MEALS

I. Pre-reading activity.

Answer the questions.

- What do you usually have for your breakfast?
- Do you have your lunch in school canteen or at home?
- Do you prefer warm or cold dinner?
- What is your favourite meal?
- What food do you hate?
- Can you cook?
- What is your recipe?
- Do you often eat out? What is your favourite restaurant?
- Do you like fast foods?
- What do you think about diets? Have you ever been on a diet?
- Explain the old saying: “Eat to live, do not live to eat.”

II. Food and meals - reading.

For many people in our country food, eating, sometimes also cooking is a downright pleasure. On the whole we eat more than the British or Americans do and our food is known to be less healthy. The Czechs like eating many floury, sweet and fatty meals such as dumplings, pastry, fat pork, thick sauces and sausages. But many people, especially the young, now follow modern trends and they eat more vegetables, fruit, fish or poultry which would supply our bodies with more vitamins and minerals. Czech cuisine has become more international. People could hardly do without Italian, Greek and Chinese restaurants. Pizza, spaghetti lasagne, moussaka and gyros are very popular dishes.

People usually have three meals a day: breakfast in the morning, lunch at noon and dinner in the evening. But these meals differ according to nationality. In our country daily meals usually start with breakfast, which consists of something to drink – tea or cocoa, warm or hot milk, black coffee – and something to eat, e.g. one or two slices of bread and butter and cheese or eggs (hard-boiled, soft-boiled, poached or scrambled eggs), ham, salami jam, honey, pâté or spread. Instead of bread we can eat rolls or buns or we can have something sweet – cakes, pies, doughnuts or gingerbread. Quite a lot of people eat cereals for their breakfast – either cornflakes or porridge or muesli – they also sometimes add various ingredients like yogurt, raisins, chocolate, stewed fruit, walnuts, hazelnuts etc.

At approximately ten a.m. it is time for a snack. It is quite sufficient to eat something small – some vegetables or fruit. Unfortunately, it is the first meal of the day (especially for pupils and students because they are in a hurry and they don’t have breakfast in the morning).

At noon people have their lunch. In the Czech Republic it is the main dish of the day with soup, a main course usually consisting of some meat, and sometimes dessert or salad. Most people go to a school, office or factory canteen but some prefer going to a restaurant or having fast lunch in a buffet or buying something at street stalls.

Soups are either vegetable soups (potato, tomato, pea, bean, carrot, garlic, cabbage or onion) or meat teas (beef tea, tripe, chicken, hen or goulash soup etc.).

The main dish can be either sweet – e.g. strawberry or plum dumplings, pancakes with jam and cream, baked yeast dumplings etc. Or we can have some meat or fish or poultry with some vegetables such as potatoes, chips rice, bread or potato dumplings, pasta or bread. We distinguish the following types of
meat: beef, pork, veal, mutton, lamb and we can prepare it in various ways – roast it, grill it, boil it, fry it, stew it or smoke it.

Typical Czech meals include: tripe soup, potato soup, "kulajda" soup (mushrooms and potatoes boiled in a little bit of sour cream soup), roasted goose, duck or pork and sauerkraut and Czech dumplings, Moravian sparrows and spinach, roasted sirloin beef in sour cream sauce, Spanish birds, potato pancakes, fried cheese etc.

At about four o'clock, afternoon snack is another meal of the day, and people often have the same things as they have in the morning. Sandwiches or pies are another alternative.

The evening meal is called dinner. The Czech evening meal is not so nutritious if people have a hot meal at midday. It may be some cold meat, salami, ham, cheese and some vegetables. Some people prefer a hot meal too. They may have a similar dish as at midday except soup, although some thick soup with bread may be a separate evening meal.

Sometimes we want to go out to restaurants, especially when we celebrate our birthday or some significant event. If we know well in advance that we want to go out and eat in a restaurant, it is a good idea to book a table. In the restaurant a waiter welcomes us and leads us to our reserved table, which should be already set. Then he offers us the menus and waits until we have made our selections. Depending on our choices he first brings us the drinks and the starter. Then comes the soup and the main dish. We can order a salad or a dessert too. The waiter brings the bill, we pay and add a tip for good service.

On some special occasions such as Christmas, traditional food is served. Fish or pea soup, fried carp and potato salad, home made sweets are well-known in our country. There is a superstition about New Year’s Day lunch. We should not have any poultry on that day. Otherwise we will miss our good luck in the next year. The British Christmas Day meal is roast turkey with chestnut stuffing, potatoes and Christmas pudding and mince pies as a sweet.

During the day it is necessary to drink enough liquids. The recommended daily consumption is around two litres, the way our bodies receive liquids depends on ourselves. It is healthy to drink a lot of water (non-sparkling water is definitely healthier than sparkling), herbal and fruit tea or fresh squeezed juices.

