

Food

Our national cuisine

We have got three dishes.

The first one is soup. We usually cook broth of some meat with vegetable or vegetable soup. Specific soups are: *Krkonošské kyselo* (it's sour soup with mushrooms, potatoes and cabbage), tomato soup, beef broth with liver dumplings, garlic soup, potato soup ect.



The second dish is main food. Our phenomena are sauces and dumplings. We have many kinds of sauces, for example: tomato sauce (with dumplings and meat), sirlion (It's creamy sauce with vegetable. Served with dumplings, beef meat and cranberries with lemon.). We usually use lots of salt and pepper.



Our side orders are potatoes, potato pancakes, potato salad and dumplings but our favourite side orders are as well: rice, pasta, american potatoes, chips and cous cous.

We eat all kinds of meat, mostly chicken. In our country isn't meat, which is forbidden to eat.

The last dish is dessert or salad.

- Desserts – pancakes, banana in chocolate, ice cream, cream horns, christmas cake, apple strudel, *bábovka* (czech specific cake)
- Salads – cucumber salad, tomato salad ect.



Our national cuisine is unhealthy but in fact we are inspired by other countries and we cook vegetable meals and we eat lots of fruit.

How many meals do you have a day?

We have got 5 meals a day.

We have **breakfast** after we get up.

We usually eat some bread or roll with ham, cheese. Then we eat cereals with milk or yoghurt. Cocoa, milk, tea or coffee are the most favourite drinks for breakfast.



In the forenoon, cca at 10 am, we have a **snack**.

Sometimes we eat sweet pastries and sometimes eat salt pastries. We usually add some fruit.



We have **lunch** at 12 - 14 pm.

It's the main meal of the day.

We cook hot meals. For example: pasta, rice, sauces, meat and soups.

The favourite drinks are: water, juice, lemonade and coke.

On weekdays we have hot lunch in school canteen. The meals consist of soup and some sauce with rice, dumplings and pasta. Some children go home for meal. I've never seen that somebody bring packed lunches. On the weekend we usually cook at home or visit some restaurant.

In the afternoon we have a **second snack**.

Although, many people eat lots of food in the afternoon. We eat everything, what comes to our way.



In the evening, cca at 6 - 8 pm, we have **dinner**.

It's the last meal of day.

Some people eat various hot meals as well as for the lunch, and some people just have some pastries. We drink tea, water and juice.



For some people, however, it's still not enough and they eat some sweets after dinner.

The most of women cook every day, because we get used to hot food in the evening. It's really often when we go out for meal. All it depends on many. Rich families go to restaurant very often, but poorer people just sometimes. It's really rarely if I go to fast food. I personally hate junk food. It's very heavy fatty and oily.



In my family isn't any the distinction between weekdays and weekends food. But on christmas we eat carp and potatoes salad. And in my family is difference. In weekends my mum cooks big especially tasty lunches. In weekdays my mum cooks normally hot meal for dinner.

Is there any food and drink that can be considered typical of your Country?

Yes, it's sirlion and beer. Our beer is renowned worldwide.



Are there schools with specific subjects catering schools?

Yes, you can study it at the Hotel school and culinary Schools.

I had lots of classmates, at primary school, who studied there.

The most popular dishes among young people?

It's some chips or candy. For example lollipops, chocolate, biscuits and sweets. In our country children mostly eat lots of chips. Teenagers go to fast food very often. Coca Cola is the most popular children's drink.



Do you ever eat specialties from other countries?

Definitely yes, our cuisine is inspired by the cuisine of other countries.

I like Italian and Greek cuisine, especially musaka and kebab. From Italy, pasta, pizza, and parmesan. But I like cuisine from all over the world. For example, seafood. I eat meals from other countries very often.

