**Belarusian national cuisine**

Every nation has its own national cuisine. It is part of the culture and traditions of any country and its people. Modern Belarusian cookery is based on old national traditions which have passed a long historical evolution/ development and of course we have our own traditional dishes, such as beetroot soup (borshch), cabbage soup (shchy), kholodnik or okroshka for the first dish. Then potato pancakes (draniki) or kolduni. There are also such famous Belarusian dishes as machanka (a traditional Belarusian sauce for blini or draniki), stuffed cabbage (голубцы), baked grated potato pie (babka).

Traditionally Belarusian people have three meals a day: breakfast, lunch and dinner. Breakfast is served in the morning. I think nowadays, Belarusian most popular breakfast consists of cereal or sandwiches with ham, sausage, cheese or jam and tea or coffee. Most people have no time to go back home for lunch so they take food with them when they go to work or visit cafes. The main meal is dinner, which is usually between 6 and 7 p.m. A typical evening meal is a meat dish such as gravy, cutlets or pork chops with mashed potato, pasta, rice or buck-wheat (гречка). Belarusian people also drink a lot of tea or coffee with different sweet things.

My family prefers to have meals at home. I can/ cannot cook very well and/ but Ibn always help my mother in the kitchen. For breakfast we usually have porridge, scrambled eggs, tea with sweet things. I am a student and spend a lot of time at school, so I have my lunch at the school canteen. When I don’t want to eat in the canteen I take some tasty things with. They can be fruits, a bun or a sandwich.

Of course, I enjoy my meal at home with my family on Saturdays and Sundays. These days we try to cook something special and beloved by all: potato pancakes, pizza, homemade ravioli, soup and so on. We like gathering at the table together and sharing our plans for next week.

As for the holiday table, we also have our own family preferences: fried chicken, Russian salad and crab salad, homemade cake and others. Thus eating habits in our family are the most common, but of course we try to eat healthy food.