Eating habits in the UK

Traditionally English people have three meals a day: breakfast, lunch and dinner

**Breakfast**

The traditional "English breakfast" is very big. You may find sausages, bacon and eggs, baked beans, fried bread, tomatoes and mushrooms on your plate. Such a large breakfast takes a long time to prepare and it is not very healthy. You can get this at hotels, but most people in Britain don't eat a fried breakfast every morning. A normal English breakfast is cereal with milk, followed by toast. They put jam or marmalade on the toast – not cheese or meat! Many people drink tea, but some people prefer coffee.

**Lunch**

Lunch is a light meal. Most people have no time to go back home for lunch – children eat at school, workers in the factory canteen, in self-service cafés called cafeterias, in pubs or in fast-food restaurants.

They usually eat some sandwich, biscuits, typical English food fish and chips, hamburger, potatoes or vegetable salad

Sunday lunch => roast beef with mustard and Yorkshire pudding or lamb with mint sauce or pork with apple sauce

beef – hovězí; mustard – hořčice; lamb – jehněčí; mint – máta; pork - vepřové

**Dinner**

Dinner is the main meal, which is usually eaten between 6 and 7. A typical evening meal is a meat dish with vegetables and a dessert. Fruit juice or water is drunk and coffee or a tea is served at the end of the meal.

**Tea**

Do British people always have their afternoon tea at around 5 o'clock? Well, this is still true in many homes. Most British people put milk in their tea (or, in fact, tea in their milk), so if you don't want milk, you must say so. Typical sorts of tea are Earl Grey and Darjeeling, from India. With the tea, you may get bread, biscuits or a piece of cake. Tea time is a time to talk. If you are invited to a friend's house, the first thing they will offer you is "a nice cup of tea".

**Takeaways**

In Britain, it is common to "go for a takeaway". There are two main kinds of takeaway food: Chinese, and fish and chips. They give you ready-cooked food and you take it home to eat. The fish you get at Fish'n'Chip shops is usually cod or plaice in batter. You put salt and vinegar on the chips. You can order mushy peas on the side. Today they don't always wrap the fish in old newspaper!

takeaway – jídlo „s sebou“; fish and chips – smažená ryba s hranolky; ready-cooked – hotový, připravený k jídlu; cod – treska; plaice – platýs; batter – těstíčko (na obalování); vinegar – ocet; mushy peas – hrachová kaše; wrap – zabalit;

Eating habits in the USA

Americans eat a lot and they love junky food. Their diet is not healthy, they fry a lot and eat fat, sweet food. An average American eats 3 meals a day: breakfast, lunch and dinner. They don´t like to eat at home and very often go to restaurants. They can choose from many kinds of restaurants.

What is typical American food? Popcorn, peanut butter and jelly, hamburgers and fries, coke. And most importantly, large servings of everything! It is true that many people in the USA are overweight because they eat too much fast food. In fact, fast food companies even sponsor schools. The schools sell the food and show advertisements for it in class, and the companies pay for school equipment. However, people in the USA are now becoming more health-conscious. They are starting to choose their food more carefully.

peanut butter – buráková pomazánka; jelly – želatinové cukrovinky; servings – porce; health-conscious –

odpovědný vůči svému zdraví

**Breakfast**

Some Americans have a donut for breakfast. Others have a full meal. Many Americans start the day with a bowl of cereal. They drink orange juice and coffee or tea. At restaurants, you can get pancakes with maple syrup, eggs or toast and coffee. At a bagel shop, you can find many types of bagel, with fillings such as cream cheese or peanut butter and jelly. The Americans invented "brunch" – it is an American expression – it means breakfast and lunch together. At brunch, there is lots of different food, for example: blueberry muffins, croissants, hash browns, eggs (fried, boiled, or scrambled), bacon, sausages, fruit salad, and maybe even pumpkin pie.

donut – kobliha (bez náplně, ale často s polevou); bowl – miska; pancake – palačinka; maple syrup – javorový sirup; bagel – kulatá houska s otvorem uprostřed; cream cheese – tavený sýr; žervé; blueberry – borůvkový; hash browns –

bramboráky; scrambled eggs – míchaná vejce; pumpkin pie – dýňový koláč

**Lunch**

They tend to have their smallest and most casual meal at lunch which can be a smaller version of a dinner meal but is more commonly a sandwich, some leftovers, soup, noodles or a yogurt and some fruit.

**Dinner**

Dinner is eaten pretty early compared to a lot of other nations. Americans prefer to eat dinner between 6-7pm. This is the biggest meal of the day and usually consists of meat (or other protein), a carb (potatoes, bread) and at least one vegetable (corn, peas, broccoli). Many Americans tend to drink soft drinks with their meals although a lot of parents insist on milk.

Carb - is short for [carbohydrate](http://lowcarbdiets.about.com/od/glossary/g/glosstermcarb.htm), a component of food that is used mainly for energy in the body.

**American restaurants**

A typical American restaurant is the steakhouse. The steaks are big! Restaurants offer food from all over the world; the most popular are Mexican, Italian and Chinese. "All you can eat" and buffet restaurants are also popular. The waiters always introduce themselves: "Good evening, my name is …, and I’m your waiter tonight." In lots of restaurants, you can order coffee and then drink as much coffee as you like. Also, you always get ice water on your table. You don't have to order another drink if you don’t want to. It is normal to book a table at a restaurant. This is because they are often booked up. And if you don't finish your meal, you can take the rest home in a "doggy bag".

doggy bag: sáček n. krabička na to, co nesníte