

9

Meals – Étkezés

*“Never eat more than you can lift.”
(Miss Piggy, Muppet character)*



- What’s your favourite food?
- How many times do you eat a day?
- What is the difference between a Continental and an English breakfast?
- What do you think about fast food?
- What dishes can you prepare?
- Who is a vegetarian? Who is a vegan?
- Are you conscious about what you eat?

Eat well – Be well

“One should eat to live, not live to eat” should be our motto. And it is only one among the plenty of sayings about eating which give us advice on eating well. It is also a common saying, that we are what we eat. It means that our health, mood and ability to concentrate are affected by the food we eat. Do we think about it?

The food we need every day depends on our age, body size, activity level, whether we are male or female, but it is not too difficult to choose foods wisely.

There are four main food groups we need to consider: fruit & vegetables, grains, dairy products and meats, plus the beverages as a fifth category.

Fruit and vegetables provide us with vitamins, minerals, trace elements and fibre. We should have at





least one vegetable or fruit at every meal. Dark green (e.g. kale, broccoli, spinach) and orange (e.g. pumpkin, carrots, squash) vegetables give us enough of vitamin folate and vitamin A. It is best to eat them fresh in salads, or steamed without too much sugar, salt or fat.

Grain products are made from wheat, oat, barley, rye, rice or corn. We should choose to eat some whole grain products each day that are low in fat, sugar or salt.

Diaries are food products made from milk. They provide us – among many other things (e.g. vitamins, minerals, fat) – with the calcium we need. We can get the proper daily amount of vitamin D from two mugs (500 ml) of milk. Yoghurt and cheese are also very good for us, but some of them, especially yoghurts, are too high in calories and sugar even if they are low-fat. Icecream,

cream cheese, (whipped) cream, and sour cream are very high in fat and calories.

Meats provide protein, fat, iron, zinc, magnesium and B vitamins. We need not eat a lot from this food category to eat well. Red meat (e.g. beef) is rich in iron and white meat (e.g. chicken) is lower in fat. We can eat beans, lentils and tofu instead of meat and having some fish every week is advisable.

Drinking regularly is very important and the best choice is water. Milk and 100% juice are also healthy options. Some drinks (e.g. cola, energy drinks) contain caffeine and are often very high in calories and additives and therefore should be avoided, especially by children.

There have been a lot of special diets invented and they are trendy for a while, but thoughtfulness and the golden mean are always beneficial. We can choose from a long list of meals and still eat healthy - without getting bored. The Japanese bento is worth trying as it is delicious, provides variety with a range of healthy foods. If you cannot find it ready in the shops, a bento is easy to make.



Reading comprehension – Olvasott szöveg értése

1. Answer the following questions.

1. What are the main groups of food mentioned in the text?
2. Why are dark green and orange vegetables especially important?
3. Why should icecream, cream cheese, (whipped) cream be an occasional special treat?

4. What is the difference between red and white meat?
5. What does the food pyramid show?

2. Fill in this chart. Collect words from the text.

Vegetables	Grains	Dairies	Meat	Beverages

B Vocabulary exercises – Szókincsfejlesztés

3. Phrases with eat. What do they mean?

- | | |
|--|---|
| 1. eat sy out of house and home | a) you will not fully comprehend it until you try it |
| 2. this was meat and drink to them | b) eat most of the food that someone has in their house |
| 3. eat one’s words | c) you say this when you are very hungry |
| 4. overeat | d) have a meal at a restaurant |
| 5. eat out | e) retract something that one has said |
| 6. “the proof of the pudding is in the eat- ing” | f) eat too much |
| 7. I would eat a horse | g) it made them happy |

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____

4. What are these meals? Put the scrambled letters in the right order.

- | | | | |
|--------------|---------------|-------------|-------|
| 0. BNURCH | <u>brunch</u> | 1. RECABBEU | _____ |
| 2. KRAFABTES | _____ | 3. NICCIP | _____ |



