

Meals in Ukraine

- I. 1. We, Ukrainians, like to eat a lot of good tasty food cooked of fresh products.
 2. Since the old time Ukrainian-national cooking is famous for many of tasty and useful dishes.
 3. Ukrainian women like to cook and many of them are real masters in preparing food and drinks.
 4. Soup is an essential dinner dish.
 5. The most popular traditional types of soups are borshch, kapustniak, yushka, milk soup, noodle soup, chicken broth.
 6. There are many fish dishes in Ukrainian cooking because the country has many lakes, rivers and seas.
 7. Many dishes are cooked of flour-varenyks, halushkas, pancakes.
 8. Baking is very popular all over the country.
- II 9. The usual meals of Ukrainian people are breakfast, lunch, dinner and supper.
10. Nowadays many people have meals at canteens or cafes.
 11. Breakfast is the First meal of the day, and we usually have it about 8 o'clock in the morning.
 12. Breakfast usually consists of cup of tea, coffee or milk, some sandwiches, boiled or fried eggs.
 13. For a change we can have cold ham or porridge with milk or cream, and sugar.
 14. Lunch is a light meal usually in the middle of the day.
 15. Lunch usually a cold meal with cold meat sausage or fish, potaoes and vegetables, then coffee or tea with cakes.
 15. Dinner is the chief and the most substantial meal of the day.
 16. Appetizer opens the dinner-it is vegetable salad, pickles, herring, smoked fish.
 17. For the first course we can have Chicken broth, noodle soup, vegetable soup, cabbage soup, pea soup and Ukrainian borshch.
 18. For the second course you may enjoy eating mashed or fried potatoes with roast chicken or meat; for a change you may have buckwheat porridge or macaroni with chops or cutlets followed by dessert.
 19. Dessert is a course of pastry, cakes, pies, biscuits, various home-made tarts (apple tarts, plum tarts, jam tarts)
 20. In the evening we usually have an omelette or saussages, sometimes bacon and eggs and sometimes just bread and cheese, a cup of cocoa or tea with lemon or coffe and jam.