

1. Match the Hungarian dishes to their description. There's an extra description.

a) Goulash	1 Potatoes, hard boiled eggs, and sausage topped with sour cream and grated cheese, baked in an oven.
b) Vegetable dish made from green beans	2 A food made from flour, water and eggs, cut into various shapes and cooked in water. It can have different toppings such as poppy seeds, walnuts, cabbage or cottage cheese. It's usually eaten as a second course.
c) Stew	3 Cabbage leaves filled with a tasty mixture of spiced mincemeat and rice, served with sour cream as a main dish.
d) Stuffed cabbage	4 Both pork and beef are used to make this spicy main course, which is typically served with dumplings.
e) Layered potatoes	5 A thin, flat, round cake fried in a pan, filled with walnuts and raisins, served with a delicious chocolate-rum sauce and rum poured on top. It can be lit when being served.
f) Breaded pork	6 Filled with a tasty mixture of mincemeat and rice, the peppers are cooked in a thick tomato sauce.
g) Hungarian pasta	7 A rich veal / beef and vegetable soup served as a filling first course.
h) Gundel pancake	8 Boiled green beans thickened with a sauce made from flour, water, paprika and sour cream.
	9 Covered in a flour, egg and breadcrumb coating, the meat is fried in oil, then served with potatoes or rice.

2. You have some foreign visitors to a Hungarian restaurant. The menu is only in Hungarian. How would you translate and / or explain the dishes below?

Újházi tyúkleves

lecsó

rakott káposzta

sajtos-tejfölös tészta

töltött paprika

rántott sajt

hortobágyi húsos palacsinta

krumplifőzelék

3. Tips and advice for a healthy diet

Read this article on healthy eating. Replace sentences / phrases a)-k) in gaps 1 – 10.

There is one extra sentence / phrase.

- a) Cut on your food with refined grains
- b) Minimize red meats.
- c) Choose low-fat milk, butter, cheese and yoghurt
- d) Avoid eating while working, driving, or watching TV
- e) Avoid foods with white sugar
- f) eat six small, healthy meals throughout the day
- g) olive oil, fish, nuts and seeds
- h) Chew your food slowly, enjoying every bite.
- i) Enjoy fruits in a number of ways:
- j) Stop eating when you feel full
- k) Go for the bright ones.

A healthy diet helps improve your health and well-being. It can help you feel better, provide you with more energy, help you stay fit and active, and fight stress. Healthy eating begins with learning how to “eat smart”. It’s not just what you eat, but how to eat.

Take time to eat your food. Digestion begins in the mouth. (1) _____

Avoid stress while eating. (2) _____ (especially disturbing programmes or the news).

Listen to your body: (3) _____, eat just enough to satisfy your hunger. Never stuff yourself into a “food coma”!

Eat early, eat often: Remember this old saying: breakfast like a king, lunch like a prince, dinner like a pauper. Also, (4) _____, rather than the standard three large meals.

To get a well-balanced diet make sure you eat of all the six basic food groups:

Grains: Eat wholemeal bread, cereals and brown rice. (5) _____ including white breads, pastas, and some breakfast cereals.

Vegetables: (6) _____ The deeper the colour, the greater the concentration of vitamins and minerals. Dark green, red and orange vegetables, from broccoli to carrots are excellent choices.

Fruit: (7) _____ fresh, canned, frozen, dried or pureed. Fruit juices can contain up to 10 teaspoons of sugar per cup; cut it down on them or dilute it with water.

Dairy products: (8) _____, if possible, organic.

Protein: Eat a variety of fish, poultry, eggs, beans and peas. (9) _____

Fats: Not all fats are harmful to your health, (10) _____ provide excellent and necessary sources of healthy fats and oils in your diet.