

Kapittel 4

4.1.1

Nordmenn og mat

I Norge er det vanlig å spise frokost. Mange spiser ei eller to skiver brød med smør og pålegg. Pålegget kan bestå av ost, skinke, leverpostei, kaviar, eller forskjellige typer syltetøy. Det vokser mye bær og en god del frukt i Norge, så det finnes et stort utvalg av syltetøy. Jordbær og bringebær er de mest vanlige, men man kan for eksempel få syltetøy av epler, plommer, kirsebær og blåbær.

Nordmenn har en tradisjon for å ta matpakke med seg på jobben, selv om dette ikke er så vanlig lenger. Denne matpakken består av brødskiver med pålegg. I tillegg har mange med seg frukt, for eksempel et eple, ei pære, en banan eller en appelsin.

Etter jobb spiser man middag. Dette er varm mat. Tradisjonelt består denne maten av poteter, grønnsaker, fisk eller kjøtt. Da har man ofte spist kokt torsk, fiskekaker, kjøttkaker eller oksestek. Nå er det mer vanlig med utenlandsk mat. Da spiser mange for eksempel pizza, lasagne, taco eller pasta.

Nordmenn spiser også kveldsmat. Det består også av brød med pålegg. Ja, nordmenn spiser mye brød, det er sant. Men de spiser på langt nær så mye frukt og grønnsaker som de burde gjøre.

4.1.2

Translation:

Norwegians and food

In Norway it is common to have breakfast. Many eat one or two slices of bread with butter and toppings. The toppings may consist of cheese, ham, liver pâté, caviar, or different types of jams. A lot of berries and fruit grow in Norway, so there is a large selection of jams. Strawberries and raspberries are the most common, but you can, for example, get jams of apples, plums, cherries and blueberries.

Norwegians have a tradition of taking a packed lunch with them to work, although this is not so common anymore. This food package consists of slices bread with toppings. In addition, many bring fruit, such as an apple, a pear, a banana or an orange.

After work, one eats dinner. This is a hot meal. Traditionally, this food consists of potatoes, vegetables, fish or meat. Then one often has boiled cod, fish cakes (similar to meatball made out of fish), meatballs or beef steak. Now it is more common with foreign food. Many people eat pizza, lasagne, taco or pasta for example.

Norwegians also eat an evening meal. This also consists of bread with toppings. Yes, Norwegians eat a lot of bread, that's true. But they eat far from as much fruit and vegetables as they ought to do.

4.1.3

Nye ord:

en appelsin = an orange

av = of, off

en banan = a banana

å bestå av = to consist of

ei blåbær = a blueberry

ei bringebær = a raspberry

Et brød = a loaf of bread, bread

ei brødslice = a slice of bread

å burde = ought to

ei bær = a berry

et eple = an apple

da = then

denne = this (m/f); dette (n)

det er sant = it's true

det finnes = there is/are

en fisk = a fish

ei fiskekake = fried fish (like a meatball made of fish)

en god del = great deal of, much

for eksempel = for example

forskjellig = different; forskjellige = different (plural)

en frokost = a breakfast

en frukt = a fruit

å gjøre = to do

en grønnsak = a vegetable

ja = yes

ei jordbær = a strawberry

kan = can

kjøtt = meat (neuter)

å kunne = to be able to; to know (when it comes to knowledge)

kaviar = caviar

ei kirsebær = a cherry

ei kjøtt kake = meatball, flat and bigger than a regular meatball

en lasagne = a lasagna

en leverpostei = a liverpaté

en lunsj = a lunch

man = one; you; anyone

mange = many

mat = food; maten = the food

en matpakke = packed lunch

men = but

en middag = dinner

nei = no

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kveldsmat = evening meal
mer = more
mest = most
mye = much
også = also
ei oksesteik = beef steak
en ost = a cheese
pasta = pasta (masculine)
en pizza = a pizza
en plomme = a plum
ei pære = a pear
på langt nær = not nearly, far from
pålegg = toppings
sant = true
selv om = even if
ei skinke = a ham
ei skive = a slice
som = as, that
stor = big, great; stort (in neuter)
smør = butter; smøret = the butter
å spise = to eat
et syltetøy = a jam (of fruit or berries)
å ta = to take
å ta med seg = to bring with oneself
en taco = a taco
en torsk = a cod
en tradisjon = a tradition
en type = a type: typer = types
utenlandsk = foreign
et utvalg = a selection
vanlig = common
varm = warm
å vokse = to grow

4.2.1

Uttrykk = Expressions

Har du lyst på noe å spise eller drikke? Do you want something to eat or drink?

Er du sulten? Are you hungry?

Ja, jeg er sulten. Yes, I'm hungry.

Nei, jeg er ikke sulten. No, I'm not hungry.

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Er du fysen? Are you peckish?

Er du tørst? Are you thirsty?

Ja, takk, gjerne. Yes, thank you, I'd like that.

Nei, takk. No, thank you.

Vil du ha en kopp kaffe? Do you want a cup of coffee?

