

14. FOOD AND COOKING

I am going to talk about healthy lifestyle, then move on to the consequences of the unhealthy living and finally I will briefly speak about British and Czech cuisine.

To be healthy, we should prefer lean meat, poultry, fish, fresh fruit and vegetables, whereas white-flour pastry should be substituted with the whole-meal one.

It's advisable to cut down on sweets, fatty meat, dumplings and food rich in calories and to prefer food rich in vitamins and minerals and to consume smaller portions more time a day.

It's healthy to drink a lot of water, herbal and fruit tea or fruit juice. Coffee and alcohol are harmless in a limited amount only.

A healthy lifestyle does not involve eating habits only, but the relationship between health, movement and diet. It's not advisable to get angry about unimportant things, spend hours watching tv and playing computer games or smoke.

As modern lifestyle is really fast, people don't have so much time to spend in the kitchen. That's why we eat unhealthy foods such as hamburgers, chips, Coca-Cola and McDonald.

An unhealthy lifestyle can contribute to issues including metabolic disorders, joint and bone issues, cardio-vascular diseases, hypertension, obesity and many others.

Modern lifestyle can lead to many addictions such as coffee, tobacco, nicotine, drugs such as cannabis products, gambling pills, hard-heroin, cocaine, amphetamine, gambling, video games and workaholism.

Meals of the day:

The first meal of the day is usually breakfast. A typical breakfast menu includes bread, rolls, butter, ham, salami, cheese or honey. Popular drinks include tea, coffee, fruit juice.

At around 10a.m. it's time for a little snack.

The main meal of the day is lunch. Most people have lunch in school or restaurants, others prefer to eat at home.

At about five o'clock is afternoon snack and the last meal of the day is dinner.

Czech cuisine includes fatty meals. Our typical dishes are goulash with dumplings or sirloin of beef in cream sauce with dumplings.

Trávicí systém, oběhový systém – onemocnění související se stravováním

Food can often be the cause of many diseases

diseases connected to **GIT system**: diarrhea, constipation, vomiting, stomach ache

diseases connected to **cardiovascular system**: heart attack, heart failure, obesity