

EATING HABITS IN THE UK



MINISTERSTVO ŠKOLSTVÍ,
MLÁDEŽE A TĚLOVÝCHOVY



OP Vzdělávání
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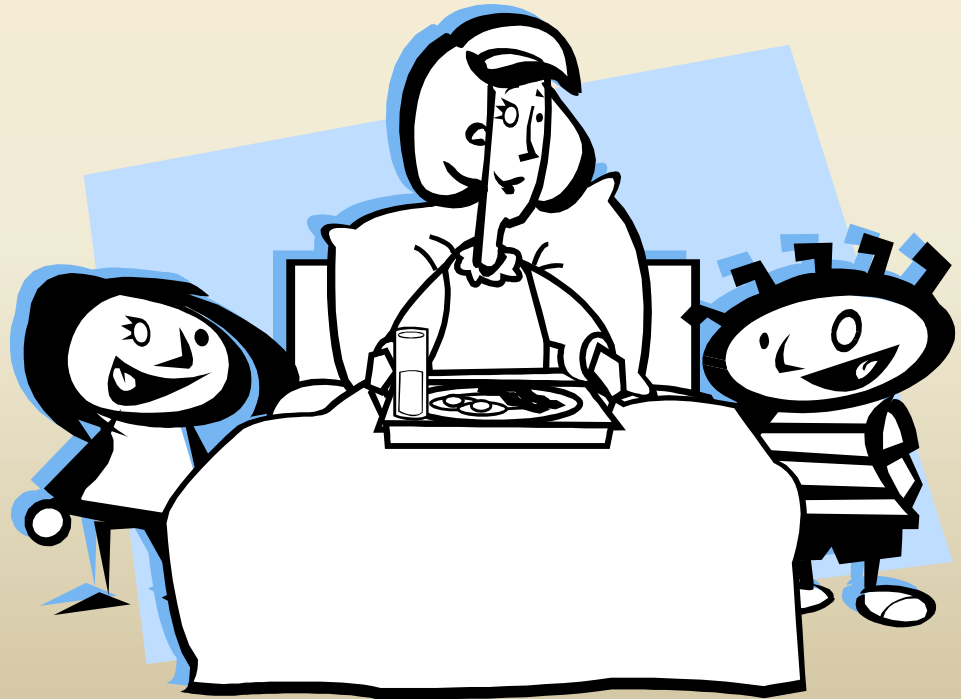
INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Autorem materiálu a všech jeho částí, není-li uvedeno jinak, je Zuzana Strnadlová.

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British cuisine

- People in the UK usually have breakfast, lunch and dinner at home. Most families try to have at least one meal a day together, but today members of a busy family may all eat at different times. Snacking is very popular, as is eating meals in front of the television.



British breakfast

- British like beginning the day with a cup of coffee or tea in the morning. The renowned traditional English breakfast starts with a glass of fruit juice and cornflakes with sugar or milk. This will be followed by fried or grilled bacon and eggs, sausage and grilled tomatoes or baked beans, mushrooms and fried bread. But it isn't as common as it used to be. This traditional English breakfast is called the 'Full English' and sometimes referred to as 'The Full English Fry-up'. It is offered in hotels or restaurants.
- Nowadays a typical breakfast is a bowl of cereals a slice of toast, a glass of orange juice and a cup of tea or coffee.



British lunch

- Most British people today have a small mid-day meal - usually sandwiches, and perhaps some crisps and some fruit. Many children at school and adults at work will have a 'packed lunch'. This typically consists of a sandwich, a packet of crisps, a piece of fruit and a drink. The 'packed lunch' is kept in a plastic container.

At about 4 o'clock it is teatime. In Britain it's a special occasion. The meal consists of a thin slice of bread with cheese or ham, perhaps some vegetables and jam, cakes, biscuits. Nowadays many people don't eat much at teatime but they have at least one cup of coffee or tea.

British dinner

- Many people in Britain have their biggest and the main meal of the day in the evening.
- The evening meal is usually called 'tea', 'dinner' or 'supper'.. The hot dinner is served at about 7 o'clock. It consists of soup, then the main course which is followed by a dessert, and finally cheese and biscuits. There isn't traditional food for the evening meal.

Traditional British meals

- On some occasions such as Christmas the traditional meals are served. The British Christmas meal is roast turkey with chestnut stuffing, potatoes and the famous Christmas pudding. Christmas pudding is a steamed pudding, heavy with dried fruit and nuts, and usually made with suet.
- The English national meals, fish and chips and roast dinners, are also the traditional ones. The stereotype is fish and chips served as a take-away meal.

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