21. Eating habits

**Food**

Food is necessarily for our life. Everybody has to eat. Different people have different tastes and each country has different eating habits. It is important to eat a healthy and balanced food to be fit. Also important is the regularity of meals, we should eat five times a day.

**Meals during the day**

At the beginning of the day we shouldn’t miss breakfast, because it supplies us energy to start a new day. Between breakfast and lunch should be snack such as some fruit, vegetable or yoghurt. At noon is lunch, which is usually the largest meal. Interval between meals should be about 3 hours, so in the afternoon is next snack and then in the evening is dinner, which should be lighter. Very important is also right water intake, for adult is optimal 2-3 litre during the day, but it depends on the temperature of the day or if we do sport or not.

**Healthy and unhealthy food**

* Unhealthy food: fatty food such as pork, beef, fried food etc., sweets and candies
* Healthy food: fruit, vegetables, poultry (chicken, hen, duck, goose, turkey), fish, rabbits, soja, cornflakes, dark bread, honey, milk products, nuts…

Some alcoholic drinks have benefits for our health such as beer has a lot of vitamins, but everything has to be in small quantities.

**Places for eating**

* Home
* Out – restaurants, fastfoods, canteens..

Fastfoods – can cause health problems such as obesity

**CZECH CUISINE**

Traditional Czech food is very tasteful and varied. Unfortunately, it does not correspond with a healthy life style very much because of its high calories content.

Czech cuisine is not exactly a synonym for healthy cooking, but everybody will probably find some meals they'll love.

We can say that the traditional Czech food is roast pork with dumplings and cabbage. The most popular sweet food are probably the fruit filled dumplings or pancakes.

**Main meals during the day in the Czech Republic:**

* Breakfast: light meal, usually bread and butter, rolls with cheese or ham, cakes, cereal(s), cornflakes etc., cocoa, milk, tea, coffee…
* Lunch: soup, the main dish and a dessert:
	+ A Czech lunch often starts with a soup - some popular Czech soups are: potato soup, garlic soup, chicken noodle soup, beef soup with liver dumplings, sauerkraut soup
	+ The most popular meats are chicken and pork, followed by beef, usually served with some kind of sauce. Fish is not very common although trout or cod are sometimes served. Carp is traditionally served on Christmas Eve.
	+ Desserts: apple strudel, curd cake, ice cream sundae is very popular especially in summer
* Dinner: usually a warm or a cold dish