

INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

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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, paté 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

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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 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 take-away 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.

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A healthy life style 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 | naprostý | porridge | ovesná kaše |
| floury | moučný | add | přidat |
| dumplings | knedlíky | stewed | dušený |
| pastry | pečivo | lamb | jehněčí |
| thick sauces | husté omáčky | sufficient | dostačující |
| poultry | drůbež | cabbage | zelí |
| supply | zásobovat | tripe | dršťková |
| cuisine | kuchyně (styl) | nutritious | výživný |
| poached | sázená | bill | účet |
| gingerbread | perník | distinguish | rozlišit |
| veal | telecí | crisp | křupavý go |
| mutton | skopové | solid | vydatný |
| sirloin | svíčková | beverage | nápoje |
| tip | spopitné | perception | pojetí |
| superstition | pověra | grease | tuk |
| chestnut stuffing | kaštanová nádivka | involve | zahrnovat |
| squeezed | vymáčkaný | pursue | zabývat se |
| porridge | ovesná kaše | avoid | vyhnout se |

VI. 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 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 life style 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**.

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V. Exercises.

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

| | | | | |
|---------|------|-----|----------------|-------|
| ask for | book | go | have | leave |
| order | pay | see | send (it) back | taste |

- Can I please **order** a table for four at eight o'clock?
- Would you like to **test** the wine, Sir?
- Could we **view** the menu, please?
- Shall we **pay** a tip?
- Are you ready to **request** some food?
- I'll **meet** the bill. You get our coats.
- I can't decide which starter to **aim for**
- Why don't we **exit** for a drink tonight?
- Shall I **demand** the bill?
- If it doesn't taste right, **return** it.

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

| | | | | | | | | | |
|-------|-------|-------|-------|-------|------|--------|-------|-------|------|
| slice | pinch | clove | round | joint | loaf | rasher | grain | drops | slab |
|-------|-------|-------|-------|-------|------|--------|-------|-------|------|

- a of bacon
- a of pizza
- half a of bread
- a of garlic
- a of salt
- a of rice
- a few of lemon juice
- a large of meat
- a of beef with a big bone
- a of toast

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.

- They're both going a diet.
- She's cut down chocolate.
- I tried to diet but couldn't keep it
- That diet was a waste time

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e. He's put a lot of weight.

f. We've got plenty orange juice

4. Circle the word in each group that doesn't belong.

- | | | | | |
|--------------|-------|---------|-------------|-----------|
| a. Potato | pear | cabbage | cauliflower | onion |
| b. Pineapple | melon | lemon | carrot | apple |
| c. Lobster | crab | salmon | mussel | prawn |
| d. Salmon | tuna | cod | sardine | aubergine |
| e. Cheese | bread | butter | milk | cream |
| f. Pork | lamb | chicken | beef | bean |

5. Circle the correct word.

- Could I have *some more* / *another* potatoes?
- Are you ready *order* / *to order*?
- Do you want *another* / *some more* bottle?
- We had a delicious *meal* / *food* last night.
- Yes, *course* / *of course*.
- Could I have *a* / *the* bill, please?
- I* / *I'll* have the prawns, please.

6. Describe the following pictures.



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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

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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 Brahmins 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 |

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8. Try to translate some dishes from the following menu.



| HORS D'OEUVRES | | € |
|---|-------|---|
| Tomato, orange juice | 3,50 | |
| Roast red peppers with codfish | 7,00 | |
| Cured loin of pork (iberian) | 16,40 | |
| Cured ham (iberian) | 18,50 | |
| Iberian assortment | 15,50 | |
| Melon with ham | 15,30 | |
| Cheese | 6,40 | |
| Salad Rioja style | 6,75 | |
| Lettuce and tomato salad | 3,70 | |
| SALAD BOTIN | 8,75 | |
| Anchovies from Santoña with red peppers | 12,00 | |
| Black sausage from Burgos | 5,45 | |
| Croquettes | 6,40 | |
| Smoked salmon | 14,50 | |

| SOUPS | | € |
|---|-------|---|
| Quarter of an hour soup (fish soup) | 12,00 | |
| GARLIC SOUP WITH EGG | 4,90 | |
| Chicken consommé | 3,90 | |
| GAZPACHO (andalusian cold soup) | 5,95 | |

| EGGS DISHES | | € |
|--|------|---|
| Scrambled eggs with black sausage and potatoes | 6,35 | |
| Scrambled eggs with green asparagus | 7,70 | |
| Scrambled eggs with smoked salmon | 7,75 | |
| Shrimp omelette | 7,80 | |

| VEGETABLES | | € |
|---|------|---|
| White asparagus with mayonnaise sauce | 9,80 | |
| Assorted vegetables with iberian ham | 7,65 | |
| Artichoke hearts with iberian ham | 6,60 | |
| Green beans with iberian ham | 6,65 | |
| Big mushrooms Segovia style | 7,00 | |
| French fried potatoes | 2,45 | |
| Roast potatoes | 2,45 | |

See our wine list. You will find in it a careful selection of caves and vintages.

| HOUSE WINE | | € |
|------------------------------|-------|---|
| Recommended white wine | 9,00 | |
| Recommended red wine | 12,00 | |
| Valdevegon crianza | 12,00 | |

| | |
|-------------------|------|
| Sangría | |
| Pitcher | 6,75 |
| 1/2 Pitcher | 5,00 |

M E N U
V.A.T. 7% INCLUDED

FISH DISHES

| | |
|--|-------|
| Baby eels | 53,30 |
| CLAMS BOTIN | 17,10 |
| Grilled shrimps | 19,25 |
| Garlic shrimps | 19,25 |
| Grilled or garlic prawns | 21,00 |
| Mixed fish in casserole | 20,55 |
| Fried or baked cantabrian hake | 24,25 |
| Fried, baked or grilled sole (one piece) | 19,30 |
| Fried squid rings | 11,15 |
| BABY SQUIDS IN THEIR OWN INK (with rice) | 11,95 |

ROASTED AND GRILLED MEATS

| | |
|--|-------|
| ROAST SUCKLING PIG, speciality | 17,50 |
| ROAST BABY LAMB, speciality | 18,15 |
| 1/2 Roast chicken | 7,15 |
| Chicken in casserole with vegetables 1/2 | 9,10 |
| Stewed partridge (piece) | 17,85 |
| Grilled filet of veal with potatoes | 13,45 |
| Veal cutlet, breaded with potatoes | 13,65 |
| Roast veal in its own juice or Rioja style | 13,65 |
| Grilled filet mignon with potatoes | 19,60 |
| GRILLED FILET MIGNON BOTIN | 19,60 |
| Grilled sirloin steak with potatoes | 18,30 |

MENU OF THE HOUSE
(Spring - Summer)
Price: 29,50 €
Andalusian cold soup (Gazpacho)
Roast Suckling Pig
Ice cream
Bread, wine, beer or mineral water

COFFE 1,90 € - BREAD 1,20 € - BUTTER 1,25 €

MEAL TIMES: LUNCH FROM 1:00 TO 4:00 - DINNER FROM 8:00 TO 12:00

WE HAVE A COMPLAINT BOOK

OPEN EVERY DAY

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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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