

Výukový materiál v rámci projektu OPVK 1.5 Peníze středním školám

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Autor:	Mgr. Jana Jeřábková
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Název výukového materiálu:	FOOD AND COOKING - PRESENTATION
Druh výukového materiálu:	Pracovní list s prezentací k všeobecnému tématu Food and Cooking a specifickému tématu Czech, British and American Cuisine s otevřenými otázkami.
Čas:	40 minut
Využití:	Nácvik vyjádření se k tématu Vaření a Česká, britská a americká kuchyně.

FOOD AND COOKING - PRESENTATION

1) What should one eat in order to stay healthy?

People should **prefer lean** meat, **poultry**, fish, cereals, fresh fruits and vegetables whereas white-flour bakery should be substituted with wholemeal bread.

People should **cut down on** sweets, fatty meat, dumplings and food **rich in calories** and consume food rich in **vitamins, minerals** and **ballast substances** and eat smaller portions more times a day.

It is healthy to drink a lot of water.

People should **avoid** too spicy meals and lots of coffee and alcohol.

2) What is a healthy life style?

People should do sports **regularly**, be active **in the open air**, have relaxing hobbies, have enough sleep and healthy diet.

3) What do you start your day with?

The first meal of the day is usually breakfast.

I have for breakfast. / I don't have breakfast. My first meal is a snack.

4) Do people eat between breakfast and lunch? What and where do people have lunch?

It is time for a little **snack** at around ten a.m. The main meal of the day is lunch and it comes between noon and 1 p.m. Most people have lunch in a school canteen, company cafeterias or restaurants, others prefer to eat at home.

Lunch consists of a **starter, soup, main course, side dish, sweet / dessert**.

Typical soup is tomato, bean, goulash, tripe (dršťková), vegetable, pea, noodles, beef bouillon or fish soup.

The main course normally consists of cooked or stewed meat, fish or poultry with side dishes like potatoes or rice.

The dessert menu includes a piece of cake, stewed fruit, chocolate gateau, ice-cream trifle, pancakes, fruit pie, pudding, fruits or salads.

Finally, there is something to drink – mineral water, juice, coffee or a glass of beer.

Meat dishes

Fish

Seafood.....

Side dishes.....

5) Where and when do you have lunch?

.....

6) Do people have a snack and what do they eat in the evening?

Afternoon snack is about four o'clock. The last meal of the day is dinner which comes between six and seven o'clock. In most families, something warm is eaten, such as dumplings with sauce, pancakes, or sausage with mustard.

7) What do you usually have for dinner and when do you have dinner?

.....

8) What types of restaurants are there?

There are various types of restaurants: inns, fastfood restaurants, cafeterias, bistros, snack bars or take-away restaurants.

9) What is an English and Czech breakfast like?

A traditional English breakfast is quite big. It consists of porridge with a topping of maple syrup, fried bacon, eggs, fried sausages, tomatoes, beans, ham, buttered toast and marmalade. It is often served in hotels.

Everyday English breakfast consists of a glass of fruit juice, cereals, cornflakes with milk, toast with marmelade, jam or honey. They drink tea with milk or coffee. The modern breakfast is much lighter, healthier and quicker. At weekends, the English usually have traditional breakfast.

In our country, breakfast is quite small and usually consists of tea or coffee and bread or rolls with cheese / spread or ham. Some people prefer something sweet like cakes or doughnuts.

A typical Czech breakfast could be bread / rolls / croissants / buns / butter / ham / salami / cheese / marmalade / honey / scrambled eggs / omelettes / pudding. Popular drinks are tea, coffee, cocoa or fruit juice.

10) What is typical English lunch and national food? Compare the Czech and the English lunch.

At noon people have their lunch. The main meal includes soup, a main course and something for dessert.

The typical soup is **beef broth, vegetable, pea, noodle, chicken, lentil or bean soup**.

The main course is **meat** (chop / cutlet - kotleta, schnitzel, pork / beef steak, meat loaf - sekaná, goulash) and **side dishes** like pasta, rice, potato salad, potato pancakes (bramboráky), potatoes – **boiled / roast / mashed / jacket potatoes** or **chips / French fries** and vegetable trimmings.

British lunch is lighter and smaller than Czech ones. It is often just a sandwich or salad or some fast food.

Typical English fast food is **fish and chips** wrapped in newspaper and eaten in the street. The British often put **vinegar** and **salt** on chips. The national English food is definitely **steak**.

A typical Sunday lunch is much more similar to ours. It can be **steak** or **roast lamb** with broccoli and other vegetables and **gravy**. As a dessert or pudding, they have **hot apple pie** with ice cream or fruit salad. Another popular dish is **jacket potatoes** filled with something delicious such as tuna salad.

11) What do people eat during the afternoon?

Fast food is typical for British and Czech life style. These places like McDonald's, Burger King offer some food like grilled chicken, hamburgers, sandwiches, pizza, salad.

Czech often have a snack in the afternoon, it is usually something sweet - cakes, biscuits, vegetable salads, some fast food or fruits.

British have 5 o'clock tea. The tea is usually fairly strong black tea with milk and served together with some cakes or biscuits.

12) What do the English eat for dinner? What is the typical Czech dinner?