- | | | | |
|--------------|-------|----------|-------|
| 4. NEVELSEES | _____ | 5. ETA | _____ |
| 6. NERDIN | _____ | 7. KNACS | _____ |
| 8. PREPUS | _____ | 9. CLUNH | _____ |

5. Use the numbers from Exercise 4 and match them to these descriptions.

Definition	Meal
the mixture of breakfast and lunch, in the late morning	1
a meal cooked and eaten outside	
a very small meal, or food eaten between meals	
a meal eaten some time after getting up in the morning	
a meal taken outside to eat	
usually a sandwich eaten around 11 o'clock	
a meal around 4 or 5 o'clock (cakes, sandwiches, tea)	
a light meal, most often late in the evening	
a meal (usually light) eaten in the middle of the day	
the main meal of the day, no matter what time	

6. What is the category/noun?

- | | |
|----------------------------|-------|
| 0. Gazpacho, Goulash | _____ |
| 1. spoon, fork, knife | _____ |
| 2. plate, cup, saucer, mug | _____ |
| 3. cupboard, table, chair | _____ |
| 4. icecream, apple pie | _____ |

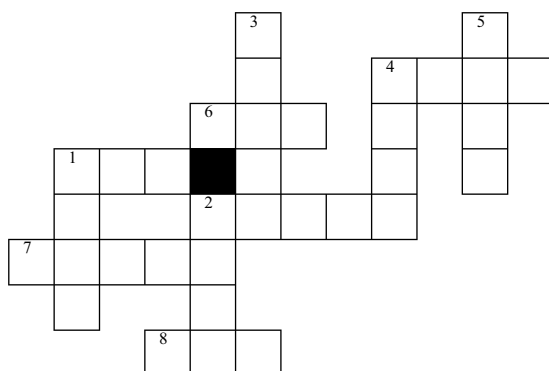
7. What is missing from this menu? Use the words given.

Tomato Salad Desserts Drinks French Fries
 Lemonade MENU Starters Macaroni Cheese

(5) _____ <i>Sunny Pier Restaurant</i> <i>Brighton</i>		
(1) _____	Main Courses	(7) _____
Prawn Cocktail		Icecream
Goats' Cheese (2) _____		Dark Chocolate Pudding

Fruit Salad (3) _____ and Basil Soup	Salmon Fillet Steak Honey Roast Chicken	Apple Crumble Sponge Cake
Side Items	Jacket Potato with Grilled Corn	(8) _____
(4) _____ Spicy Rice Mashed Potato Garden Salad Steamed vegetables Pickles	Grilled Chicken Chicken Pasta (6) _____ Beef Stew Grilled Pork Chop Vegetable Mix	Fruit Tea Herb Tea Coffee Latte Espresso Cappuccino (9) _____

8. Use these verbs of cooking to do this crossword.



- cut
- fry
- mix
- bake
- boil
- chop
- dice
- stir
- grill
- roast
- slice



Grammar exercises – Nyelvtani gyakorlatok

9. Are these nouns count or non-count? Tick the right column.

Nouns	Count	Non-count	Nouns	Count	Non-count
0. news		✓	00. textbook		
1. job	✓		2. work		
3. cactus			4. flour		



5. sadness			6. advice		
7. sheep			8. tree		
9. sugar			10. wood		

10. Write the plural of these nouns in the right column.

tooth *life* *class* *box* *knife* *cherry* *potato* *boy* *woman*
bus *lamp* *person* *fish* *watch* *lady* *man* *radio* *wife*
loaf *baby* *mouse* *deer* *glass* *foot* *party* *turkey* *photo*

+ s	+ es	y → i + es	f/fe → v + es	the same	irregular
<i>cats</i>	<i>tomatoes</i>	<i>lorries</i>	<i>shelves</i>	<i>sheep</i>	<i>children</i>

11. How do we say the plurals? Write them in the right box.

glove *clock* *nose* *job* *bottle* *basket*
fox *tip* *song* *apple* *shirt* *flower*
dress *church* *packet* *fridge* *book* *suitcase*

[s]	[z]	[iz]
<i>snakes</i>	<i>dogs</i>	<i>matches</i>