Seq 03: Healthy food and table manners

Algerian meals and mealtimes

Dear Mark,
Thanks you for informing me about the British mealtimes. It's my turn to give you information about Algerian mealtimes.
Unlike the British, the Algerians don't eat more than three meals a day. First, they have breakfast when they get up, usually at 7 o'clock .It's made of bread; jam butter, and white coffee. Next they have lunch at around 12.This is the biggest meal time of the day .Dinner is in the evening at about 20:00.
I hope you have now some information about Algerians meal times.

Yours faithfully
Ahmed

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English meals and mealtimes

Hi, Samir!

I am really happy to tell you about food in my country. So, in England we have three main meals a day.

Breakfast is between (7:00 and 9:00).The traditional English breakfast is called the Full English breakfast. It's usually bacon, eggs, sausages, tomatoes and toast. Lunch is between (12:00 and 1:30 pm). It's often a light meal of soup, sandwiches and a salad. Most of children have their lunch at school. Dinner - the main meal – is eaten any time between (6:30 and 8:00 pm). It's the evening meal. A traditional dinner is meat or fish with potatoes and vegetables. After that, some people have pudding, fruits, chocolate cake or an apple pie as a dessert.

On Sundays, the main meal of the day is often eaten at midday instead of the evening. It's usually a roast dinner consisting of roast beef, Yorkshire pudding and two kinds of vegetables. We eat most of our food with cutlery (forks, spoons and knives). We pay a lot of attention to good table manners. Even young children have to eat properly with a knife and a fork.

What about your country? Could you tell me about your eating habits and table manners especially during the fasting month (Ramadan)?

Waiting to hear from you soon,

Best regards.
Paul

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Healthy Food (01)

Healthy food is good for you. You need it for shiny hair and strong bones. You need it so you can grow tall and feel good. The best part about healthy food is that it is tasty! You can find grains in bread, rice, and oatmeal. You should eat four servings of grains every day. Milk, cheese, and yogurt are also important. These will give you strong bones. Meat, beans, fish, and nuts give your body iron and protein. You can also eat an egg or some peanut butter to help keep your body healthy. Fruit and vegetables are good to eat. Eat many kinds each week. Chips and cookies are tasty, but eat only a few at a time. When you eat healthy food, your body will thank you!

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Healthy food (02)

It's important for people to eat as much as they need to give them energy. If they eat too little food or the wrong food they won't have enough energy. If they eat too much, they will need to make more exercise; otherwise they will put on weight. When we eat the correct quantity of food for the exercise we take, we call this the energy balance.

Fat is very high in calories, and so is no help at all in keeping energy balance. Fat has also been linked with heart disease, and many experts believe that eating less would help to reduce it.

*Sugar isn't good for the energy balance either. The only value of the diet is to provide energy, and you can get **that** from other foods. There's no doubt that too much sugar makes you fat and it doesn't do your teeth much good either.*

*Fibre, on the other hand is something that we eat too little of. One of the simplest ways of eating more fibre is to eat more bread, particularly whole meal, granary, or high fibre bread .It's a good, cheap source of fibre and nutrients without too many calories .Potatoes are good, too. Like bread, they are underrated, but they're excellent for filling you up without making you fat, especially if you don't cover **them** with butter or fry them in fat.*

So eat less fatty food (sweets, chocolate, cakes pudding, jam) and eat more fibre foods (bread, potatoes, pasta, fresh fruit and vegetables).

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Table manners in Islam

Muslims are required to follow the example of the prophet Muhamed (prayers and peace upon him) because he is the best example for this Ummah.

When we eat , we must mention Allah's name and eat with the right hand. We shouldn't drink standing. Muslims mustn't breathe or blow into a vessel. They should eat from what's next to them.

We should not criticize food . We shouldn't speak while eating .We must take small bites only and keep our mouths closed.

While finishing eating , Muslims must praise Allah, wipe their mouths with a napkin and wash their hands to keep healthy.

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Recipe (Dolma Batata)

During the month of Ramadhan, Algerians prepare Dolma Batata. You like it, don't you ?

To prepare it, you need 500g of potatoes, 500g of meat, chickpeas, 30g of minced meat, salt, black pepper, 2 onions and 1/2 a liter of water.

Now, to make Dolma Batata, it's easy. First, prepare the sauce with pieces of meat, 1 onion, 3 tablespoons of oil. Brown spices

of simmer with 1/2 a litre of water. Then, peel, empty and wash the potatoes. Next, prepare the stuff with minced meat, salt, black pepper, 1 onion and parsley. After that, fill in the emptied potatoes with the mixture. Finally, put the potatoes in the sauce. Cook for 30 minutes. Serve with slices of lemon.

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Agony letter (Advice to keep healthy)

Dear Nacer,

Thank you for your email and I am sorry for your problem. You should follow these pieces of advice and you will be better.

First, you must practise sport as much as you can since diet cannot be effective alone. For instance you can try jogging every morning. It's very useful for your body.

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For breakfast, *you should have milk, cheese orange juice.* ***For lunch,*** *you should eat salad (lettuce, tomatoes, olive oil) and grilled turkey escalope) or you should have boiled eggs with chicken leg and some fruit juice as a drink.* ***For dinner,*** *you should eat vegetables soup as a starter, and grilled fish as a main menu. To finish, you should have an apple or a cup of juice.*
You should also practise sports (weight lifting, jogging or walking) .
With all my best wishes,

Agony Aunt

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Ramadan

Ramadan is the ninth month of the Islamic calendar.It is the month of fasting. Muslims mustn't eat or drink from sunrise to sunset. They are also supposed to avoid bad behavior. Fasting in Ramadan is compulsory on all physically and mentally, healthy and mature Muslims. Those exempted from fasting are the sick, old, pregnant and travellers.

During Ramadan, two main meals are served: suhoor, which is served before dawn, and iftar, which is served after sunset.

In Algeria, we usually follow the prophetic habit (Sunna) of breaking the fast with dates and milk. A typical Algerian table is composed of chorba or hrira (Algerian soups), bourek, sweet prune and raisins tajine, Algerian bread, a main meat dish and a variety of fresh fruits.

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Food waste in Ramadan

For the coming few months, Muslims will welcome the holy month of Ramadan, also known as the month of Quran, to carry out their duty of family.

This month is blessed for many reasons. Besides performing fastening, Muslims have the opportunity to obtain rewards for other deeds, such as helping others, sharing food with others and avoiding food wastage. But unfortunately, some of our poor attitudes and habits may spoil the prospect of attaining Allah's blessings. One of these bad habits is food wasting.We throw large amounts of food in Ramadan more than the average month.

In Islam, there are many verses in the Quran and numerous habits on eating and matters associated with it. Food is seen as not only to fulfil one's need or hunger, but also as something that benefits our physical, mental and emotional well being. Wastage of food is a sin and violation of the concepts of Ramadan. The act of throwing away food during Ramadan is a complete contradiction to the philosophy behind fastening.

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