



British Food

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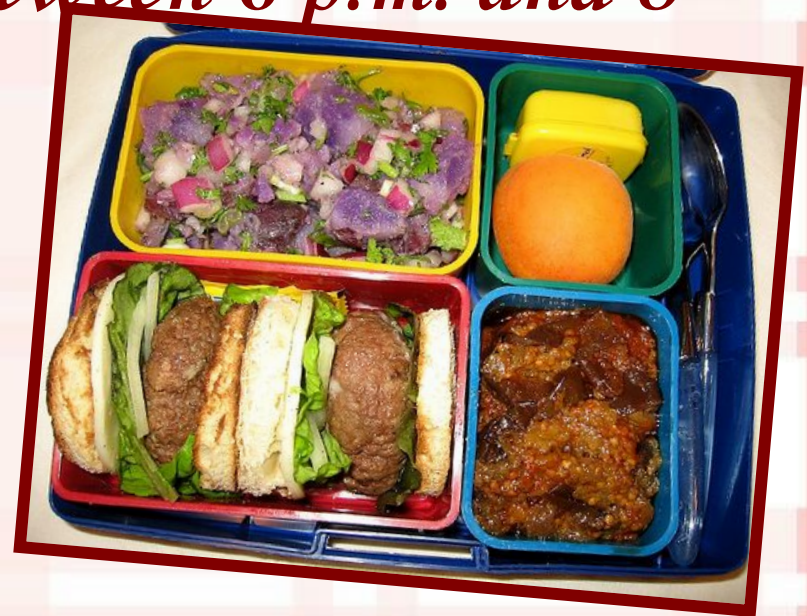
*The English proverb says:
“Every cook praises his own broth”.*

One can not say English cookery is bad, but there is not a lot of variety in it in comparison with Europe cuisine. The English are very particular about their meal.



The usual meals in England are:

- *Breakfast - between 7 a.m. and 9 a.m.*
- *Lunch - between 12:00 and 1:30 p.m.*
- *Afternoon tea – between 3 p.m. and 5 p.m.*
- *Dinner (supper) - between 6 p.m. and 8 p.m.*



The Traditional English Breakfast



Traditionally, people in Britain have enjoyed a substantial hot meal for breakfast, featuring eggs, bacon, and sausage, accompanied by toast and tea or coffee. Many other items (kedgeree, grilled or fried tomatoes, baked beans, fried sliced bread, fried potato and mushrooms) may be included depending on taste and location.

The traditional English breakfast is called the 'Full English' and sometimes referred to as 'The Full English Fry-up'.



Today, this dish is not usually served at breakfast time during the week. The traditional cooked breakfast has largely been replaced by simple, light foods mainly eaten cold: fruit, yogurt, packaged cereal with cold milk, and toast with a variety of spreads such as butter, jam, marmalade.





*Many people eat **lunch** while at work or school. Employers and schools usually provide a lunch break in the middle of the day, lasting as much as an hour. Some factories and schools have canteens where you can eat.*

*But the **packed lunch** is the most common thing to eat. A packed lunch normally consists of some sandwiches, a packet of crisps, an apple and a can of something to drink, for example, coca-cola. The contents are kept in a plastic container and you take it with you when you go to school or work.*



Tea is very popular among the English; it may almost be called their national drink. The English like it strong and fresh made. The English put one teaspoon of tea for each person. Tea means two things. It is a drink and a meal.



Traditionally, loose tea would be served in a teapot with milk and sugar. This would be accompanied by various sandwiches, scones and usually cakes and pastries. The food would be often served in a tiered stand.



Dinner – the evening meal – is the biggest and the main meal of the day. It begins with soup.

The most typical thing to eat for dinner is "meat and two vegs". This consists of a piece of meat accompanied by two different boiled vegetables. One of the vegetables is almost always potatoes. The British eat a



Traditional Drinks in England

- ✓ *Tea*
- ✓ *Coffee*
- ✓ *Bitter*
- ✓ *Wine*



English Puddings and Desserts.

*What is a **Pudding** ? A pudding is the dessert course of a meal ('pud' is used informally). In Britain, they also use the words '**dessert**', '**sweet**' and '**afters**'.*





There are hundreds of variations of sweet puddings in England but each pudding begins with the same basic ingredients of milk, sugar, eggs, flour and butter. Many of the puddings involve fresh fruit such as raspberries or strawberries, custard, cream, and cakes.

Bread and butter pudding is old English favourite food



Favourite Children Food

*Although many foreigners find British food disgusting, British teenagers in the survey enjoy eating **bacon sandwiches**, **baked beans**, **cheddar cheese** and **curry** (well, it's not British but it is one of Britain's most popular foods). Also, we know it's a British stereotype but many British teenagers still like drinking a **nice cup of tea** in the morning.*



*The Victoria
Sponge
Named after
Queen
Victoria*



English food

In 1762 sandwich was invented in England.

There is town named Sandwich in the south of England. John Montagu, the Earl of Sandwich invented a small meal that could be eaten with one hand while he continued his nonstop gambling.



Festival Food: Christmas

Turkey



Mince pie



Stuffing



Christmas pudding

Festival Food: St. Valentine's Day



Cakes



**Sweethearts
Cookies**

Festival Food: Shrove Tuesday



Semla



Pancakes

Festival Food: Good Friday

Hot cross buns



Fish



Festival Food: Easter Day

Roast Lamb



Chicken



Chocolate Eggs

Festival Food: Mothering Sunday



Simnel cake

Fish and Chips Bar



Take away food. (Eat out food)



Take-away meals became very popular and most towns have a selection of Indian, Italian, Chinese and Greek Restaurants. You will also find MacDonald's, Burger King and Subway.

Eating Etiquette

- *If you cannot eat a certain type of food or have some special needs, tell your host several days before the dinner party.*
- *If you are a guest, it is polite to wait until your host starts eating or indicates you should do so. It shows consideration.*
- *Always chew and swallow all the food in your mouth before taking more or taking a drink.*
- *You may eat chicken and pizza with your fingers if you are at a barbecue, finger buffet or very informal setting. Otherwise always use a knife and fork.*
- *Always say thank you when served something. It shows appreciation.*
- *When eating rolls, break off a piece of bread before buttering. Eating it whole looks tacky.*
- *When eating soup, tip the bowl away from you and scoop the soup up with your spoon.*
- *When you have finished eating, and to let others know that you have, place your knife and fork together, with the prongs (tips) of the fork facing upwards, on your plate.*



Answer some questions:

- 1. What food is the most popular in Great Britain?*
- 2. How many times a day do British people eat?*
- 3. What are the mealtimes called?*
- 4. What do British people eat for breakfast?*
- 5. What is the most common lunch in Britain?*
- 6. What is the most popular drink?*
- 7. What's British children's favourite food?*
- 8. What is the traditional Christmas food?*

Check Yourself

- 1. Sandwiches, fish and chips, curry, cereal, fry-up.*
- 2. 4 times.*
- 3. Breakfast, lunch, tea, dinner.*
- 4. Fry-on, cereal, tea.*
- 5. A "packed lunch" which normally consists of some sandwiches, a packet of crisps, an apple and a can of something to drink, for example, coca-cola.*
- 6. Tea, coffee.*
- 7. Bacon sandwiches, baked beans, curry, cakes, sorbets, cheeses, ice cream.*
- 8. Christmas pudding, mince pies, turkey.*

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