

At home with an American family

On this page, you can find out more about breakfast and other typical food in the US.

Breakfast in America

A popular breakfast dish is pancakes served hot with butter and maple syrup. For two or three, ask for a 'short stack'; for five or six, ask for a 'tall stack'.

Eggs are also very popular, usually fried or scrambled. They are often eaten with a combination of bacon, sausages and hash browns, which are a type of fried potato cake.

French toast is bread soaked in egg, and then cooked. Healthier breakfasts include cereals, fruit and yoghurt. The most popular breakfast drinks are orange juice and coffee (usually black, or a latte macchiato). Around one in eight breakfasts is eaten in a restaurant, diner or fast food restaurant.



Independence Day with an American family



Across cultures



Independence Day is one of the most important American holidays. On 4th July 1776 the thirteen colonies became independent from Britain. This is celebrated each year with parades, fireworks and lots of food. Families get together for barbecues or picnics with decorations in red, white and blue – the colors of the American flag.

How to make chocolate-dipped strawberries

Try this easy recipe and celebrate the Fourth of July!

Ingredients

- Strawberries (washed and dried)
- White chocolate
- Blue sprinkles

Method

1. Melt the white chocolate.
2. Dip the lower two thirds of the strawberries into the melted chocolate.
3. Dip the tips of the berries into the blue sprinkles.
4. Put them on wax paper to cool down.



maple syrup [ˌmeɪpl ˈsɪrəp] Ahornsirup ○ stack [stæk] Stapel ○ scrambled egg [ˌskræmbld ˈeg] Rührei ○ hash browns [hæʃ ˈbraʊnz] ○ to soak sth (in sth) [səʊk] etw. (in etw.) einweichen ○ parade [ˈpɑːreɪd] Parade ○ sprinkles [ˈsprɪŋklz] Streusel ○ to melt [melt] schmelzen ○ tip [tɪp] Spitze ○ wax paper [ˈwæks ˌpeɪpə] Butterbrotpapier; Wachspapier ○ lower [ˈləʊə] unterer/-s/-n