



***TALKING ABOUT
FOOD***

***ONE MAN'S MEAT
IS
ANOTHER MAN'S POISON!***

***UNUSUAL FOOD
TRADITIONS FROM
AROUND THE
WORLD***

1.

EATING WITH YOUR HANDS

Always use your right hand when eating Ethiopian food! Eating traditional cuisine requires **scooping up** the food onto flat bread with your hands—no dishes, necessary!

2.

POURING DRINKS

In Korean culture it is customary to never **pour** your own drink and wait or request someone else **pour** it for you.

3.

SALT AND PEPPER

In Portugal asking for salt and pepper in a restaurant is a huge **offence** to the chef and his cooking abilities.

4.

FORK AND KNIFE

In Brazil eating with your hands is not **acceptable** and a fork and knife are a must. You must always use dishes even when eating a sandwich!

NEW WORDS

× pour

× scoop up

× acceptable

× offence

× |pɔ:l

× |sku:p ʌp|

× |æk'septəb(ə)l|

× |ə'fens|

× наливать

× начерпать

× приемлемый

× нарушение

HEALTHY PLATE



FLUIDS

Drink water and tea. Avoid sugary drinks such as soft drinks or sweetened teas.

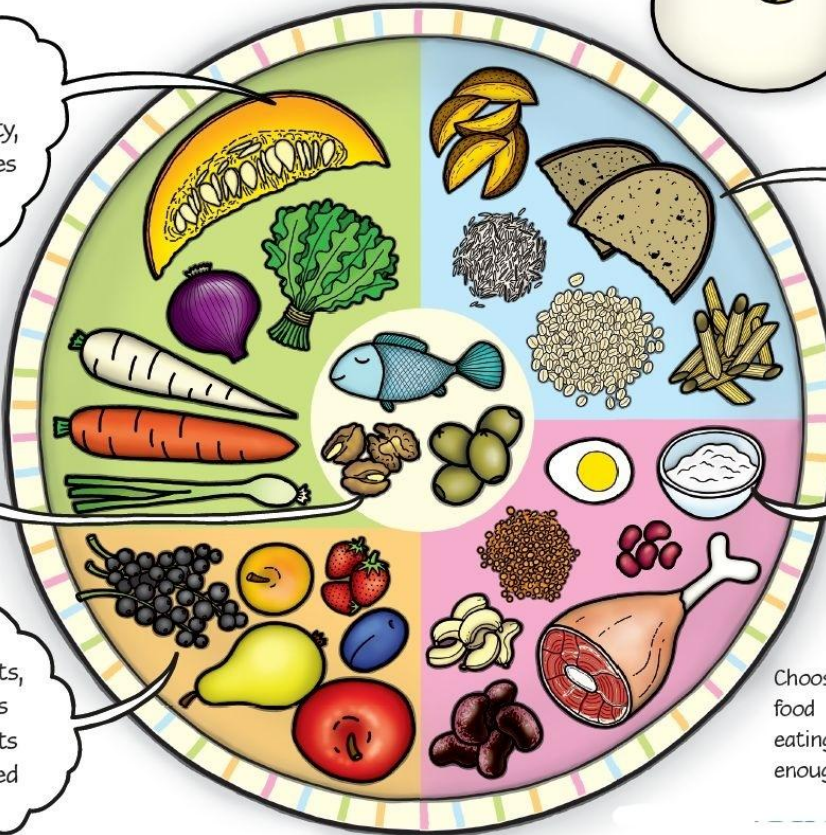
CARBOHYDRATES

Eat whole grains. Limit your intake of refined grains, such as white bread.

PROTEINS

Choose fish, beans, sour dairy products and nuts. Limit red meat. Choose between protein sources with regards to your philosophy and likes. A plant based diet suits most of us best.

Choose local and organic food. Choose natural food over processed food. Support healthy eating by exercise, healthy sunbathing, fresh air, enough sleep, lot of friends and fun. More on:



VEGGIES

Eat more veggies, the greater the variety, the better. French fries do not count.

FATS

Consume fats in healthy foods, such as fish, avocado and nuts. Avoid trans-fats, overheated oils and excess of omega 6 fatty acids.

FRUITS

Eat plenty of fruits, as many colours as possible. Fruits can be substituted by veggies.



EATING IN RUSSIA



BORSCHT

× |bo:ʃt|

It is full of meat and sautéed vegetables, including cabbage, carrots, onions, and potatoes.



SHCHI

Shchi is a typical cabbage soup made from either fresh or fermented cabbage.

Shchi often contains potatoes, carrots, onions, and possibly some type of meat such as chicken.



PELMENI

They are typically filled with minced meat and wrapped in a thin, pasta-like dough.

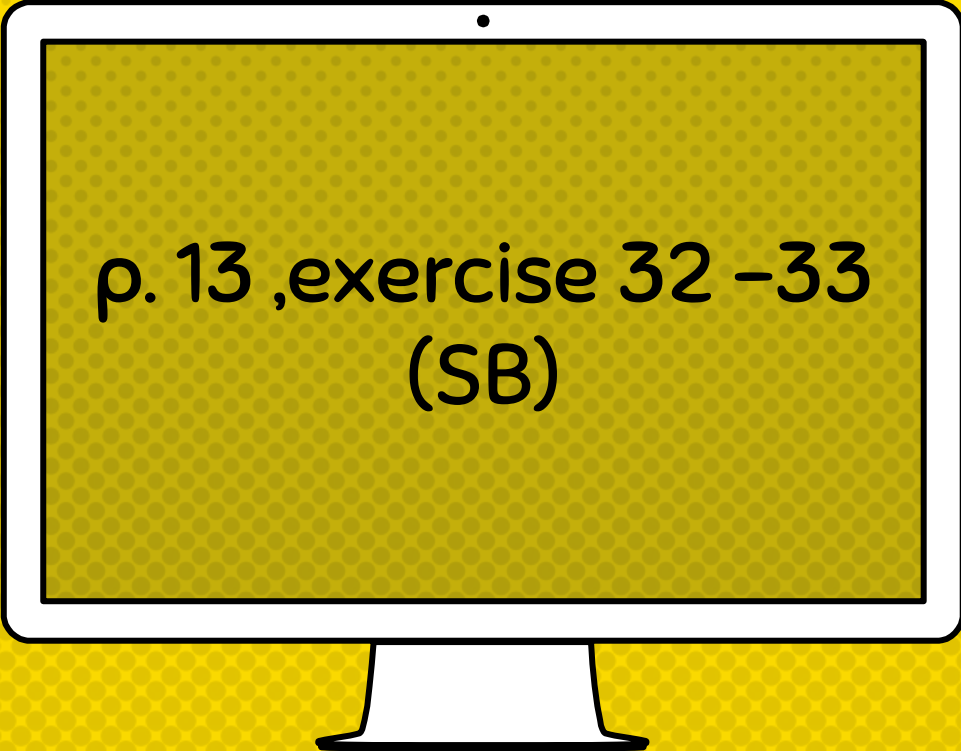


BLINI

Blini or blin is a wheat pancake rolled with a variety of fillings: jam, cheese, sour cream, caviar, onions, or even chocolate syrup.



HOME TASK

A stylized illustration of a computer monitor with a white frame and a white stand. The screen is filled with a dark yellow, dotted pattern. Centered on the screen is the text 'p. 13 ,exercise 32 -33 (SB)' in a black, sans-serif font.

p. 13 ,exercise 32 -33
(SB)

THANKS!

