

EATING HABITS IN THE CZECH REPUBLIC



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

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Czech cuisine

- Though the Czech Republic is known mainly for its architecture and beer, it is also the home to some very tasty food.
- For Czechs it is customary to eat a light meal in the morning and evening, and the biggest meal at lunch.

Czech breakfast

- A typical breakfast consists of a cup of tea often with a slice of lemon or coffee, and something to eat.
- It is often a roll or one or two slices of bread with butter and some cheese or eggs, honey, marmalade, salami or a cake.



Czech lunch

- The Czech midday meal is usually a three course meal, which consists of soup, the main course and a desert.
- As for soup we can choose from clear (beef, chicken with the liver balls and vegetable) soup and thick soup (potato, tomato, mushroom or tripe = dršťková).



Czech dinner

- Supper is often a cold plate of ham, cheese and bread, however some people prefer hot meals for dinner.

Traditional Czech meals

- The most common meal for Christmas Eve in our country is fish soup, fried carp and potato salad. However, some people prefer to have pea, lentil or mushroom soup and pork or chicken schnitzel instead.
- Some of the typical Czech meals are:
 - white sauce with roast sirloin and white bread dumplings
 - goulash, the Czech vision of the Hungarian dish
 - roasted pork with dumplings and sauerkraut



Probably the most significant difference between Czechs and the rest of the world is beer. The Czech Republic is number one in beer consumption, averaging a half litre a day for every man, woman and child. 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



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