

FOOD & HEALTHY LIFESTYLE



Ještě nevíš, co budeš dělat po úspěšném složení zkoušky? Přijď se za námi bavit a studuj jazyk se **statusem studenta**. U PELICANA navíc získáš ISIC a druhý jazyk zdarma. Více informací i přihlášku k **pomaturitnímu studiu** najdeš na stránkách www.skolapelican.com.

HOW TO LEAD A HEALTHY LIFE

Changing your lifestyle when you're 40 or 50 is terribly hard. So, it's advisable to get into the best habits when you're young. They will stay with you and help you live longer. First of all, always look on the bright side. Optimists live on average seven years longer than pessimists. Experts believe optimists are better at managing stress and see problems as short term and controllable. Pessimists, on the other hand, believe their troubles will last forever, affect everything and are impossible to control. It is also important to eat a lot of fruit and vegetables. Eating just 500g a day of fruit and vegetables can increase life expectancy and seriously cut the incidence of cancer. You should also aim for 6-8 glasses of water (still is better than sparkling) and other liquids (lower fat milk and sugar-free drinks, including tea and coffee) each day. Better educated people live longer, so to keep learning is paramount. Continued studying keeps you mentally active - more interested and enthusiastic. Close relationships, with family and friends, and the good feelings that stem from them help to boost the immune function, protect against disease and even speed recovery time after surgery. In contrast, feeling socially isolated can be as dangerous for your health as high blood pressure, obesity, no exercise or heavy smoking. Now it is thought that smoking is even more important in affecting life expectancy than was previously thought. Up to the age of 80, the chances of dying early are actually doubled for smokers, so it is a good idea to avoid smoking. We should all laugh more because laughter really reduces stress levels and boosts the number of white blood cells, which help fight infection. Loads of exercise enables people to live longer. Daily cycling, yoga or walking up the stairs instead of taking the lift and going for even a short walk is good for both your health and mood. Living in the countryside where it is quiet, peaceful and less polluted seems to add years to your life. Spirituality also helps people to live longer. Praying and meditation have been shown to relax and quiet the body and promote healing. Drinking a glass of wine (dry or sweet) a day can reduce the chances of heart disease. Red wine is more effective than white because it contains flavonoids, which help protect the arteries.

BALANCED DIET (FOOD PYRAMID)

The most important part of the food pyramid is the bottom part with fruit (e.g. plum, apricot, mango, lemon, cherry, grapes, peach, pear, cranberry) and vegetables (e.g. cauliflower, cabbage, spinach, kale, green beans, radish, pepper, aubergine, courgette, lettuce). It is recommended to have 5-7 servings of these a day. Next, a balanced diet should also include wholemeal cereal and bread, potatoes, pasta, and rice. Between 3 and 5 servings a day should suffice. Whether dairy or dairy-free, 3 servings a day of milk, yoghurt and cheese are advised. Opt for reduced-fat or low-fat varieties. Enjoy cheese (cottage cheese, feta, blue cheese, cream cheese, goat cheese) in small amounts. When it comes to meat (beef, pork, venison, poultry: turkey, chicken), seafood (shrimp, oysters, clams, fish: cod, haddock, salmon, tuna, trout), eggs, beans, tofu and nuts (hazelnut, walnut, almonds), limit these to 2 servings per day. Avoid processed salty meats such as sausages, bacon and ham. In regards to fats, spreads and oils, use as little of them as possible. Choose light or reduced-fat spreads. Rapeseed, olive, canola, sunflower or coconut oil are all good options. Limit mayonnaise and salad dressings as they also contain oil. Always cook with little fat or oil. Do not consume foods and drinks that are high in fat, sugar and salt every day because they are not needed for good health and thus placed on the top of the food pyramid. Lastly, if you want a snack, there are many healthier options these days than potato crisps, a coke or sugar-coated doughnuts.

FOOD TRENDS

When it comes to food trends, it has become popular to follow a plant-based diet, which means to only consume foods derived from plants and no animal-source foods. Vegans do not only not eat food derived from animals, they also do not use or wear any other products, such as leather, derived from animals. Being a vegetarian (a person who does not eat any meat or fish) is also *à la mode*. People follow a vegan or vegetarian diet for environmental and/or health reasons as well as animal welfare. Pescatarians only eat seafood but no other meat and a flexitarian is a person who has a primarily vegetarian diet but occasionally eats meat or fish. Keto diet, which is currently very popular, refers to a diet that is low in carbohydrates but high in protein. While originating as a medical diet, it is popularly associated with weight loss. A gluten-free diet is an eating plan that excludes foods containing gluten. Gluten is a protein found in wheat, barley and rye. People who cannot eat gluten due to high intolerance are called celiacs. There are also other food allergies that are common such as a nut or dairy allergy. Nowadays, people frequently eat out (at a café, restaurant, pub, sushi restaurant or pizzeria) instead of at home with friends and family, whether it is to celebrate someone's birthday, engagement, graduation, retirement or just for a reunion or a meet-up. If people are hungover, busy or do not have the time they tend to order a takeaway (when you order the food and then take it away to eat either in the car, the park or at home. Takeaways do not have to be cheap, some are very expensive. E.g. Chinese, Indian, fish and chips, pizza or kebab) or buy a ready meal (a meal sold in a pre-cooked form that only requires reheating). The elderly like ready meals because cooking a meal, laying the table, clearing the table and doing the washing-up every day takes a lot of energy and effort!

EATING DISORDERS

Eating disorders are problems with the way people eat. They can harm a person's health, emotions, and relationships. There are several types of eating disorders. Common types of eating disorders are anorexia and bulimia. People with anorexia eat very little because they have an intense fear of weight gain. This leads to a very low body weight. They see themselves as fat even when they are very thin. People with anorexia may think about food or calories almost all the time. To lose weight, some people with anorexia fast or exercise too much. Others may use laxatives. People with anorexia may find it hard to focus and have trouble remembering things.