In different parts of Britain people have different eating habits. They have five or six meals a day: breakfast, elevenses, lunch, tea, dinner and later perhaps supper. On the weekends the English have a big cooked breakfast (which is sometimes called “brunch” – breakfast and lunch together) consisting for example of eggs, fried bacon, sausages, beans, tomatoes or porridge and they prefer crisp pieces of toast with marmalade or honey. American breakfast is similar to English.

British and American lunch is lighter. It is often just a sandwich or salad. Fast food is a typical feature of both British and American life styles. There are places where you can either buy various types of food to eat as you walk along the streets or take it away. These places like McDonald’s, Burger King, Kentucky Fried Chicken offer some solid food like grilled chicken, hamburgers, sandwiches, pizza, salads or desserts and beverages. The oldest types of fast food are places offering fish and chips – very typical in Britain.

The traditional perception of British cuisine is of overcooked vegetables, tasteless meat and a lot of grease, but British eating habits have changed over last forty years. They have also have good things like roast turkey and lots of seafood. Many families now prefer to eat out at restaurants or café or to buy takeaway Chinese or Indian meals to eat at home.

American cuisine doesn't have any typical feature; it is a mix of various national dishes. Many kinds of hamburgers and steaks are the most typical. Many Americans don’t cook at all: they eat in restaurants or fast foods or just buy ready made meals.
A healthy lifestyle does not involve eating habits only, but the relationship between health, movement and diet. It is recommended to do sports on a regular basis, be active in the fresh air, pursue relaxing hobbies, have enough sleep and a healthy diet. We should avoid unimportant things, spend hours watching TV or sitting at the computers.

III. Vocabulary.

downright - naprosto
floury - moucný
dumplings - knedlíky
pastry - pečivo
thick sauces - husté omáčky
poultry - drubež
supply - zásobovat
cuisine - kuchyně (styl)
poached - sázená
gingerbread - perník
veal - telecí
mutton - skopové
sirloin - svíčková
tip - sprošťné
superstition - pověra
chestnut stuffing - kaštanová nádivka
porridge - ovesná kaše

porridge - add
ovenska kaše - přidat
add - dušený
stewed - jehněcí
lamb - zelí
thick sauces - výživný
sufficient - účet
nutritious - dostačující
bill - rozlíšit
pursue - křupavý
perception - zahrnovat
sirloin - vydatný
veal - pojetí
superstition - zabývat se

IV. Post-reading activities.

According to previous text answer the questions.

1. Compare different attitudes to food and eating.
2. Why is our food considered to be unhealthy?
3. What does the Czech midday meal look like?
4. What are our national meals?
5. When do people go to a restaurant?
6. Describe eating habits in the UK and in the US.
7. What is traditional perception of British cuisine?
8. What does healthy lifestyle mean?

Fix it notes.

- In a restaurant, you usually have a complete meal. Cafés serve snacks and drinks. Bars and pubs generally sell alcoholic drinks but may also serve food.
- You book or reserve a table at a restaurant. You order food or drinks. You go (out) for a drink.
- When you order food, you use “Could I have...”. If there is something wrong with your food or drink, you can send it back (to the chef).
- You ask to see a menu or wine list. Waiters or waitresses may ask if you want to taste the wine.
- You ask for and pay the bill but you leave (not pay) tip.
5. Exercises.

1. The verbs in bold are wrong. Replace them with the correct verbs from the list.

<table>
<thead>
<tr>
<th>ask for</th>
<th>book</th>
<th>go</th>
<th>have</th>
<th>leave</th>
</tr>
</thead>
<tbody>
<tr>
<td>order</td>
<td>pay</td>
<td>see</td>
<td>send (it) back</td>
<td>taste</td>
</tr>
</tbody>
</table>

a. Can I please order a table for four at eight o’clock? ——

b. Would you like to test the wine, Sir? ——

c. Could we view the menu, please? ——

d. Shall we pay a tip? ——

e. Are you ready to request some food? ——

f. I’ll meet the bill. You get our coats. ——

g. I can’t decide which starter to aim for ——

h. Why don’t we exit for a drink tonight? ——

i. Shall I demand the bill? ——

j. If it doesn’t taste right, return it. ——

2. Use each word only once and complete the phrases.

<table>
<thead>
<tr>
<th>slice</th>
<th>pinch</th>
<th>clove</th>
<th>round</th>
<th>joint</th>
<th>loaf</th>
<th>rashers</th>
<th>grain</th>
<th>drops</th>
<th>slab</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. a .......... of bacon</td>
<td>f. a .......... of rice</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. a .......... of pizza</td>
<td>g. a few .......... of lemon juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. half a .......... of bread</td>
<td>h. a large .......... of meat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. a .......... of garlic</td>
<td>i. a .......... of beef with a big bone</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e. a .......... of salt</td>
<td>j. a .......... of toast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Who needs to diet?

