

AMERICAN FOOD!!!



Not just Hamburgers and Hot Dogs!

What American food is actually like!

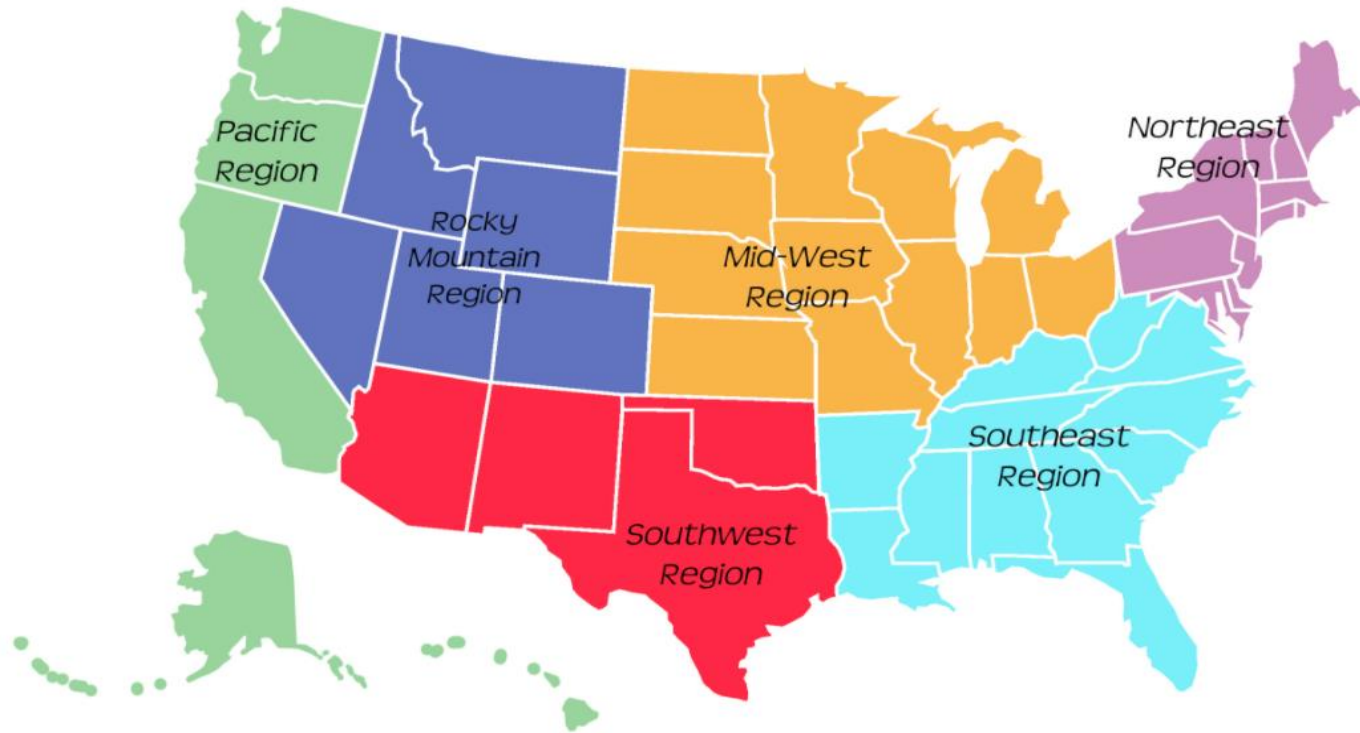
- Extremely diverse!
- People are from all around the world and so is the food as well!
- Most popular ethnic cuisines are:
 - Chinese
 - Mexican
 - Italian
 - Japanese
 - Greek





Foods by Region!

- There are 6 regions in the US!
 - Grouped together because they have the most similar culture
- Although certain foods originated from certain regions they are eaten everywhere in the USA!



