

Facts about Food – Britain

Eating in Britain can be quite an adventure!

Here are a few tips to help you.

Breakfast



A traditional English breakfast is a big meal and could include sausages, bacon, eggs, tomatoes, mushrooms and fried bread. This is filling and tasty! However, most people just have cereal and milk, or toast and marmalade (made from oranges) or jam (made from other fruits). People often drink fruit juice with breakfast. Most people drink either tea or coffee, both of which are served with cold milk. The coffee is usually instant coffee which tastes awful!

Lunch

For many people lunch is a quick meal. Over the last few years there has been a growth of fast-food places where you can get a quick, filling lunch, although the service in some of these places leaves a lot to be desired. Many people just have a sandwich. In big towns there are lots of sandwich bars, where you can get any sort of sandwich you want filled with salad, meat or fish. Pubs often serve good, cheap hot or cold snacks. School children can take a packed lunch with them or get a hot school dinner if they wish. School dinners are not very good on the whole.



Tea



This can mean two things. It can be a drink or a meal! Some people have a light afternoon tea, with sandwiches and cakes, and a cup of tea.

Evening meal



This is the main meal of the day for many people and is usually eaten between 6.00 and 8.00 pm. It is a time when the whole family may eat together. A favourite meal is fried fish and chips.

Sundays

The best British meal is the traditional Sunday lunch. This consists of roast meat with potatoes, vegetables and gravy. (Gravy is a sauce made from meat juices.)



International food

The British like food from other countries, especially Italy, France, China and India. People often get take-away meals from a restaurant and then bring them home to eat.

