

BRITISH MEALS



Traditionally English people have 4 meals a day: breakfast, lunch, tea (5 o'clock) and dinner.



Breakfast

Breakfast can be a large meal with:

CEREAL



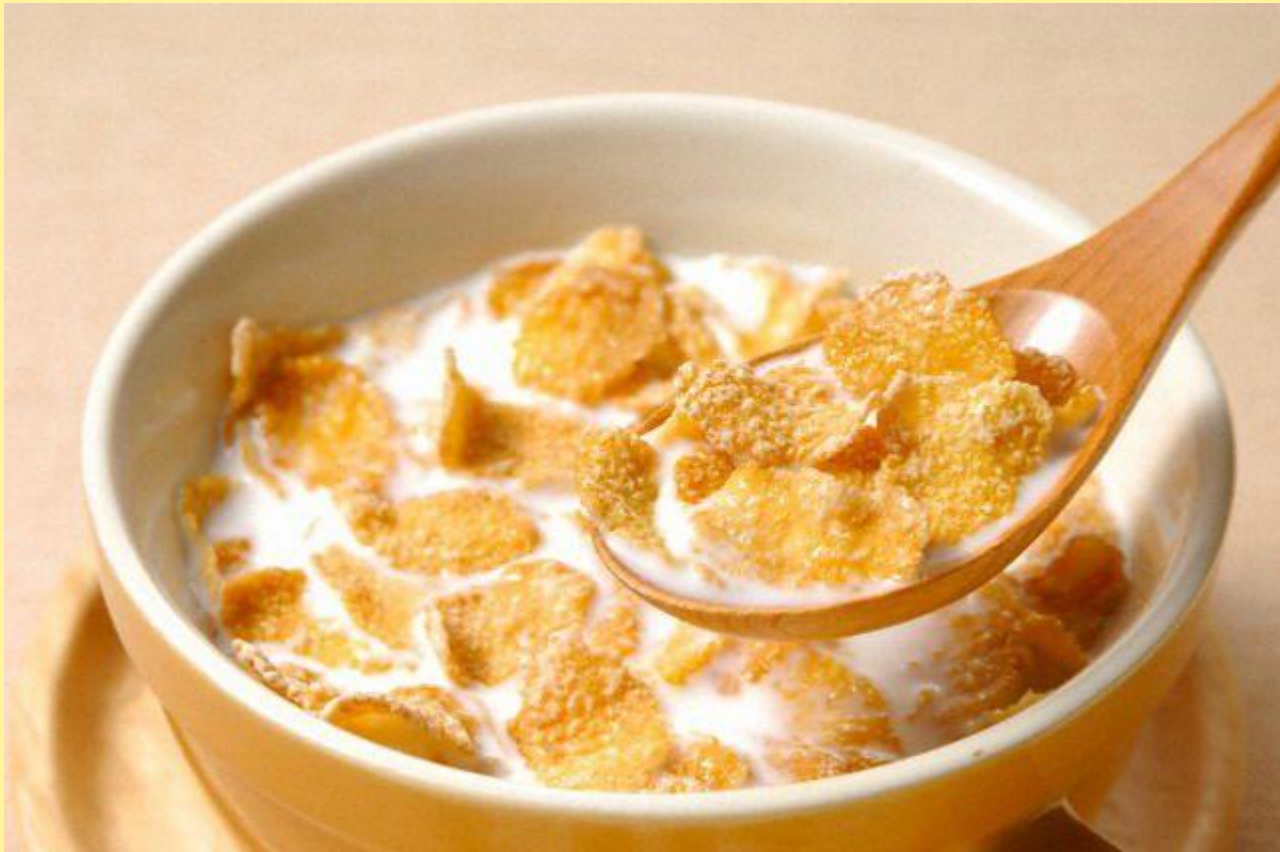
EGGS AND BACON



SAUSAGE



CORNFLAKES WITH MILK AND SUGAR



TOAST AND MARMALADE



TEA OR COFFEE



Nowadays, the British usually have a toast with marmalade, juice and yogurt and a cup of tea or coffee. This is usually called “**continental breakfast**”.



Lunch

Most people have no time to go back home for lunch so they eat at schools, offices or factories.

The English usually eat

STEAK



ROAST BEEF



YORKSHIRE PUDDING



**AND FISH AND (OR) CHIPS
FOR LUNCH.**



Tea

The English have afternoon tea at about 5 o'clock. Sometimes it is called “high tea”. “High tea” can hardly be called a meal.

They usually have **A CAKE OR BISCUITS**



CHEESE



OR SALAD



AND A CUP OF TEA.



The English are fond of tea. They usually have several cups of tea a day.

Dinner

The main meal is dinner. It is usually between 6 and 7 p. m. **THE FIRST COURSE** may be **SOUP**.



THE MAIN COURSE is often **MEAT DISH OR FISH WITH VEGETABLES**. The traditional meat dish of old England is roast beef.



DESSERT is sometimes **SWEET** and often cooked, such as **FRUIT PIE**.



**THANK YOU
FOR YOUR
ATTENTION!**