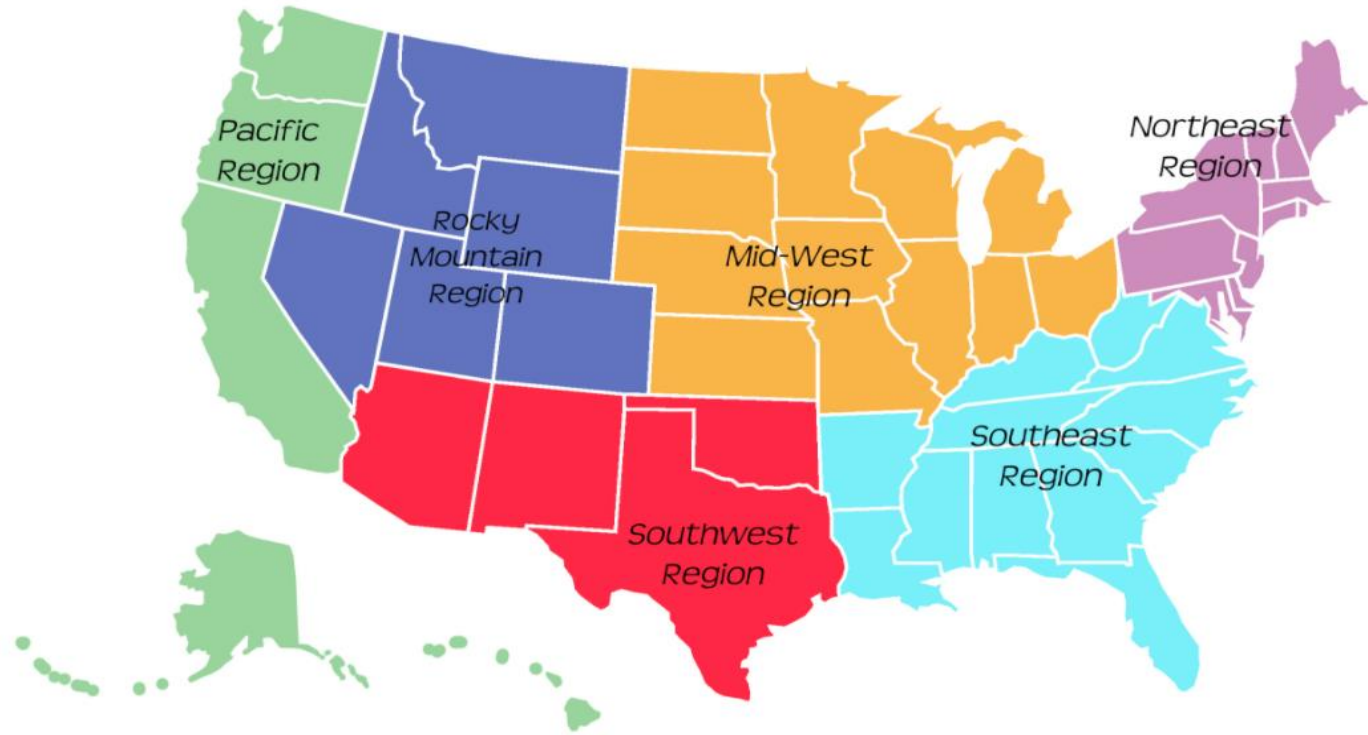
Northeast Region - known for seafood!



Lobster Roll: A popular food from the state of Maine. Has lettuce and is made like potato salad! Maine supplies 90% of the country's lobster!



New England Clam Chowder: A popular soup made from seafood (mostly clams), potatoes, and cream-based broth.



