

In order to perform well in life, our body needs energy. We get this energy from the food we eat. Without food, there will be no life. In today's world, there are so many dishes available worldwide. Food comes in a wide variety all around the world. Dosa, Paneer, Naan, Chapati, Biryani and more Indian delicacies are available. We are also offered western cuisines such as noodles, pasta, burgers, fries, pizzas and more dominating the food industry. In my favourite food essay, I will tell you about the food I like eating the most. Even though my favourite food is a burger, I enjoy other foods as well like Pizza and Pasta. However, I feel when it comes to eating daily, nothing beats homemade food. The food we eat daily is what helps us gain energy. We cannot eat our favourite food daily as it will become boring then, but our staple food is something we enjoy eating on an everyday basis. I love eating a burger which is filled with cheese and vegetables. The more vegetables you add, the better it tastes. My personal favourite is lettuce. It gives the burger the right amount of freshness and crunchiness. I always eat my burger with ketchup. Most importantly, the thing I love about eating burger is that I get to eat French fries along with them. They work as a great side to dish and also make my stomach full.

My favourite food is pasta. Pasta is an Italian dish and healthy food. According to the legend, the Venetian merchant Marco Polo brought pasta to Europe from his trip to China. However, historians refute this version of the appearance of pasta. Pasta with cheese and cream sauce is very tasty and popular. Pasta is considered a source of complex carbohydrates. They gradually release energy and ensure stable digestion. The body receives folic acid, proteins with dietary fibers. Fiber improves glucose tolerance, accelerates digestion, minimizes cholesterol levels and increases insulin sensitivity. The classic recipe for Alfredo pasta is super simple. In fact, it's pasta with fatty cream (40%) and young parmesan. To thicken the sauce, the cream is boiled a little and seasoned with grated cheese. From all the variety of pasta, it's better to choose fettuccine these are long ribbons that are sold in the form of nests. To get a full-fledged hearty dish, add fried chicken breast to the classic Alfredo pasta. Simple, tasty and at the same time exquisite.

Hi Dina! How are you? I will help you from the English language. I advise you to choose a Kazakh athlete. Gennady Golovkin is Kazakh athlete who has achieved great success. Golovkin is known as a powerful and technical puncher, winning most of his fights ahead of schedule. He won 23 consecutive knockout victories over 9 years from November 22, 2008 to March 18, 2014. Repeated Bernard Hopkins' record for the number of world Middle weight title defenses, holding 20 successful fights. In 2010, Golovkin won the WBA interim middleweight title by defeating Milton Nurez. The WBA elevated him to Regular champion status in the same year. He won the IBO title the following year. In 2014, Golovkin was elevated to the status of WBA champion and successfully defended both his titles against Daniel Beale. Later that year he defeated Marco Antonio Rubio to win WBC interim middleweight title, and defeated David Lemieux for the IBF middleweight title in 2015. After Canelo Alvarez vacated his WBC middleweight title in 2016, Golovkin was elevated to full champion and held three of the four major world titles in boxing. Golovkin lost all his titles, including his undefeated record, following a loss to Alvarez in 2018. He regained his IBF and IBO titles by defeating Sergiy Peremyanchenko in 2019, and regained his WBA title by defeating Ryota Murata in 2022. November 22, 2008 to March 18, 2014. Repeated Bernard Hopkins' record for the number of world Middle weight title defenses, holding 20 successful fights, I think think this information will help you. Good bye!

- 1) 1. The Amundsen's ship name is Fram
2. Amundsen travelled quickly on sleds pulled by dogs
3. He found a Norwegian flag and understood
4. Amundsen and his team
5. Scott and all his team died on the journey

2. Writing

1. For breakfast we eat porridge with fruits for lunch we eat dumplings
for a snack we eat fruits and vegetables for dinner we eat soups.

1. First of all the guests of Kazakhstan family regaled with kumiss (the drink based on mare milk), Shubat or airon, next meal was tea with milk of cream, boursaks, raisins, irimshuk, kute. Then the guests were tasting horse flesh or mutton snacks - kazi' Shuzhuk, Zhai Zhaya, Su-er, kara, kabirg. Wheat flour cookies were very common to

2. The main meal of every dastarhan and one of the most delicious for Kazakh people was Kazakh style cooked meat. Boiled meat was served in large uncut pieces. The host was cutting

3. As far as I am concerned the three meals in the day are breakfast, dinner tea, as they always have been. Breakfast, whatever time you get up and consists of whatever you fancy on the day. Dinner, about 15:00 ish, sandwich, bowl of soup, kuse / cheese or toast, beans on toast or whatever you fancy as a snack