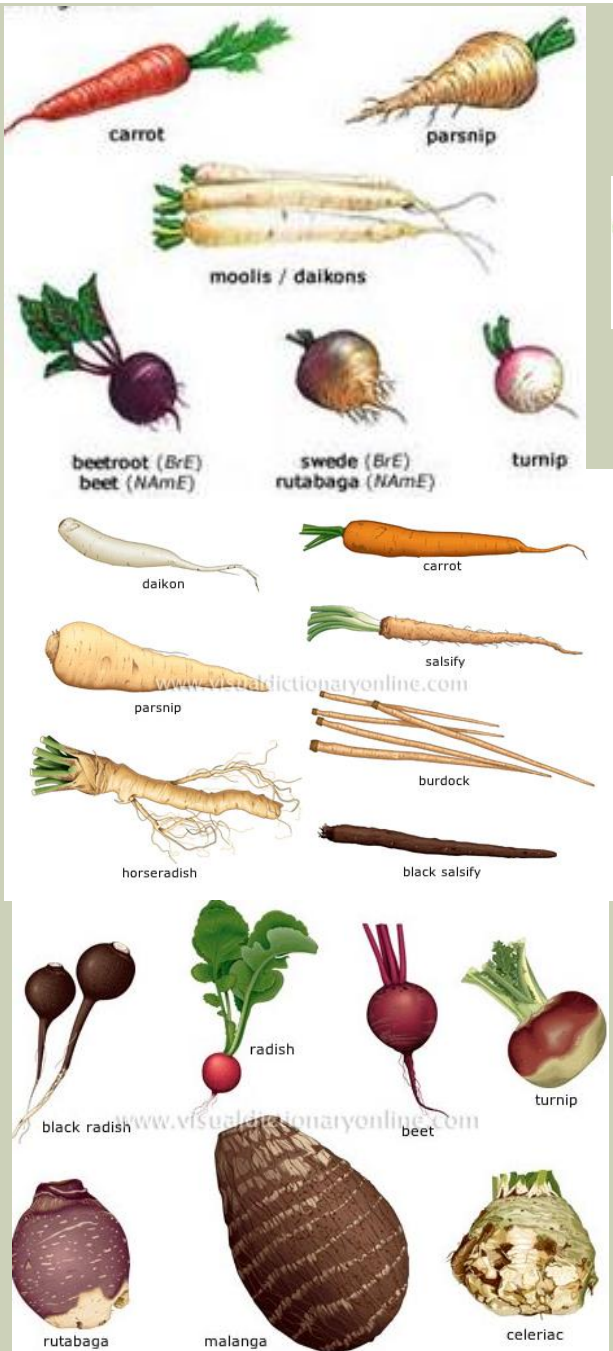
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.



Look at the pictures below and name as many kinds of fruits and vegetables as you can.



vegetables



shallots



onion



garlic



fennel



cabbage



cauliflower



scallions
(also green onions)



asparagus



artichoke



broccoli



spinach



leek



celery



okra



mushrooms



chili



potato

sweet potato



corn on the cob



eggplant



yam

fruits



orange



mandarin



grapefruit



lemon



lime



kiwi



pineapple



pomegranate



avocado



pomelo



coconut



melon



banana



pear



peach



plum



quince



apricot



watermelon



cherry



blueberry



apple



strawberry



grape



fig



pitaya (dragon)



papaya



raspberry

Eating habits depend on the country we come from and we live in and on the lifestyle of people.

Busy **managers** do not eat regularly.



Young people often choose fast food.



Women who want to lose weight eat as little as possible.



Kids are often fussy about their food.




TOP 10 HEALTHY FOOD FOR KIDS

FOOD FOR KIDS >



Vegetarianism is the practice of abstaining from the consumption of meat – red meat, poultry, seafood and the flesh of any other animal; it may also include abstention from by-products of animal slaughter.

LOVE US, NOT EAT US!
All Lives Are Precious





A **vegan**, or strict vegetarian, diet excludes all animal products, including eggs, dairy, beeswax and honey. Some vegans also avoid animal products such as leather for clothing and goose-fat for shoe polish

vegan

'vē·gən\ (noun): a person who abstains from consuming or using animal-derived foods or products, including meat, dairy, eggs, fur, leather, wool, etc.