Nei, takk, jeg drikker ikke kaffe. No, thank you, I don't drink coffee.

Har du lyst på ei brødslice? Do you want a slice of bread?

Ja, takk. Det hadde vært godt. Yes, that would be good.

Nei, takk, jeg er ikke sulten. No, I'm not hungry.

Hva vil du ha på? What do you want on it (what kind of topping on the bread)?

Jeg vil gjerne ha ei skive med ost og skinke. I'd like a sandwich with cheese and ham.

Vil du ha en øl? Do you want a beer?

Ja, takk, det hadde vært godt med en kald øl nå. Yes, please, it would be nice with a cold beer now.

Nei, takk, det er for tidlig på dagen. No, thank you, it's too early in the day.

Nei, takk, jeg liker ikke øl. No, thank you, I don't like beer.

Hva har du lyst på? What do you fancy? (here: to eat or to drink)

Jeg har lyst på et glass juice. I would like a glass of juice.

Jeg har ikke lyst på mat. I don't want food.

Jeg har ikke matlyst. I don't have an appetite.

4.2.2

New words:

brødslice (f) = a slice (of bread), a sandwich

å drikke = to drink

for tidlig på dagen = too early in the day

fysen = peckish

gjerne = with pleasure; it's a word that doesn't really translate well into other languages

et glass = a glass

godt = good

å ha lyst på = to want (something)

hadde = had; past tense of *to have*

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ikke = not

ja, takk = yes, please

juice (m) = juice

kaffe (m) = coffee

kald = cold

kopp (m) = a cup

matlyst (m) = an appetite

nei = no

nei, takk = no, thank you

skive (f) = a slice (of bread), a sandwich

å spise = to eat

sulten = hungry

takk = thank you

tidlig = early

tørst = thirsty; thirst

øl (m) = beer

(m) = masculine, (f) = feminine, (n) = neuter, (pl) = plural

4.2.3

Forskjellige typer mat og drikke = different kinds of food and drinks

melk (m)	milk	lettøl (m)	light beer
vann (n)	water	alkoholfritt øl (m)	non-alcoholic beer
saft (m)	fruit concentrate	vin (m)	wine
brus (m)	soda	rødvin (m)	Red wine
juice (m)	juice	hvitvin (m)	white wine
kaffe (m)	coffee	rosévin (m)	rosé wine
te (m)	tea	drink (m)	drink (with alcohol)
øl (m)	beer	GT (m)	gin tonic

grovbrød (n)	brown bread	sjy (m)	gravy
loff (m)	white bread	sjysaus (m)	sauce made from gravy
rundstykke (n)	bread roll	potet (m)	potato
baguett (m)	baguette	ris (m)	rice
bolle (m)	bun	pølse (m/f)	sausage
kake (m/f)	cake	kotelett (m)	chop
vaffel (m)	waffel	svinekotelett (m)	pork chop
sjokolade (m)	chocolate	lammekotelett (m)	lamb chop
sjokoladecake (m/f)	chocolate cake	egg (n)	egg
laks (m)	salmon	majones (m)	mayonnaise
sei (m)	pollock	salami (m)	salami
ørret (m)	trout	olje (m)	oil
ertestuing (m)	pea stew	olivenolje (m)	olive oil
saus (m)	sauce	rapsolje (m)	canola oil
hvitsaus (m)	white sauce	soyolje (m)	soybean oil
brunsaus (m)	brown sauce	solsikkeolje (m)	sunflower oil

4.3.1

Jeg planlegger et selskap

Til helga skal jeg ha et selskap. Mannen min skal besøke foreldrene sine. Han tar med seg barna. Dermed skal jeg invitere venninnene mine til jentefest.

Først skal vi spise middag. Hva skal jeg lage? Jeg er veldig glad i fisk, men det er ikke alle som liker det. Jeg har ikke lyst til å lage en tung kjøttmiddag. Jeg kan lage en enkel gryterett. Meksikansk gryte er lett å lage. Og så må vi ha noe å drikke. Jentene vil sikkert ha vin eller øl, men det er ikke alle som kommer til å drikke. Derfor må jeg kjøpe brus også. Men de fleste vil sikkert ha dessert og kaffe eller te etter middagen.

Skal jeg bake ei kake? Jeg liker ikke å bake, men det er ikke vanskelig. Jeg kan lage ei enkel sjokoladekake, men da må jeg huske å kjøpe hvetemel, bakepulver og egg. Sjokolade har jeg. Jeg har også kakao og sukker.

Siden jeg skal ha så mye, må jeg ta bilen. Etter jobben kan jeg kjøre til Vinmonopolet først, slik at jeg rekker det før de stenger. Så må jeg på butikken og handle etterpå.

Det kommer til å bli kjempegøy å få besøk av alle jentene mine. Etter at vi har spist, kommer vi sikkert til å gå ut. Hvor skal vi gå? Skal vi bare finne en bar, hvor vi kan ta en drink eller to? Eller skal vi gå ut for å danse? De fleste jentene er gift eller har samboer, så vi går bare ut for å ha det moro. Kanskje vi heller burde gå på en homsebar? På sånne steder pleier det å være moro å danse

4.3.2

Oversettelse = Translation

I am planning a party

This weekend, I will have a party. My husband is going to visit his parents. He is taking the children with him. Thus, I will invite my girlfriends to an all-girls-night.

