

Meals Meals are made up of foods that vary according to the time of day and the part of the world in which they are consumed. Most foods belong to the principal food groups, like fruits and vegetables, cereal products or dairy products. Because each type of food provides different nutritional elements to the body, a varied diet is the key to staying healthy.



pizza



hot dog



chips



hamburger



sandwich



samosa



sushi



bunny chow



chicken burger

fried chicken

crumbed



vetkoek



Breakfast
bacon and eggs
muesli and yoghurt



Lunch
noodles
spaghetti



pasta

Supper

Starter
soup



Main course

steak
salad
fish
stir-fried vegetables



Dessert
ice cream

lasagne



calamari



fish and chips



walkies



pap and wors



gravy

porridge

mopane worms



beans



samp



stir-fried vegetables

curry and rice



biryani



waterblommetjebredie



bobotie



tripe



offal

potjiekos



salad



mealie

meat

heat

grill

braaivleis

grid

