

# AMERICAN FOOD



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# WHAT IS AMERICAN FOOD?



# THE STORY ABOUT THE DOUGHNUTS



# FAST FOOD AND IT'S RESTAURANTS



# B.GOOD

In 2002, b. good was established. Two best friends started a business together around a simple idea - to make fast-food "real", made by people, not factories.



# SUBWAY

The first store  
was opened in  
Bridgeport in  
August 1965



# WOODMAN'S

Woodman's was founded in 1914, during the war. But they became famous in 1916, when they invented fried clams, and their new delicacy - clams with cornmeal fried. According to Forbes FYI Magazine - This is the best seafood restaurant in America. Woodman's maintains the tradition of the Yankees more than 95 years.



# FLOUR BAKERY

Flour offers baked goods for breakfast, great homemade cookies, luscious cakes, birthday cakes, sandwiches, soups and salads. Flour bakery - it's great food, good service, warm atmosphere, heady aroma.





## AMERICAN BREAKFAST

American breakfast  
- it's fried or scrambled  
eggs with bacon, ham ,  
sausages and chips.  
Besides eggs will only  
corn flakes, sometimes  
oatmeal .



# LUNCH

Lunch (from 12 to 14 hours) The standard version of lunch is a soup + burger ( cheeseburger mamaburger , papaburger etc.). Very common lunch order by phone . Usually it is used in offices. This can be Japanese, Chinese , and any other cuisine .



## AMERICAN-STYLE DINNER

American-style dinner is similar to our lunch - soups , second meal , salads , etc.



## DRINKS

Americans joke that they drink only one drink . When it is hot it is called coffee , and when it is cold - Coca-Cola .



# TYPICAL DISHES AND DRINKS

- Ice-cream, steak , hot dog , French fries (chips) hamburger, grilled chicken, apple pie.

*Coca-Cola*

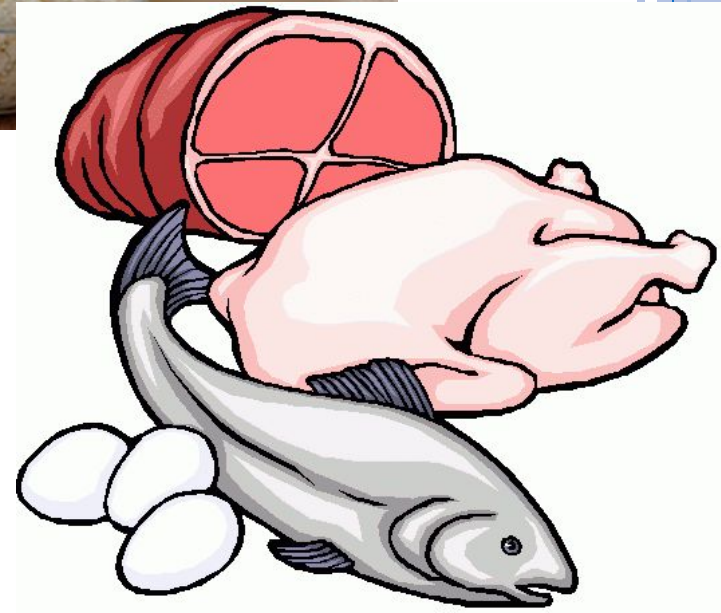




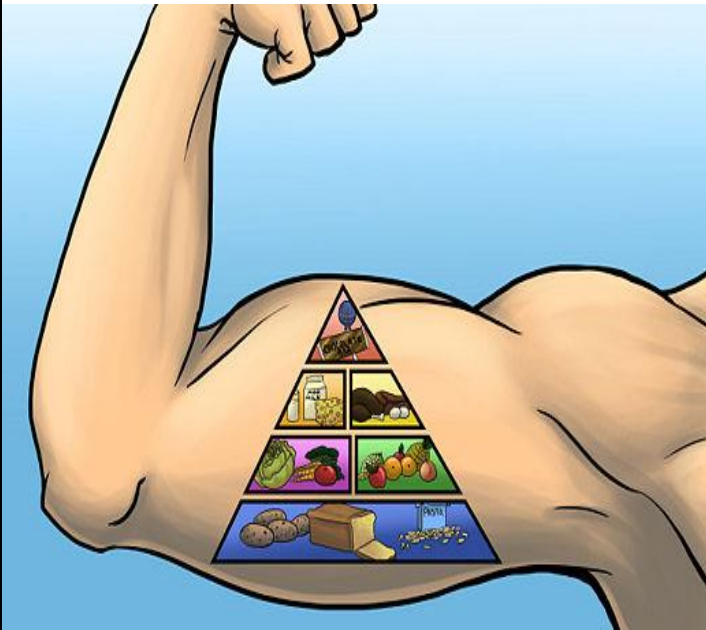
## HEALTHFUL EATING HABITS

Every day eat

- ❑ Bread and butter,
- ❑ Milk and cheese,
- ❑ Meat and eggs,
- ❑ Vegetables,
- ❑ Fruits, and a vitamin C food.



Every living creature must eat to live, and Ox as we all know can do very nicely on nothing but grass. There are other creatures on this Earth that require the diet of meat and only meat, while still others prefer vegetables and fruit, always the same food. Well, that's all right for them because they only need one type of food. But man needs a variety of foods to be healthy. Animal foods are muscle builders. Vegetables and fruits build sound bones and teeth. And grains and roots give energy. And the combination of all three builds resistance against disease.





WHITE

Immune Support



GREEN

Detoxification



YELLOW

Beauty



# EATING COLORS FOR HEALTH

source: INTEGRATIVE NUTRITION



ORANGE

Cancer Prevention



RED

Heart Health



PURPLE

Longevity