British dinner has three or four courses. It is the main meal of the day. It consists of soup or some other starter then the main course which is followed by a dessert and finally sometimes cheese and biscuits are served. Popular evening meals include minipizza and French fries, fish sticks, pasta, soups or ready-made dishes.

Czech dinner is not so nutritious because people have a warm dish at noon. It may be some salami, cheese, eggs, bread or rolls and some vegetables. Some people may have a similar dish as at lunch except for soup although the soup with bread may be a very delicious separate evening meal.

13) What is supper?

Supper is a light meal which the English eat sometimes after the cinema or theatre later at night.

14) What is the typical Czech dish?

A typical Czech dish is **roast pork with sauerkraut / sour cabbage** and **dumplings, schnitzel** with potato salad, **goulash** with dumplings or **roast sirloin in cream sauce with dumplings, cranberries and lemon**. Sweet dishes like dumplings stuffed with plums, rice pudding (rýžový nákyp) or desserts such as stuffed cakes, apple strudel, doughnuts, marble cake or pancakes are also very popular. Typical Czech products which can be bought as souvenirs are **Carlsbad waffles** or **Pardubice gingerbread**.

15) Why is English cuisine so bland?

The British are very proud of the good quality of their beef meat and they say that it's so good that it doesn't need much flavouring.

16) What do the British drink?

The British like their tea, they drink **beer, ginger ale, cider**, port, gin and whisky.

17) What drinks would you recommend to a foreign visitor?

Some of beer brands and white and red wine, **Carlsbad Becher Liquer** or **Moravian Slivovitz** are world-famous.

18) Do Americans have any typical meal?

American cuisine doesn't have any typical features; it is a mix of various national dishes.

19) What kinds of meat do you know?

We can prepare beef, pork, veal, lamb, mutton or poultry (chicken, hen, goose or duck).

20) What kinds of vegetables and fruits do you know?

Vegetables: cabbage, peppers, gherkin, radish, onions, cauliflower, mushrooms, garlic, leek, carrot, potato...

Fruit: apple, cherries, orange, pear, peach, plum, melon, lemon, grapefruit, currants, strawberries, banana...

21) What ways of preparing food do you know?

You can **roast** meat in an oven, **bake** dough in an oven, **fry** meat in oil in a frying pan, **boil** something in water, **simmer**, **steam**, **grill**, **stew** or **smoke**.

When cooking you have to **peel** vegetables, **slice** bread or meat, **cut**, **chop**, **dice** or **grate** cheese, **coat** in something, **beat** the eggs, **knead the dough**, **mash** potatoes, **drain** pasta, **squeeze** a lemon, **mince** and **stuff**.

22) What containers are used for storing food?

We have sweets in **bags**, chewing gum in **packets**, milk in **bottles** or **cartons**, butter in **tubs**, sardines in **tins** or **cans**, chocolate in **bars**, honey in **jars**, wine in **barrels** and beer in **crates**.

23) Describe a kitchen and a laid table.

There is a kitchen unit, with many cupboards for plates, cups and pots in a flat. There is a sink, few drawers, dishwasher, cooker and microwave, fridge, litterbin, mats, napkin, cutlery, soup plates, dinner plates, cup, saucer, teaspoon, ladle for serving soup, tablecloth, a bowl of fruit on the table.

24) What is your favourite food?

My favourite food is (fried cheese coated with flour, eggs and breadcrumbs and with mayonnaise - tartar sauce / schnitzel / pancakes...). I find delicious / tasty / jummy.

25) What food do you hate?

I hate tripe soup / black pudding / white pudding / I find disgusting.

26) Can you cook?

I can prepare a few recipes like.....

27) What do you think of convenience food?

It's good to have convenience food from time to time because it is faster and otherwise to stick to traditional home-made dish which are healthier. / The convenience food tastes quite artificial. / ...

28) Cooking is a waste of time. Do you agree?

I like / dislike cooking because

There are machines that save your time: microwave oven, oven, blender, freezer, dishwasher, sandwich maker, deep-fryer, electric mixer, can opener, coffee maker / machine, juice extractor / juicer.

29) Compare eating out in school canteen and at home.

In the school canteen, there is no choice of dish / we have to queue up / the food is bland... .

I like the homemade food because it is healthier but more time-consuming / the drawback is the washing up that you have to do later... .

Homework – answer these questions:

- 1) What is your favourite meal of the day?
- 2) Do you often go to restaurants? When did you last eat out? What did you have?
- 3) What's your favourite drink (alcoholic / non-alcoholic)?
- 4) What is the most exotic food you have ever eaten?
- 5) Is there anything that you could never eat?
- 6) What is the worst thing you have ever eaten?
- 7) Do you watch TV programmes about cooking or read cook books?
- 8) Do you agree that men are better cooks than women?
- 9) Are you a vegetarian? Why, or why not?
- 10) Why do some people decide not to eat meat (vegetarians) or any products made of meat, milk, eggs etc. (vegans)?
- 11) How expensive is food in our country and what is its quality?
- 12) Why do some people decide to go on a diet?
- 13) What should you eat / do if you want to lose weight and look slim?
- 14) What kind of food / drink can help you when you are feeling ill?
- 15) Is it possible to be addicted to any kinds of food or drink?