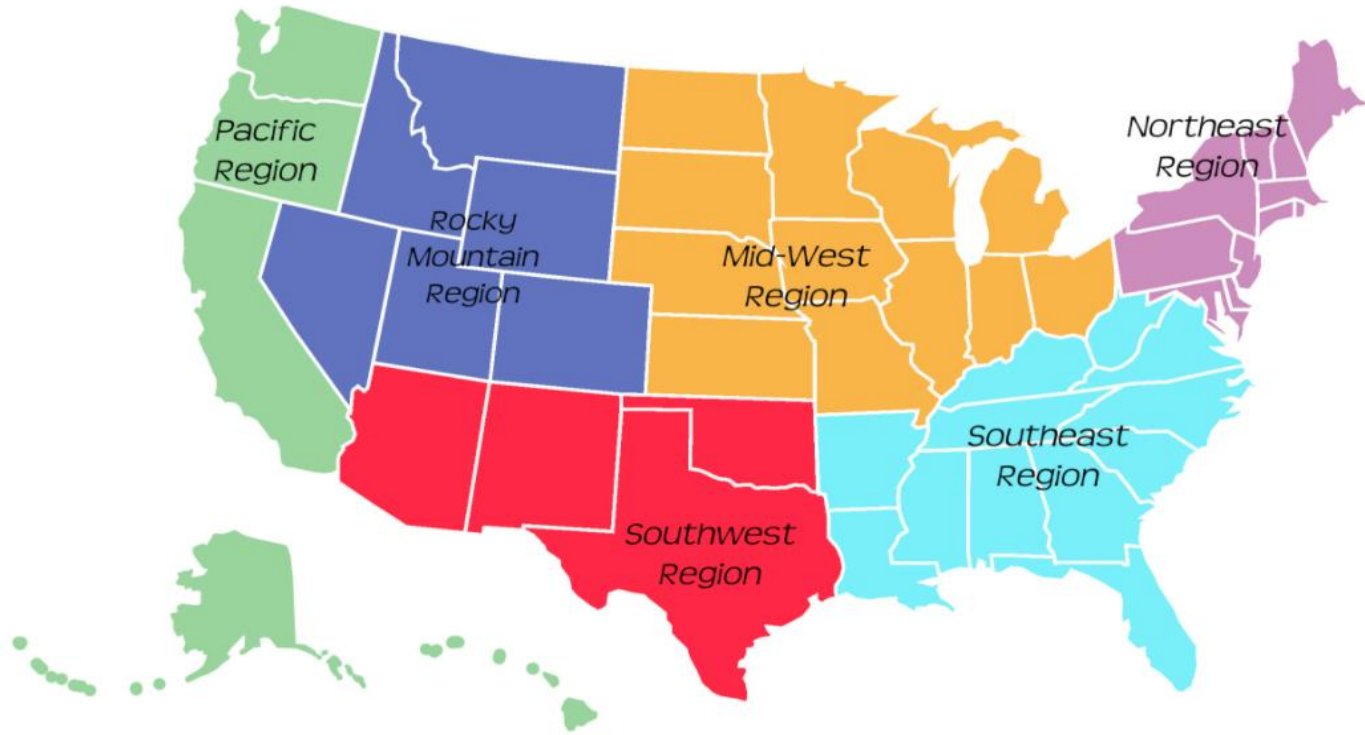
Southeast Region - “Soul Food”



Fried Chicken



Biscuits and Sausage Gravy: The biscuits are made from flour and the gravy is made with milk, sausage, and flour.



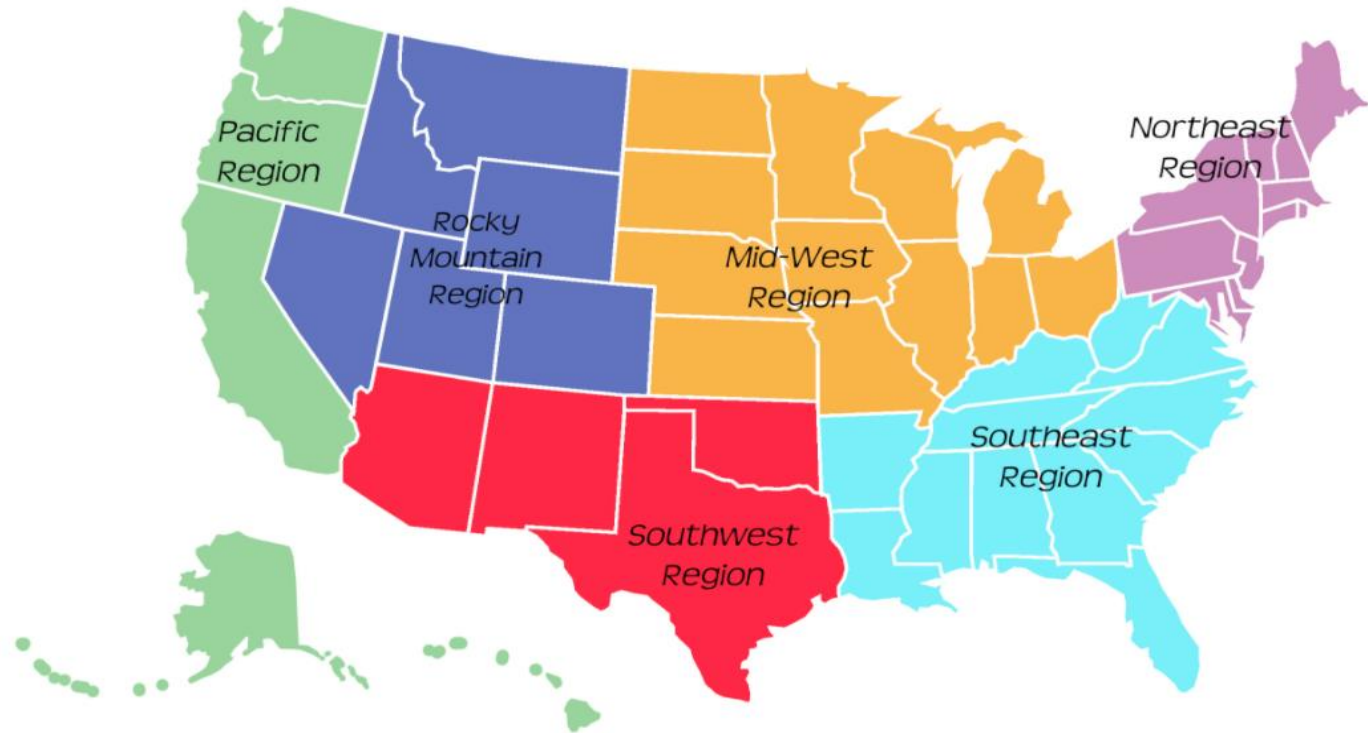
Midwest Region - "All American"



