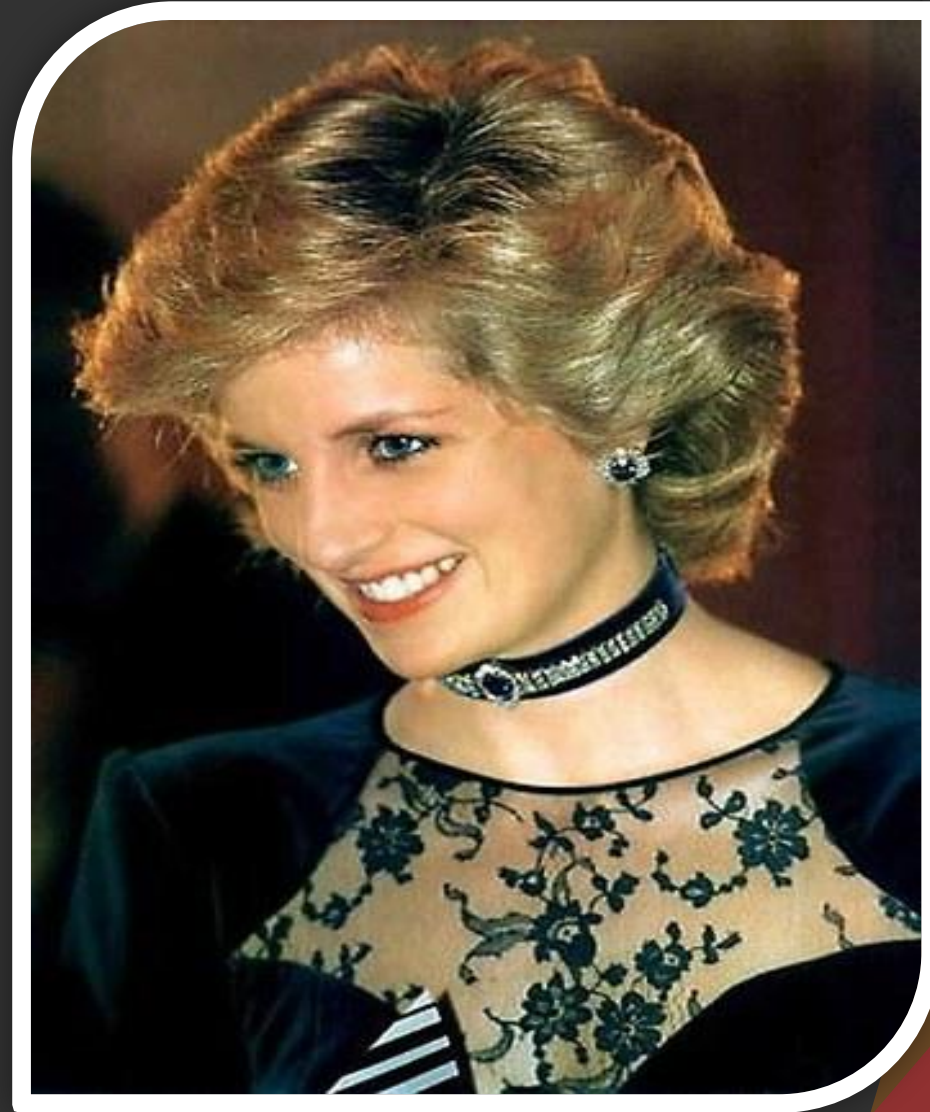


Food 80's of the 20 th century

presentation is performed by Komar Sophia

Famous people of this period

- ▶ Princess Diana
(1961-1997)



Famous people of this period

- ▶ John Lennon (1940-1980), musician, member of The Beatles



Characteristic of the way of people's life of this period

In this period most people didn't think about their health. Lived to work and didn't work to live.

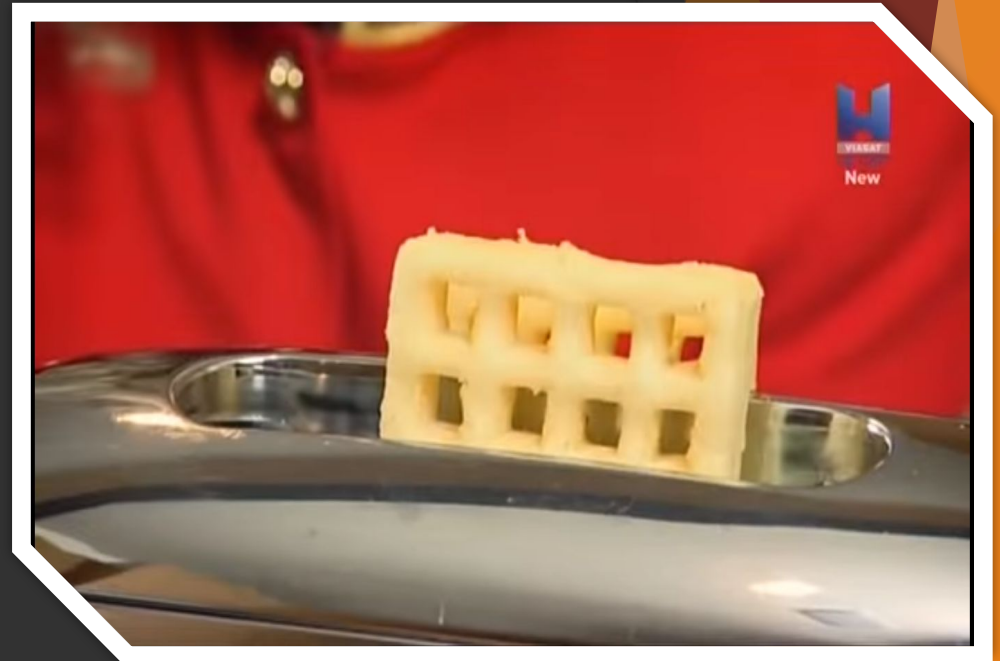
In the morning before work they drank a lot of coffee, and in the evening after-alcoholic drinks.



Breakfast

he was very fast «from scratch»
because there was not enough
time due to work

- filter coffee
- freshly squeezed juice
- potato waffles





Madhur Jaffrey' s Indian dinner

80's became the era of the heyday of Indian chef Madhur Jaffrey who taught to cook real delicious food with spices.

Composition:

- ❑ **spicy baked chicken**
- ❑ **pork vindaloo**
- ❑ **spiced auberigine**
- ❑ **steamed rice**

**washed down with European
beer, which then was popular**



Tory lunch

- ▶ Shepherd's pie
- ▶ Champagne
- ▶ Green beans



Dessert

- ▶ Panoffee pie
- ▶ Dessert wine «Muscat de Beaumes de Venise»



Microwave dinner



A special set of foods that need to be cooked in a microwave

For example:

- ✓ Sour sweet chicken with rice
- ✓ Chicken chow mein

And wine with this food.



80's popular diet

Basis of diet:

you can only eat low-fat
and high fiber foods

For example:

- ❖ Baked legumes
- ❖ Dried plums and
bananas





Lunch

First course:

Piedmontese peppers

Second course:

Steak with pepper

Wine





Conclusion

Food of this period has a very negative impact on health, because people drink a lot of coffee and alcohol drinks. They eat fatty and spicy food.