

The Food We Eat

Food is an important part of our life and our daily habit. Our eating habits often begin in childhood and stay with us for many years. Some people are vegetarian and do not eat meat or fish, while others enjoy chicken, pork, lamb, salmon, turkey, prawns, or even a hamburger. It is necessary to have a balanced diet with every food group: grain, dairy products, fruit, vegetables, nuts, beans, and protein. Grain products like bread, rice, and pasta give us energy. Milk, yoghurt, and cheese are also necessary for healthy bones.

At home, families prepare different meals for breakfast, lunch, dinner, or supper. In the morning, many people eat eggs, bread with butter, and drink tea or coffee. For lunch, we may have soup, salad, chicken with rice, or baked potato. Some dishes are light and easy to digest, while others are heavy. Everyone has different taste, and not every dish is to someone's taste.

Cooking can be fun. We use a frying pan to fry meat, a saucepan to boil pasta, and an oven to bake a cake or pie. Before cooking, we peel carrots and onions, cut vegetables on a chopping board, and mix ingredients in a bowl with a whisk or blender. We measure flour, sugar, and salt with a tablespoon or dessertspoon. We wear an apron and an oven glove. After cooking, we put food in the fridge or reheat it in the microwave.

Before a meal, we lay the table with a plate, bowl, glass, cup, fork, and knife. Some people use chopsticks in their cuisine. After eating, we use a tissue and clean the kitchen. Food waste can go into compost.

Healthy food is important, but we also enjoy snacks like biscuits, shortbread, ice cream, or home-made cake. At a picnic, we may take fruit like an apple, banana, or orange, juice in a bottle, and some cheese. It is good to eat a lot of vegetables and not too much sugar. All people should respect different diets and choose food that gives them energy and makes them feel good.