



New millennium – new food



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Our food

We get food from animals and birds, plants and fishes. We get meat from cow, pig and sheep. From cow we also get milk.

From cow we get beef, from pig we get pork, bacon and ham, from sheep we get mutton.

We get poultry and egg from hen and duck.

We grow wheat, oats, maize and other cereals in the field. From them we make flour we bake bread, cakes and biscuits. We eat cereals, especially cornflakes for breakfast.

We also eat various kinds of vegetables, fruits and berries: potatoes, cabbages, cauliflower, beetroot, carrots, onions, tomatoes, radishes and cucumbers.

We eat apples, pears, apricots, peaches, grapes, bananas and orange.

We grow strawberries, gooseberries, raspberries, black currants, red currants and white currants.

We boil, fry and roast meat and fish. We usually boil vegetables. Englishmen like fried potatoes very much, they call them 'chips'. In spring, summer and autumn, we eat fresh fruit raw; in winter we eat preserved fruit.

We drink tea, coffee, cocoa, milk, wine and beer. I drink coffee with milk for my breakfast.

There are four meals a day in an English home: breakfast, lunch, tea and dinner.



Breakfast is the first meal of the day. It is at about 8 o'clock in the morning and consists of porridge with milk and salt or sugar, eggs boiled fried, bread and butter with marmalade or jam. Some people like to drink tea, but others prefer coffee. Instead of porridge they may have fruit, juice or they may prefer biscuits.

Lunch. The usual time for lunch is 1 o'clock. This meal starts with soup or fruit juice. Then follows some meat or poultry with potatoes boiled or fried, carrots and beans. Then a pudding comes. Instead of the pudding they may prefer cheese and biscuits. Last of all coffee- black or white. Englishmen often drink something at lunch. Water is usually on the table. Some prefer juice or lemonade.

Tea is the third meal of the day. It is between 4 or 5 o'clock, the so-called 5 o'clock tea. On the table there is tea, milk or cream, sugar, bread and butter, cakes and jam. Friends and visitors are often present at tea.

Dinner is the fourth meal of the day. The usual time is about 7 o'clock and all the members of the family sit down together.

Dinner usual consists of soup, fish or meat with vegetables- potatoes, green beans, carrot and cabbage, sweet pudding, fruit salad, ice-cream or cheese and biscuits. Then after a talk they have black or white coffee.

So the four meals of the day are either breakfast, dinner, tea, supper or breakfast, lunch, tea, dinner.

I like potatoes that I why I asked 28 children several questions about them.

My classmates like: mashed and boiled and free boiled

12 children prefer free potatoes.

7 children prefer mashed potatoes

And 9 children prefer boiled potatoes.

As for me I prefer mashed potatoes.

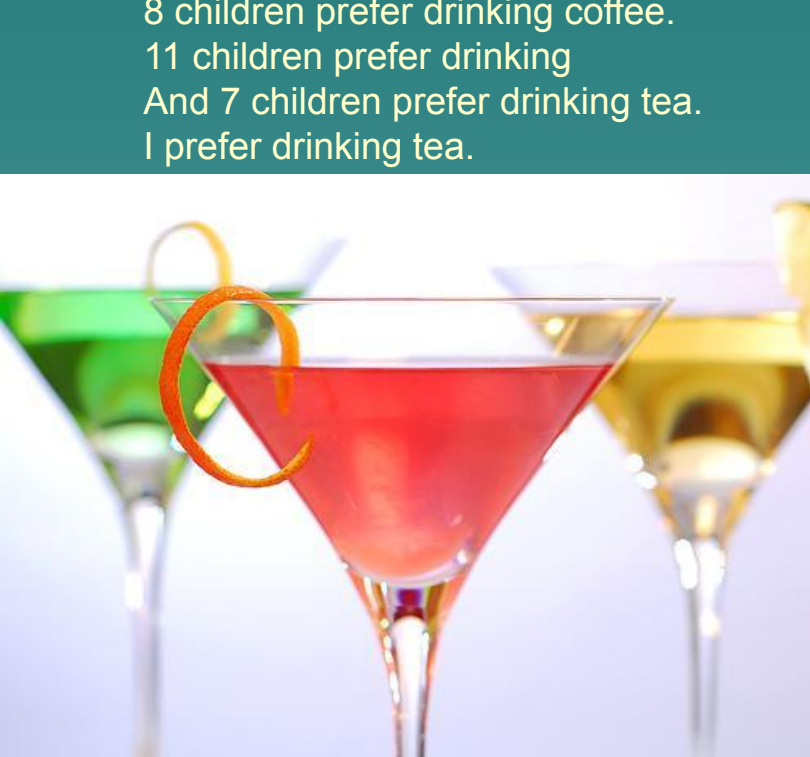
About drinking the opinions are different too.

8 children prefer drinking coffee.

11 children prefer drinking

And 7 children prefer drinking tea.

I prefer drinking tea.





New millennium – new food

Twenty year ago, the UK wasn't famous for good food. In fact, people in most countries laughed at British cooking! When people talk about traditional British food, they always think of fish and chips and a cup of tea.

