

Food Pyramid

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American Food

Traditional and Regional delicacies

Dober Tek! – Bon Appetite

- There is no English equivalent of “Dober tek”. In America, the closest equivalent would be “Bon Appetite” (the French saying for good appetite). But this is not used as liberally as in Slovenia.

At a Restaurant:

- More often you will be given an option of a soup or a salad before a meal as the first course. A salad is more common, soups are usually only eaten in winter.
- A serving waiter may say “Bon Appetite”, or “Enjoy your meal”, after serving you your food, or they might say nothing at all. All are normal.



- **Food:** Hamburger, Hot Dog, Fries, Pizza, Pasta, Chili, Steak, Potato, Sandwich, Apple Pie, Pancakes
- **Drink:** Coke, Coffee, Milkshake, Beer, Wine



- In a home once the food is served it is common for the host to say a prayer or ask somebody else to. Another common way to begin a meal in a home is somebody at the table will say something like “this smells delicious” or “looks great”, and then the cook or person serving will informally say “enjoy”, or very very informally say “dig in!”.
- It is courtesy not to begin eating until after the host has begun eating.
- Afterwards, you will have dessert with the option of a coffee.

Guest at a Home



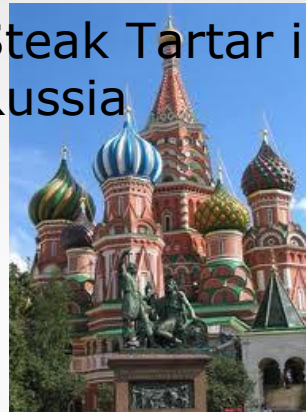
“Hamburgers, hamburgers, hamburgers hot;
onions in the middle, pickle on top.
Makes your lips go flippity flop.”

German sailors
bring it to
Hamburg



Mongolian
Hordes

Steak Tartar in
Russia



“Hamburg Style
Steak” in New York
for German Sailors



Modern
Hamburger

History of the Hamburger

“As American as Apple Pie!”

Cheap and easy to make, Apple Pie has been a traditional sweet in America from the beginning of the nation.



“A la mode”- French expression meaning “in the fashion”, but in America, it means you get vanilla ice cream on top.

Apple Pie, à la Mode



Peanut Butter and Jelly Sandwich



Corn on the cob

- Thick and covered in Maple Syrup



American Pancakes

Marshmallow chocolate sandwich.



S'more



New England Style

- New York City: Steak, Pizza, Chili Fries, Cheesecake
- Philadelphia: Cheese Steak Sandwich
- Boston: Baked Beans, Cream Pies
- Maine: Lobster

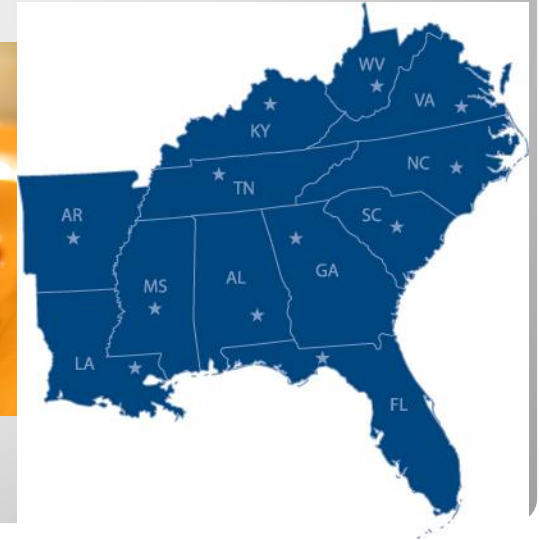




Clambake

- Whiskey, Deep Fried Food and Sweet Tea.
- Barbeque
- Slow cooked Vegetables

Collard Greens



Southern Style





Slow Cooked Pork



Jambalaya- Rice, spice and shrimp

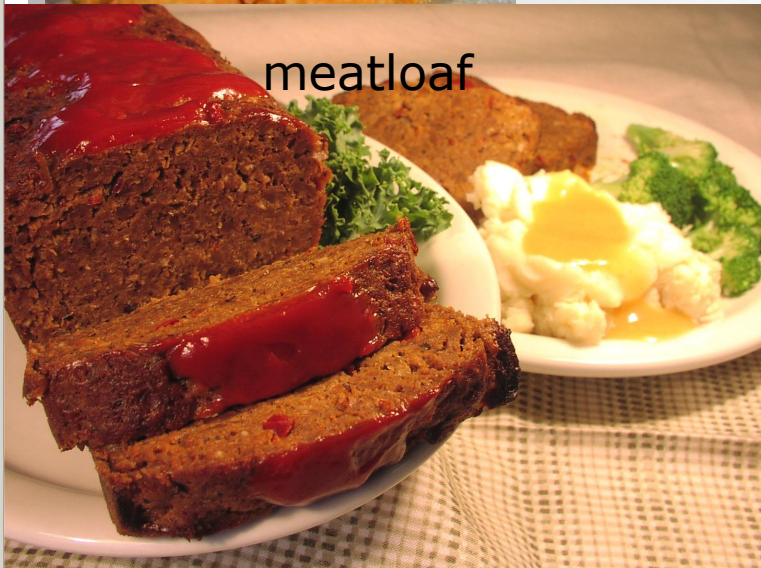


Alligator

Cheese curds

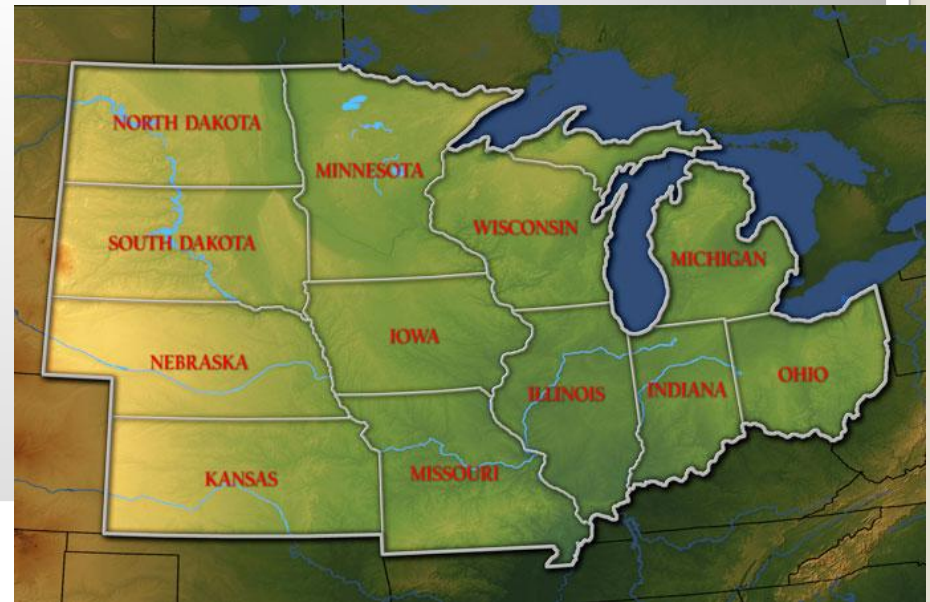


Corn on the cob



meatloaf

Midwest





Texas and the West



Beef Jerky



Chili and Cornbread



Barbeque, an American get together