

## "What people eat for dinner around the world".

While many people claim that breakfast is the most important meal of the day in terms of nutrition, many others around the world think that dinner is the most important meal of the day in terms of spending time with their beloved ones. It is the time when families and friends get together to celebrate or simply to share their experiences. Here is a selection of the traditional meals that people eat for dinner all over the world.

### JAMAICA

The food in Jamaica mixes flavours from Spain, the UK, Africa, India and China. Rice is a staple in Jamaica, and is often served with peas. Ackee and saltfish is also a popular meal – both for dinner and breakfast – and is devoured with rice and peas, bread, dumplings, friend plantain or boiled green bananas. Meats – the most popular being pork and chicken – are often seasoned with sweet-yet-hot jerk spices.

### ITALY

Italy is known for its myriad types of pasta and pizza, but dishes of meat, vegetables and fish are also enjoyed as the chief component of main meals. A traditional Italian meal consists of a small antipasto starter; a first course of pasta, soup, rice or polenta; followed by the second main course alongside a platter of vegetables, known as the contorno.

### RUSIA

Lunch is the main meal in Russia, and dinner is therefore the second largest meal of the day. Typically, a Russian dinner will consist of a few appetizers and hot main dishes comprised of potatoes, meat or fish. Draniki, a potato dish, meat balls covered with pastry known as pelemy, and Zharkoye, steamed meat with vegetables, are firm favorites.

### CHINA

When a group dines together many dishes are served at once and eaten from a small plate. With eight major regional cuisines in China, What is served can vary wildly. Dishes can include Peking duck, Xiao Long Bao dumplings, Chow Fun noodles consisting of seafood or meat, Hong Kong-style bundles of minced shrimp and egg noodles served in a wonton broth, or a fondue-like hot pot. Dishes are served with lashing of soy sauces, vinegar, or hot pepper oil.



### U.S.A

Meat and potatoes of various styles dominate dinner plates in the US: be it hamburger and chips, fried chicken with mash potatoes, or steak with baked potatoes.



### READ THE ARTICLE, AND THEN CHOOSE TRUE OR FALSE.

1. Italians eat much pasta and meat
2. Americans cook potatoes in many styles
3. There aren't any vegetables in a traditional Italian dinner
4. A typical Russian dinner doesn't include any cold dishes
5. People in Jamaica have many side dishes to accompany their meals
6. When people have dinner together in China, they only serve 1 or 2 dishes
7. Americans don't eat much meat for dinner
8. There are many varieties of cuisine options in China
9. Cuisine from Jamaica has different influences from many countries
10. There are a lot of appetizers in a typical Russian dinner

SPECIALTY: \_\_\_\_\_ Group: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Working in teams, write a short text about a type of Mexican cuisine.

Use:

- ✓ Vocabulary related to food, countable uncountable nouns.
- ✓ Quantifiers (some, any, a lot, a few, a little, a, an)
- ✓ When and how it's eaten.
- ✓ The text must have: introduction, body, closing
- ✓ Write: 100 words

## MEXICAN CUISINE



Words

