

Food

You are what you eat. If you want to stay fit and healthy, you should eat healthy food. A healthy diet includes a lot of cooked, steamed but mainly raw fruit and vegetables (banana, apple, orange, lemon, onion, celery, pepper), fish and poultry instead of red meat, wholegrain bread, low-fat dairy products (milk, cheese, sour cream, yoghurt, cottage cheese, butter), cornflakes and cereals. Try to sweeten your dishes and drinks with honey or brown sugar instead of white sugar or sweeteners. Eat regularly, three times a day. Try to avoid fast food like hamburgers, pizzas, French fries, crisps. They are very fattening as well, just like spaghetti and bread. Do not drink fizzy drinks like Coke, but rather drink mineral water or fruit juices.

Hungarian people usually eat three times a day. In the morning they have a sandwich, some bread and butter, cereals with milk and yoghurt. At weekends families have more time in the morning to make scrambled eggs, ham and eggs, hard boiled eggs or cook some sausages. On weekdays students have their lunch at the school canteen, while adults can eat in a restaurant, a buffet, a fast food place or at a canteen, too. Lunch usually consists of some soup (bean soup, vegetable soup, tomato soup, etc.) and then comes the main course. We usually have some roast meat or chicken with boiled potatoes or rice, or we eat pork or beef stew with noodles and salad. We sometimes eat pasta, for example pasta with poppy seeds or cottage and sour cream. In the evening we can have some bakery products, a sandwich or some leftover from the lunch for dinner.

Typical Hungarian dishes are fish soup, goulash, Ujházy chicken soup, stuffed cabbage, chicken fried in breadcrumbs. We have them on holidays or on Sundays for lunch. Hungarian dishes are spicy, greasy and often hot – but very delicious!

Questions:

1. What is your favourite dish? What is the recipe of your favourite dish?
2. Where do you or your family do the shopping for food? Why?
3. Can you mention some typical English and American dishes?