People with bulimia overeat and feel out of control to stop. They also may make themselves throw up on purpose after they overeat. To prevent weight gain they may use laxatives or weight loss pills, they fast or exercise a lot. People with bulimia judge themselves based on body shape and weight. Unlike people with anorexia who are very low weight, people with bulimia may be thin, average weight or overweight. Bulimia can lead to health and emotional problems.

There's no single cause for eating disorders. Genes, environment and stressful events all play a role. Eating disorders are best treated by a team that includes a doctor, dietitian and therapist. Treatment includes nutrition counselling, medical care, and talk therapy. Medicine might be prescribed.

TRADITIONAL FOOD

THE UK

The English national meals, fish and chips and roast dinners, are also the traditional ones. Fish and chips consist of carbohydrates (chips), proteins (fish) and fats (in the batter around the fish and in vegetable oils) and are sprinkled with lots of salt and vinegar. The meal is served with red or brown sauce. Unfortunately, it lacks dietary fibre and some vitamins, so it should not be eaten too often.

Roast meat (pork, beef or lamb) is usually served with boiled or roast potatoes, peas, Brussels sprouts, carrots, Yorkshire puddings (hollow crispy buns made with flour and fat) and, of course, gravy. Gravy is made by taking the fat and juices from the cooked roast meat and mixing them with flour and vegetable stock and perhaps some gravy browning. This is mixed together into a liquid, brought slowly to the boil, seasoned and then poured over the meat. In England, a roast is one of the meals traditionally served at Sunday dinner.

Tikka masala is said to be the nation's most eaten meal today. It was invented in Glasgow, Scotland, and is one of the most popular Indian dishes in the world. It is a tomato sauce combined with coconut cream and various spices and served with tofu or chicken.

A full English cooked breakfast is a hot dish of fried bacon, sausage, egg, tomatoes, baked beans and mushrooms. It is usually served with a cup of tea or coffee. However, today people prefer a light breakfast consisting of cereal or porridge and toasts and marmalade.

As for all food outlets, they are non-smoking. Wine in restaurants is very expensive. House wine is generally cheap. Some restaurants follow the Australian style and say B.Y.O.B (bring your own bottle). If you ask for water, it will be straight from the tap unless you say mineral water. Tap water is safe to drink everywhere in the UK and you should not be charged for it.

At expensive restaurants, there can be a service charge included in the bill. Tipping added to the bill tends to be only in posher restaurants, but a tip is expected whenever you are served at the table. Sometimes there will be a bowl for any loose change next to the till. Obesity in children is, however, increasing and the nation is in denial about the problem.

THE US

American food is more than fast food. It is the ethnic food that was brought to the US by immigrants, such as Italians, Mexicans and Greeks. Since almost everyone in the US is from somewhere else, there is a lot of food to choose from!

Breakfast and lunch are usually eaten on the run. People have yoghurt or a pastry in the morning and then pick up something for lunch or bring their own lunch to work. The evening is when Americans have more time to spend on eating and that is when the biggest meal of the day is usually eaten. Because Americans work long hours, they are often too tired to cook, so they bring home for instance Chinese food or have a pizza delivered instead.

Americans love to eat out. Restaurants have friendly staff and serve large portions at affordable prices. Italian food is very popular. Pizza is served with a choice of three different crusts - thin, medium, or thick and for toppings, you can basically get anything you want.

Mexican food is also common: a bowl of tortilla chips and salsa or a burrito (a big tortilla stuffed with cheese and your choice of meat/veggie filling). You also get Mexican rice and beans with it.

A proper hamburger is not what you find at McDonald's. The meat on a real hamburger must be at least 2.5 cm thick and served on a thick, soft homemade bun. You can have whatever you want on it, such as cheese, onions or ketchup. If you don't want French fries, you can have onion rings - slices of onion that have been battered and fried.

Pumpkin pie is a popular American dessert. Northeastern Native American tribes grew squash and pumpkins and brought them as gifts to the first settlers. This later led to serving pumpkin pie at the first Thanksgiving in the US.

THE CZECH REPUBLIC

For Czechs it is customary to eat a light meal in the morning and evening and the biggest meal at lunch. A typical breakfast consists of yoghurt, bread and perhaps some salami or cheese. Some people like having porridge or cereal.

Typical fare would be pickled sausage with onions and pickled cheese with peppers. For something more substantial, there are many great choices. For example *svíčková*. This meal is a combination of pieces of tenderloin covered in a sweet creamy sauce and served with sour cream, a slice of lemon, cranberry sauce and dumplings.

Goulash, the Czech version of the Hungarian dish, features equal portions of beef and onions cooked with spices and served with dumplings.

Roasted pork is the national dish. Pork, roasted to perfection, is served with sauerkraut and dumplings.

Řízek is highly popular. It is breaded and fried pork. Yet, the meat doesn't have to be pork. Chicken is quite common and it can also be veal.

Probably the most significant difference between Czechs and the rest of the world is beer. The Czech Republic is number one in beer consumption. In Czech restaurants, the cheapest drink on the menu is beer. This is unheard of in other countries, and illegal in some (such as Germany). For Czechs, beer is liquid bread, and besides, it is great with Czech cuisine!

Czechs are also crazy about having sweet food for lunch, such as *šišky s mákem* (an easy and quick dish made of potato dough topped with poppy seed and covered in butter) or *buchtíčky s krémem* (small sweet dumplings made from a dough of warm milk, yeast, sugar, butter, egg yolks and flour, from which little balls or squares are cut out and baked. They are served with warm sweet vanilla sauce.)