Tea wasn't always a British drink. The Chinese discovered tea nearly 5000 years ago, but it didn't become popular in Europe until the 17th century. After water, tea is the most popular drink in the world. Tea is very good for you and the Chinese say that it helps people to stay young.

Fish and chip shops became popular with poor people in the UK in the 19th century. Poor people worked very long hours and they didn't have much free time for cooking. Fish and chips were cheap, but they weren't very healthy. The shops fried chips in lard (the fat from cows). Eating a lot of oil is bad for us, but lard is much worse!

Old-fashioned fish and chip shops are still popular today, but now they sell a lot of different types of food. In Scotland, they dip chocolate bars in batter and fry them. Fat and sugar-very unhealthy! But British food is much better than it was twenty years ago. Salads and pasta are more popular, for example, and the British are becoming more interested in foreign food. Today, the UK is famous for its foreign restaurants. You can find excellent restaurants from most countries of the world in London. And the British are very interested in food. Some of the most popular TV

programmes and books in the UK are about cooking.

New food



Smoothie is one of
lasts achievement of
industry liquid food.
This cocktail consists of
fruit and vegetables.
All ingredients mixed in
blender. Speed 37000
turns in minute. I think
that this richness mass
look likes soup. I do
not tasty this.

Today, in Moscow
many new dishes are
appearing.

Squeezers is mix
juises, tomatoes,
olives oil Tabasco.



Unusual food

In our country people eat usual food. In other countries, in Australia, for example, the Aborigines eat ants. Ants are also a delicacy in Ecuador. People eat grasshoppers in Nigeria and also in restaurants in Tokyo. In Mexico, insects are very popular: people eat 200 different types of insect! But why eat insects? There are four very good reasons:

- there are a lot of them;
- there are cheap;
- there are good for you; and
- there can be tasty!

In some countries it is difficult to find food that contains enough vitamins and protein. Often people haven't got much money, or there isn't any food. Insects are an ideal solution. There are millions and millions of insects, and they contain a lot of vitamins and protein.

Perhaps you think that eating insects is horrible, but the idea is becoming more popular in Europe and the USA. You can now buy insect recipe books, and in New York City, there's an insect restaurant! So if you find a fly in your soup, don't complain- ask for more!



Sad facts

A recent survey showed that

- ◆ one child in ten in Britain eats no fruit
- ◆ 50% drink no fruit juice
- ◆ Six out of ten kids eat no vegetables
- ◆ One child in 25 is obese
- ◆ Over 40% of girls aged 14 and 15 go to school without eating breakfast because they want to look like fashion models and pop stars



The story of pizza

Not many people know the ancient Greeks made a dish similar to pizza called "plankuntos". In Italy, people didn't use much cheese on pizzas 150 years ago. Cheese was too expensive.

When Queen Margherita of Italy visited Naples (Napoli) in 1889, a baker called Rafael Esposito invented a pizza for her. It didn't have a lot of ingredients: herbs, cheese and tomato. The pizza was the colours of the Italian flag: green, white and red.

The first pizzeria in the USA opened in 1905. For many years, there weren't many pizzerias outside Italy, but in the 1940s, a lot of American soldiers passed through Italy and they 'discovered' pizza! Now there are pizzerias all over the world. For perfect results, put fresh herbs and olive oil on your pizza before you bake it. You don't need much oil, but it is an important ingredient.





Chocolate



Question: One of the plusses of chocolate is that it contains materials called flavonoids. These are known to enhance bone health. But does chocolate do more harm than good to the bones?

Speculation: Here's another thought, or really speculation: The chocolate-eaters in the study were somewhat lower in weight and body fat than the women who avoided chocolate.

Especially in older women, body fat contributes to estrogen level, which, in turn, promotes increased bone calcium. Perhaps the slightly heavier post-menopausal women in the study, who ate less chocolate, had higher levels of calcium in their bones, on average, because of the additional estrogen produced by their body fat.

Conclusion: So, does this study also apply to younger women or to men? It's hard to say, since we don't know the true mechanism which leads to lower bone density in older women who like chocolate. But we do know one thing which helps maintain and increase bone density and strength: exercise. Which certainly seems preferable to giving up chocolate. Exercise and living longer.

My opinion: I like chocolate. Then I eat it, I stand happy! In my family my mother and I like and my father don't like chocolate. I like chocolate "Milka", it has soft, tender, nice and sweet taste.



MEALS IN BRITAIN

FAMILY

The usual meals in England: Breakfast, Lunch, tea and dinner, or in simpler houses, breakfast, dinner, tea and supper.

Breakfast is generally the bigger meal than you have on the Continent. Breakfast is often a quick meal, because the father of the family has to get away to his work, children have to go to school, and the mother has her housework to do.

Englishman generally have lunch at one o'clock p.m. The businessmen usually find a mutton, chop, or cold meat, or fish with potatoes, salad, then a pudding or fruit to follow.

Afternoon tea you can hardly call a meat, but for some people it has become a tradition. People have tea between 5 and 6 o'clock. It usually consist of ham or tongue, tomatoes, salad or sausage with strong tea, bread and butter, then stewed fruit, or apricots with cream or a cake.