I never go on a diet; it’s a waste of time. Diets list all the food that is good for you, but few people can keep them up. I haven’t put on weight in twenty years. Here’s why:

- I eat almost anything I like, but I don’t eat a lot. And I don’t eat junk food.
- I drink plenty of water. It’s better for you than fizzy drinks and cheaper too.
- I avoid snacks between meals because most of them are fattening.
- I’ve cut down on the amount of food I eat in the evening.
- I get plenty of exercise.

Glossary

a waste of time a bad use of your time (also a waste of money)
keep sth up continue doing sth
put on weight become heavier and fatter
junk food food which is not for you
fizzy drink a drink containing small bubbles of gas
fattening making you fatter
cut down on sth have less of sth
exercise physical activity that keeps you healthy.

3. Complete the sentences.

a. They’re both going ..... a diet. 

b. She’s cut down ..... chocolate.

c. I tried to diet but couldn’t keep it ..... 

d. That diet was a waste ..... time
5. Circle the correct word.

a. Could I have some more / another potatoes?
b. Are you ready order / to order?
c. Do you want another / some more bottle?
d. We had a delicious meal / food last night.
e. Yes, course / of course.
f. Could I have a / the bill, please?
g. I / I’l have the prawns, please.

6. Describe the following pictures.
Write the dialogue between a waiter (W) and a customer (C).

1. C sandwich / ham / please / toasted / like / a / I'd ………………………………………………………
2. W that / eat / is / here / to / away / take / or / ? ……………………………………………………………
3. C away / please / and / baguette / a / cheese / take …………………………………………………………
4. W else / fine / anything / ? ………………………………………………………………………………………
5. C coffee / black / yes / two / a / with / lemon / and / teas ………………………………………………………
6. W be / OK / will / a minutes / of / it / couple …………………………………………………………………

7. Fill each gap with the correct phrase A – J.

Vegetarianism and Veganism

The modern vegetarian movement began around the 1960s and was in all respects nothing more (1) …… Vegetarianism is a general term meaning the practice of living (2) ….; this includes products with gelatine rennet (which is obtain from sheep's stomachs and used in the production of cheese). In the theory of veganism all animal products, including butter, milk, yoghurt and eggs, are banned, and among the strictest vegans, animal products (3) … are also excluded.

Vegetarianism was practised in the East and in the eastern Mediterranean (4) …… However, in the eastern Mediterranean, the very first records of vegetarianism (5) …. not merely a temporary practise forming part of religious ritual, come from the mathematician Pythagoras (6th century BC). Pythagoras
and his followers believed (6) …., and in the kinship of all animals. Vegetarianism was practised as an expression of kindness to all living creatures and also a means (7) ….. For philosophers such as Plato and Epicurus vegetarianism was part of a philosophy (8) ….. and the achievement of cosmic harmony.

In India at first the Jains and Buddhists, who refused (9) …., practised vegetarianism for ethical and ascetic reasons. The Brahmans soon followed, applying the rule particularly to the cow. In the first century AD the fleshless diet was taken up (10) …., both upper and lower; and with Buddhism it spread farther east into China and Japan.

A. that included the reincarnation of souls
B. on a diet that excludes all meat, poultry, and fish
C. as a way of life
D. by other Hindu castes
E. than a revival of an ancient philosophy
F. of maintaining a balance between body and mind
G. during the first century BC
H. to kill animals for food
I. such as wool, silk and leather
J. in keeping the body and mind in equilibrium

Vocabulary.

obtain získat
merely zcela, úplně
temporary dočasný
kinship spřízněnost
achievement úspěch
fleshless bezmasý
exclude vyloučit
maintain udržovat
equilibrium rovnováha
8. Try to translate some dishes from the following menu.
Solutions.

Ex.: 1. a. book, b. taste, c. see, d. leave, e. order, f. pay, g. have, h. go, i. ask for, j. send (it) back.
Ex.: 2. a. rasher, b. slice, c. loaf, d. clove, e. pinch, f. grain, g. drops, h. slab, slice, i. joint, j. round, slice.
Ex.: 3. a. on, b. on, c. up, d. of, e. on, f. of.
Ex.: 4. a. pear, b. carrot, c. salmon, d. aubergine, e. bread, f. bean,
Ex.: 5. a. some more, b. To order, c. Another, d. Meal, e. Of course, f. the, g. I'll.
Ex.: 7. 1E, 2B, 3I, 4C, 5C, 6J, 7F, 8A, 9H, 10D.

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