

Normally we eat three times a day – we have breakfast, lunch and dinner. Eating habits depend on the lifestyle of people. Busy managers don't eat regularly, young people often choose fast food, women who want to lose their weight eat as little as possible and kids are often fussy about their food.

Slovaks usually have bread with butter, jam, honey, ham or cheese for breakfast; some people prefer scrambled eggs or sausage. Nowadays many young people start day with healthy breakfast – cereals (porridge or cornflakes).

In our country lunch is the main meal of a day consisting of soup, a main course with side dish and a dessert. Slovaks like to eat meat, usually pork, beef or poultry with potatoes, rice or vegetables and gravy. Bryndzové halušky (gnocchi with sheep cheese) is considered a Slovak national meal. Hungarian cuisine, typical for spicy meals, is quite popular in southern parts of Slovakia. Italian cuisine, mostly pizza and pasta, has become very popular in our country and it is preferred to traditional Slovak meals in many restaurants. Some Slovaks like going to Chinese or Mexican restaurants. Schoolchildren have lunch in canteens. Businessmen eat in restaurants where a daily menu at reduced prices is offered during lunchtime.

Dinner is served in the evenings at between 6 and 7 o'clock when all the members of the family are at home. This meal is often eaten in front of television. Most dinners during the week are simple, often using pre-cooked food with frozen vegetables, which can be heated quickly. Many supermarkets sell frozen "TV dinners" which can be quickly the oven or a microwave. Typical take-away food includes pizza, Chinese food and the traditional fish and chips. Many Slovaks prepare dinner themselves at home. It is either a warm meal or sandwich. Sometimes they order pizza. Some people have a light supper, often cheese and biscuits and a glass of milk or a mug cocoa before going to bed.