The main meal of the day is called dinner. Dinner is eaten either in the middle of the day or in the evening. The midday meal usually consist of two courses – a meat course with a lot of vegetables and a soup.



MY CLASSMATES ABOUT MEALS

	Nastya	Vika	Rita
Breakfast	Tea or coffee with bisquits	Cake with coffee	yogurt
Lunch	Potato or soup	Fresh salad and	Fish, porridge
Tea	Tea with cake	Roll with tea	Tea and pizza
dinner	Fish with milk	Salad with juice	Meat



gourmet



Healthy Eating Test

Here is your chance to take a look at your eating habits and find out, whether you are on the right track.

- 1) How often can you eat at McDonalds without damaging your health?
 - a) *once a week*
 - b) *once a month*
 - c) *once a year*
 - d) *never*
- 2) Are all McDonalds' salads low in fat?
 - a) *yes*
 - b) *no*
- 3) Which is the most important meal of the day?
 - a) *breakfast*
 - b) *dinner*
 - c) *supper*
- 4) According to experts, how much water should we drink each day?
 - a) *1 liters*
 - b) *2 liters*
 - c) *3 liters*
- 5) Is snacking (eating between meals) good for health?
 - a) *yes, always*
 - b) *no, never*
 - c) *It depends upon what you eat*



- 6) According to doctors, how often should we eat fish?
 - a) *once a week*
 - b) *twice a week*
 - c) *every day*
- 7) Are only fresh (uncooked) vegetables good for health?
 - a) *yes*
 - b) *no*
- 8) Is it bad to have bread and pasta for dinner?
 - a) *yes*
 - b) *no*
- 9) What is the key factor in a healthy diet?
 - a) *variety*
 - b) *moderation*
 - c) *balance*
 - d) *all of the above*
- 10) If you are trying to lose weight, what should you do?
 - a) *eliminate all fat from your diet*
 - b) *reduce the calories you consume and exercise regularly*
 - c) *all of the above*
 - d) *skip meals*

My class mats	Question № 1	Question № 2	Question № 3	Question № 4	Question № 5	Question № 6	Question № 7	Question № 8	Question № 9	Question № 10
Vika	d	a	c	b	c	a	b	b	c	b
Egor	d	a	a	a	c	b	b	a	b	b
Olga	d	a	a	b	c	b	b	a	c	b
Alina	c	a	c	b	c	b	b	b	b	a
Ira	d	b	a	b	a	a	a	a	c	b
Petya	d	b	a	b	c	a	a	b	b	d
Yana	d	a	c	b	b	a	b	a	d	b
Roma	c	a	a	a	a	b	a	b	c	a
Sony a	d	a	c	b	a	b	b	b	b	b
Nikit a	d	b	c	a	c	b	a	b	b	b

Answers

1. The correct answer is **b**. Once a month (sometimes twice) should be okay. A lot of fast food restaurants offer healthier choices. Try a fruit juice instead of a fizzy drink or a salad instead of a burger.
2. The correct answer is **a**. All salad leaves and vegetables themselves are low in fat but some salad dressings can be high in calories.
3. The correct answer is **c**. Do you remember the Russian proverb 'Eat your breakfast alone...'? Eating breakfast is the perfect way to start your day. Without breakfast you'll feel tired and sleepy.
4. The correct answer is **b**. But it doesn't have to be just water. Fruit juice, milk and tea count, too. So do fizzy drinks- but make sure you don't drink these too often.
5. The correct answer is **c**. Healthy snacks such as fresh fruit or vegetables are good for you. Besides, such snacks can also help to prevent you from overeating at your next meal.
6. The correct answer is **b**. Doctors say that we should eat fish twice a week.
7. The correct answer is **b**. It has been proven that all vegetables- whether they are fresh, frozen or even canned- are good for you.
8. The correct answer is **b**. It's a myth that eating starchy foods like pasta and bread is bad.
9. All above **(d)** is the correct answer!
10. The correct answer is **b**.



Healthy habits

1. Do you walk two kilometers every day?
 - a) Yes, I do
 - b) No, I don't
 - c) It depends
2. Do you watch TV every day?
 - a) No, I don't
 - b) Yes, I watch TV for one or two hours a day
 - c) Yes, I watch TV for three or four hours a day
3. Do you sleep for nine hours a night?
 - a) No, I don't.
 - b) It depends
 - c) Yes, I do
4. Do you play computer games?
 - a) No, I don't. I prefer to relax in other ways.
 - b) Yes, I play for one or two hours a week
 - c) Yes, I play for three or four hours a week
5. Do you cycle or swim?
 - a) I cycle and swim
 - b) I cycle but I don't swim.
 - c) I swim but I don't cycle
 - d) I don't cycle or swim. I don't exercise



1. a-2; b-0; c-1
2. a-2; b-1; c-0
3. a-0; b-1; c-2
4. a-2; b-1; c-0
5. a-2; b-1; c-1; d-0

0-3

Oh no! You haven't got very healthy habits

4-6

Not bad. What are your healthy and unhealthy habits?

7-10

WOW! You're healthy habits? Congratulations



Good Food

Литература.

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