Barbecue Ribs: The Barbecue sauce is made from tomatoes and spices. Cooked on a grill. The meat is pork.



Corn Dogs: A hot dog is skewered and fried in cornmeal batter.



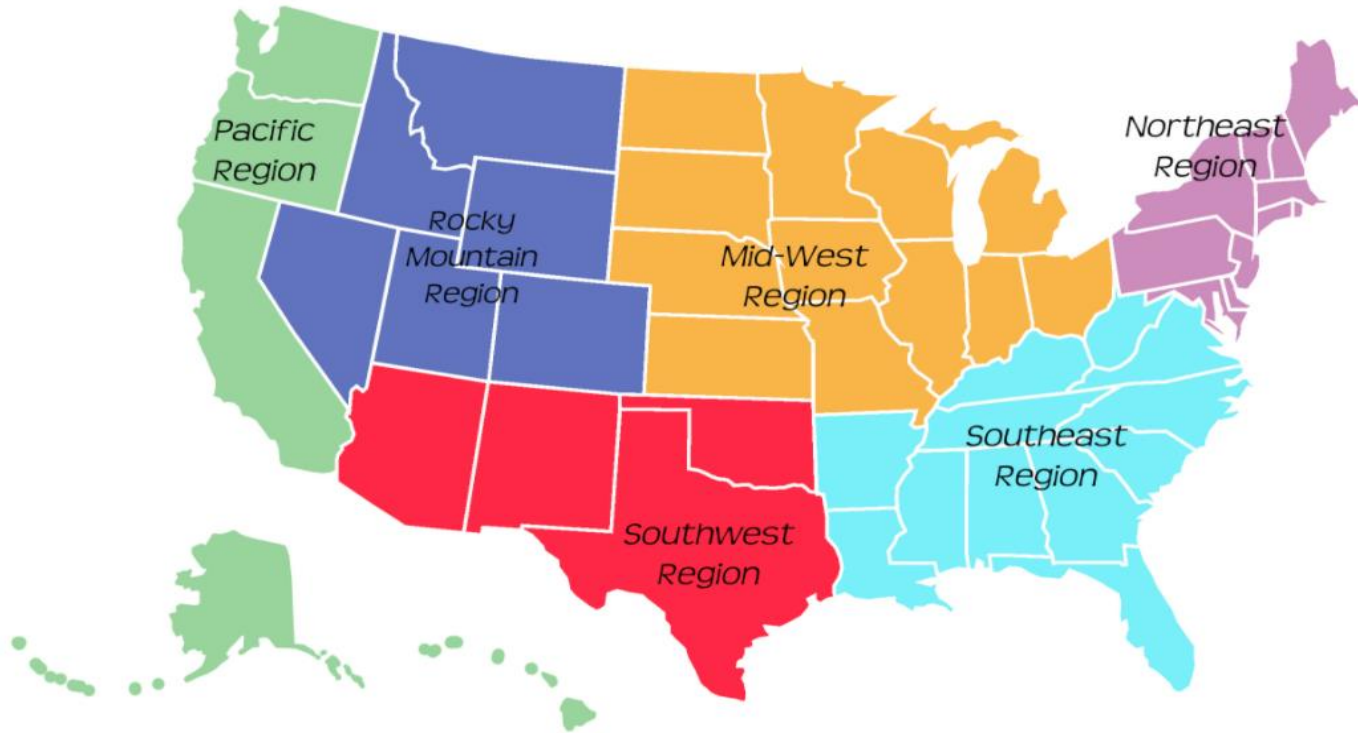
Rocky Mountain Region - "The farm-to-table cuisine"



