

In Hungary people usually have three meals a day. They have breakfast, lunch and supper. Hungarian tradition says: “Have breakfast like a king, have lunch like a minister and have supper like a beggar.” I think it is good advice, in my opinion a healthy breakfast is important – it gives you strength for the day, and supper should be little so that you can sleep well and don’t have nightmares. ☺ People have different things for breakfast. Most people prefer sandwiches, jam and butter with bread or cereals, or perhaps ham and eggs, with tea or milk. My favourite, however, is meat soup (with a lot of meat) for breakfast. Or boiled potatoes with some meat. In other words, I really take the first part of the saying seriously: I like to have breakfast like a king.

Hungarians usually have a big lunch between 12 and 2 and a light supper or a big dinner in the evening. I love having a big lunch. I know I shouldn’t eat much for supper but sometimes I do.

English people usually have four meals a day. Breakfast, lunch, tea and dinner. English people like to have a light lunch and a big dinner. Many people say that it is not very healthy. I sometimes eat between meals too and I know it isn’t healthy, either.

If you want to eat out, you go to a restaurant. There are restaurants where a waiter serves you and there are self-service restaurants. In self-service restaurants you “serve yourself”, so self-service restaurants are cheaper. I like restaurants but I rarely go to restaurants. I love eating at home. I can’t cook well but my wife can so she cooks for me. Sometimes we buy food at a takeaway; it is also cheaper than going to a restaurant. There is a very good takeaway near my home.

A healthy diet is very important. It can not only help you stay healthy but in some cases a special diet can also help you get better if you are ill. Healthy eating includes eating lots of fruit and vegetables. Wholemeal bread is better than white bread. Protein is also very important. Too much meat, however, can make you ill. Fatty meat is also not good. So a moderate amount of lean meat is the healthiest. Some people don’t eat meat at all. They are vegetarians. They have to get the necessary protein from other sources, mostly plants, eggs and dairy products. Some people don’t even eat or use anything that comes from animals. Not even milk, eggs or wool. These people are vegans. I am neither a vegetarian, nor a vegan although I strongly agree that it is a very bad thing that we kill animals and eat them.

It is also very important to drink enough. It shouldn’t be alcohol, of course. The best is water but fruit juice and tea are also healthy. You shouldn’t drink too much coffee but you can drink a little. A little wine and beer is OK, too.

I can’t cook but I can make a few very simple dishes, like boiled potatoes, boiled rice, boiled eggs and fried meat. I am going to tell you how I make boiled rice with fried meat. I put deep fried Mexican vegetable mix (carrots, peas and corn) and brown rice mix in a pot. I buy a special brown rice mix at the market. It’s got brown rice and black Indian rice in it. Then I pour hot water in the pot and boil the vegetables and the rice for about 45 minutes. I usually fry chicken’s legs. I take a frying pan, put a little water in it, put the chicken’s legs and some spices in it too and then fry it until it is nice and brown. When both the rice and the chicken’s legs are ready, I gobble all of them down happily. ☺ Of course, I can also make tea. Boiled eggs are very good too, but you must watch your cholesterol.

Hungarian cuisine is famous for its “halászlé” (a special kind of fish soup), goulash, paprika chicken with sour cream, stuffed cabbage, noodles with poppy-seed and sugar, noodles with

cottage cheese, sour cream and scraps of roasted bacon. Some other famous Hungarian dishes are goulash soup, 'bean soup Jókai style' and 'Újházi chicken broth', 'pancake Hortobágyi style' and a pudding called 'floating islands' (madártej).