First we will have dinner. What should I make? I'm very fond of fish, but not everyone likes it. I do not want to make a heavy meat dinner. I can make a simple casserole. Mexican casserole is easy to make. And then we have to have something to drink. The girls will certainly have wine or beer, but not everyone is going to drink. Therefore, I have to buy soda as well. But most will certainly have dessert and coffee or tea after dinner.

Should I bake a cake? I do not like to bake, but it's not hard. I can make a simple chocolate cake, but then I have to remember to buy wheat flour, baking powder and eggs. I have chocolate. I also have cocoa and sugar.

Since I'm going to buy that much, I have to take the car. After work, I can drive to the liquor store first, so I can get there before they close. Then I have to go to the store and do the shopping afterwards.

It will be great fun to have all the girls visiting. After we have eaten, we will surely go out. Where shall we go? Should we just find a bar where we can have a drink or two? Or should we go out to

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dance? Most of the girls are married or have a common-law husband, so we just go out for some fun. Perhaps we should just go to a gay club? In such places it's usually fun to dance

4.3.3

New words:

alle = everyone

at = that

å bake = to bake

bakepulver (n) = baking powder

bar (m)

bare = only

et barn = a child; barna = the children

å besøke = to visit

bil (m) = car; bilen = the car

å bli = to become, to be

burde = ought to

å danse = to dance

de fleste = most (people)

derfor = therefore

dermed = therefore; with that

en drink = a drink (with alcohol)

eller = or

enkel = simple

etter = after

etterpå = afterwards

fest (m) = party

å finne = to find

en forelder = parent; foreldrene = the parents

føre = before

først = first

å få = to get, receive, obtain

gift = married

glad i = fond of

gryterett (m) = casserole (dish)

å gå = to walk, to go

å gå ut = to go out; can also be: to go for an evening out

å ha = to have

å ha det moro = to have fun

å ha lyst til = to want to (do)

å handle = to shop, go shopping; also: to act

har ikke lyst til = don't want to

har spist = have eaten

helg (f) = weekend

heller = rather, preferably

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homsebar (m) = bar for gay people

hvetemel (n) = wheat flour

å invitere = to invite

jente (m/f) = girl

jentefest (m) = party for girls

kakao (m) = cocoa

kanskje = maybe

kjempegøy = a lot of fun

å kjøpe = to buy

å kjøre = to drive

kjøttmiddag (m) = meat dinner

kommer til å = is going to

kommer til å bli = is going to be

å lage = to make

lett = light; easy

å like = to like

meksikansk = Mexican

mine (pl) = my

noe = something

Å planlegge = to plan

pleier vi å = we usually + verb; ex. Vi pleier å danse = We usually dance; confirms a habit one has

å rekke = reach

samboer (m) = common law partner (husband or wife); someone you are not officially married to

selskap (n) = party; also: company, business

siden = since

sikkert = surely

sine (pl) = his, her, their

skal = shall, will

slik = so that, like that

å stenge = to close

sukker (n) = sugar

sånne (pl) = like that

å ta med seg = to bring with oneself

til = to, for

tung = heavy

ut = out

vanskelig = difficult

veldig = very

venninne (m/f) = female friend, girlfriend; venninnene = the girlfriends, the female friends

Vinmonopolet = liquor store (they more or less have monopoly on selling alcohol wholesale in Norway)

(m) = masculine; (f) = feminine; (n) neuter; (pl) = plural

4.3.4

Auxiliary verbs in present and future tense:

Det skal bli morsomt.	It will be fun.
Vi skal spise nå.	We are going to eat now.
Vi kan danse.	We can dance.
Du burde si noe.	You ought to say something.
Du må vente	You have to wait.
Jeg vil ikke vente lenger.	I don't want to wait any longer.
Kan du se noe?	Can you see anything?
Må du snakke så fort?	Do you have to speak so fast?

4.3.5

Future tense:

I morgen skal jeg reise til Stavanger.	Tomorrow I'm going to Stavanger.	Å skulle – is used when you have the intention to do something.
I kveld må jeg jobbe.	Tonight I have to work.	Å måtte – when you have to do something.
Han må bare komme i morgen.	He just has to come tomorrow.	Can be used to express a wish.
Han kommer til å hoppe.	He is going to jump.	Prediction of what you think might happen.
Jeg kan ikke komme i kveld.	I can't come tonight.	Å kunne – when you are able to do something.
Jeg vil få tid til å ordne det i morgen.	I will have time to fix it tomorrow.	Often we use «å få» instead of «å ha» in future tense.
Jeg vil vente på deg.	I will wait for you.	Expressing a wish, or will to do.
Han vil falle ned.	He will fall down.	Å ville – prediction, something that might happen.