American Chop Suey: It is made with elbow macaroni, ground beef, vegetables, and tomato sauce



Stuffed Peppers: Meat, cheese, tomatoes, corn, and rice are put into a bell pepper. Then it is baked in the oven



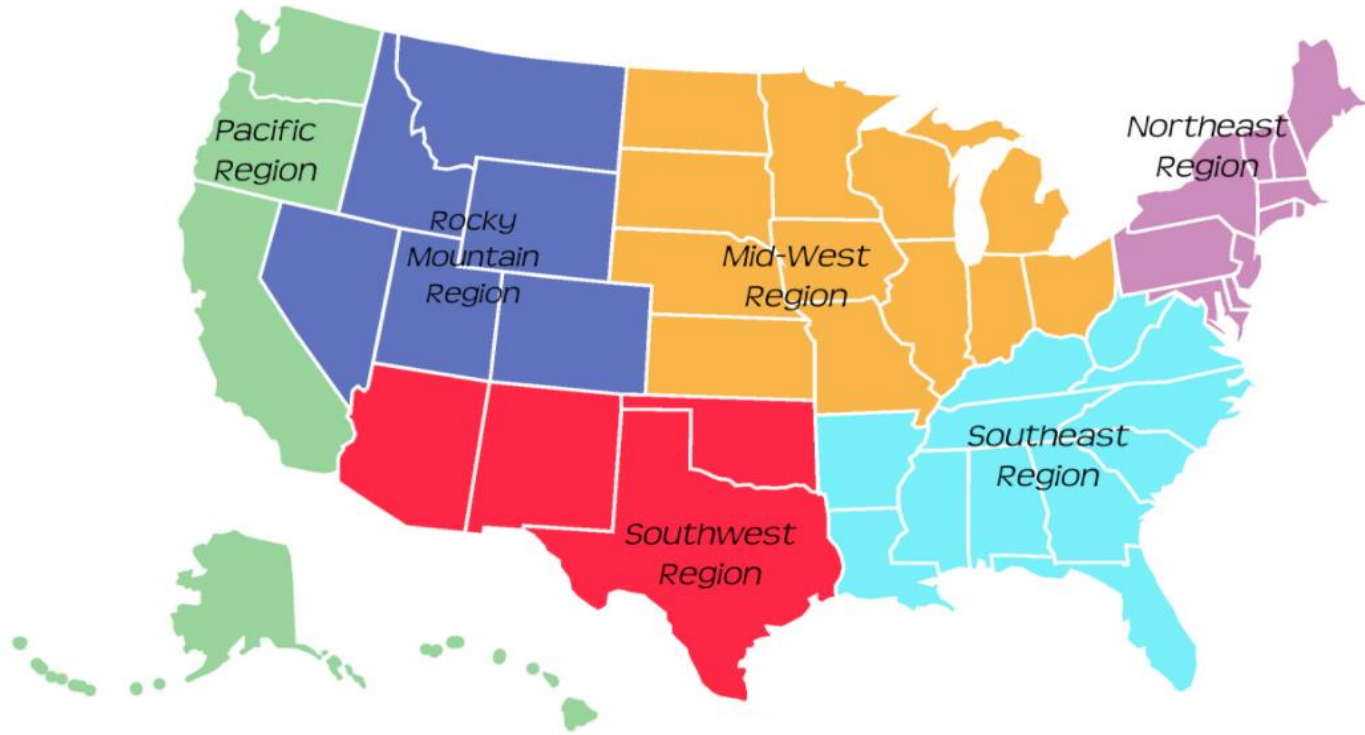
Southwest Region - Mexican cuisine influences



Fajitas: Usually meat or seafood, grilled bell peppers and other vegetables are put in a tortilla.



Burritos: Usually meat, beans, vegetables, and rice are rolled into a flour tortilla.



Pacific Region - “Influenced by Asian and Native Americans”



Salmon: Most of the Salmon in America comes from this region. You can find it on almost any menu or any homemade cooked meal.



Wild Huckleberry pie: A pie made from Huckleberry fruit

Fast Food!!!



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- Fast food companies made 199 billion USD in 2014 (4.78 trillion CZK).
 - Americans eat fast food an average of 4 to 5 times a week.
 - The most popular fast food restaurant is McDonalds.



Food Issues!!!



