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Eating in Bahrain

By Ghada al-mawlini

In the past, people in Bahrain used to eat a lot of fish, rice and dates. The food was cheap and healthy as well.

Now, eating habits have changed a lot. Dates and yoghurt are not important for Bahraini's meals. Also they have many varieties of food to have a meal in them. People now do not have to eat at home every day. They can go to restaurants or take their meal and eat it in a garden. When we go to supermarkets we can find many kinds of food like Indian fruit, American vegetables and English cheese. However, some Bahraini people like international food and traditional dishes at the same time.

All in all, there are many good eating habits in Bahrain. People are eating a lot of healthy food like fish, fruits and vegetables. Also many of them are eating with their family. But there are some bad eating habits like eating a lot of rice and eat out a lot in the restaurants.