



Food in the UK

What meals do people eat?

British people usually eat three meals a day: breakfast, lunch and dinner. (Some people call dinner 'tea', others call it 'supper'.)

People eat cereal or toast and jam for breakfast. In the winter some people also eat porridge.

The main meal is usually in the evening. It is often rice or pasta with vegetables and meat.

On Sundays, some people have their main meal midday. It's called Sunday lunch. The main course is often a roast dinner with meat, potatoes, vegetables and a special sauce called 'gravy'. Afterwards there's pudding, often with custard.

What do you usually eat for dinner?

School lunches

Some students have lunch in the school cafeteria.

Others take a packed lunch to school from home.

A packed lunch usually includes sandwiches, maybe crisps, a piece of fruit, a yoghurt and a drink.

Do you eat in the school cafeteria or do you take a packed lunch to school?

Take-away food

Lots of people in Britain enjoy take-away food. There are different take-away restaurants with Indian, Chinese or Italian food, or fish and chips.

Do you eat take-away food? If yes, what?



Across cultures



The most popular food in Britain is curry. The British drink over 165,000,000 cups of tea a day!

'Fry-up' is another name for a traditional English breakfast.

The most popular take-away food in Britain is Chinese food.



How to make beans on toast

1. Toast two slices of bread.
2. Spread butter on the toast.
3. Heat a tin of baked beans.
4. Put the hot baked beans on the toast.
5. Put a little salt and pepper on the beans.
You can add some grated cheese if you like too.

Enjoy your meal!

Chinese [tʃaɪˈniːz] Chinesisch ◯ custard [ˈkʌstəd] Vanillesoße ◯ grated cheese [ˌɡreɪtɪd ˈtʃiːz] geriebener Käse ◯ to heat [hi:t] aufwärmen ◯ to include sth [ɪnˈkluːd] etw. beinhalten ◯ Italian [ɪˈtæljən] Italienisch ◯ jam [dʒæm] Marmalade ◯ (main) meal [ˈmeɪn ,mi:l] Hauptmahlzeit ◯ meat [mi:t] Fleisch ◯ packed lunch [ˌpækt ˈlʌnʃ] Lunchpaket; Brotzeit ◯ porridge [ˈpɒrɪdʒ] Haferflockenbrei ◯ potato [pəˈteɪtəʊ] Kartoffel ◯ roast dinner [ˌrəʊst ˈdɪnə] Braten ◯ salt and pepper [sɔ:lt ənd ˈpɛpə] Salz und Pfeffer ◯ slice [slaɪs] Scheibe ◯ to spread [sprɛd] streichen ◯ take-away [ˈteɪkəweɪ] Essen zum Mitnehmen ◯ tin [tɪn] Dose | vegetable [ˈvɛdʒtəbl] Gemüse