- * In 2014, Congress declared that pizza is a vegetable!
- * One American drink has 35 teaspoons of sugar when you shouldn't have more than 9 teaspoons a day!

Obesity in America!



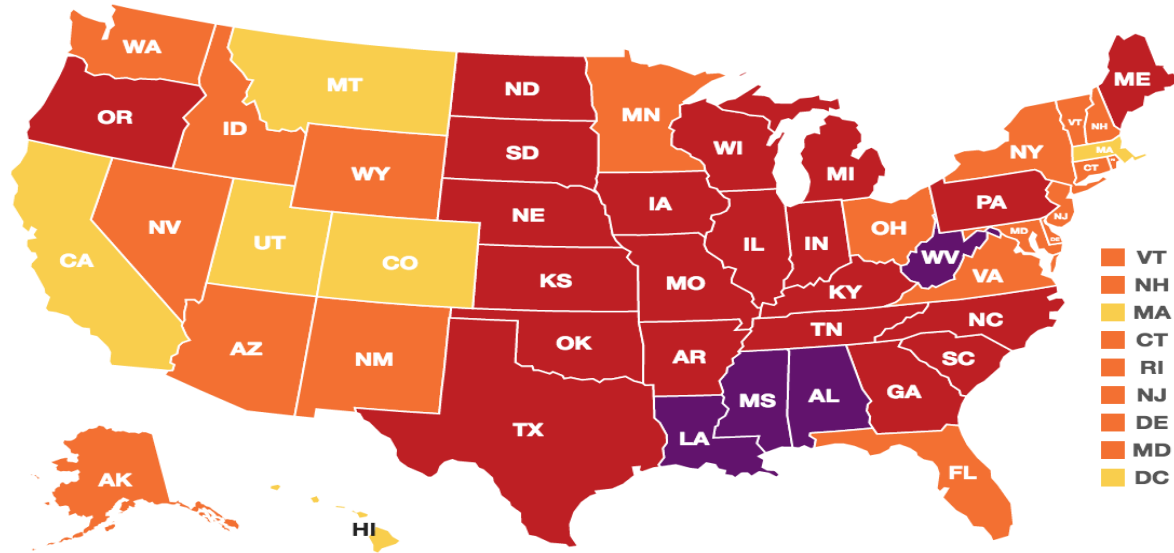
- More than $\frac{1}{3}$ (33%) of U.S. adults are obese.
- Within the last 30 years, obesity has more than doubled (x2) in children, and quadrupled (x4) in adolescents.
- The poor and less educated are more likely to be obese.
- Worldwide the rate of obesity has tripled (x3) since 1975.

Obesity in American (2016)



Percent of obese adults (Body Mass Index of 30+)

0 - 9.9% 10 - 14.9% 15 - 19.9% 20 - 24.9% 25 - 29.9% 30 - 34.9% 35%+

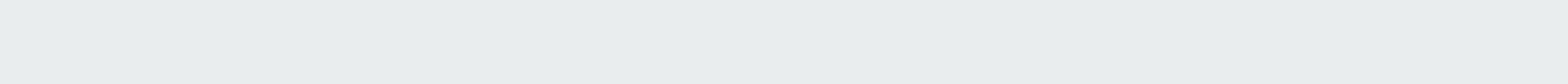


● All States ● West ● Midwest ● South ● Northeast



Obesity in the Czech Republic!

- The CR is considered the fattest country in Europe!!!
- According to the Food and Agricultural Organization of the UN, in 2013, the CZ had the highest rate of adult obesity in Europe (28.7%).
- By 2030, 37% of Czech women are expected to be obese; up from 23% in 2010. 36% for men; up from 22% in 2010





QUESTIONS?

Homework!!! (Write in paragraphs please)!

Tell me about the foods by region in the Czech Republic!

- You can't pick the Zlin Region or Prague!
- What influences the cuisine in the region that you picked?
- What are some popular foods and dishes in the region?
- Talk about a popular recipe.
 - What are the ingredients?
 - How is it made?
 - During what events is this food eaten?





Activity! Discussion!

- 1) Did any of the American regional dishes surprise you? Why?
- 2) Which American regional cuisine was your favorite? Why?
- 3) What are some traditional Slovak foods? Are there any special regional foods?
- 4) Why do you think there is an obesity problem in the Czech Republic when Czech people do not eat as much fast food as Americans?
- 5) Do you think people in the Slovak Republic have healthy eating habits? Why?
- 6) What do you think you can add to food education to encourage other people to be healthy eater?