



Traditional British and American food

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- Every country has its own traditions and customs. In Britain traditions play a very important role in the life of people. The British are proud of their traditions and keep them carefully.



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

- For breakfast Englishmen often have porridge or cornflakes with milk or cream and sugar, bacon and eggs, gam with buttered toasts and tea or coffee. For a change they can have a boiled egg, cold ham, or fish with potatoes and salad, then a pudding or fruit.



The Traditional English lunch

- Lunch is usually taken at one o'clock. For many people lunch is a quick meal. Office workers usually go to a cafe at this time. They take fish, poultry or cold meat (beef, mutton, veal and ham), boiled or fried potatoes and all sorts of salad. They may have a mutton chop or steak and chips, followed by biscuits and a cup of coffee. Some people like a glass of light beer with lunch. Pubs also serve good, cheap food.

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.



The Traditional English Afternoon Tea

- Afternoon tea is taken at about 5 o'clock, but it can hardly be called a meal. It is a cup of tea and a cake or biscuits. At the weekends afternoon tea is a special occasion. Friends and visitors are often invited to have a chat over a cup of tea.



The Traditional English Dinner



Dinner is the most substantial meal of the whole day. It is usually eaten at 7 o'clock. The first course may be soup (though the English don't like it very much). The main course will often be fish or meat, perhaps the traditional roast beef of old England, and a lot of vegetables.



The next course will be something sweet and often baked, such as a fruit pie

- . Last of all there may be cheese, often with biscuits.



Britain is a tea-drinking nation

- Tea is the most popular drink in Britain. Every day the British drink 165 million cups of the stuff and each year around 144 thousand tons of tea are imported. A person who became addictive to tea is called- **atea-aholic**.



**TEA TIME
IN LONDON**



- Tradition of drinking tea in Britain has its own features.
- The British drink tea 6-8 times a day. Traditionally they drink tea with biscuits, sweets, pies, puddings.
- The first earliest tea is at 6 o'clock in the morning.



Traditional American Food

- American food is definitely multinational, just like its population. People from other countries when arriving to the USA brought with them their national recipes. So, now all American food is partly Italian, partly Greek, partly Jewish, partly Chinese, partly French, etc.

**MANY CULTURES =
MANY CUISINES**



- Americans usually have three meals a day: breakfast, lunch and dinner. All these three meals are served almost at the same time as in Britain
- *Breakfast* - before eight o'clock in the morning
- *Lunch* - between 12:00 and 1:00 p.m.
- *Dinner (supper)* - between 6 p.m. and 8 p.m.

Traditional American Breakfast

- Breakfast in America may be orange juice, toast and coffee, or juice and cold dry cereal with milk.



Traditional American Brunch

- Brunch is a combination of breakfast and lunch. Scrambled eggs or omelets are often served along with other regular luncheon dishes. It is usually served about eleven in the morning. Many fine restaurants have a traditional Sunday brunch where it is served from around 10 a.m. until mid-afternoon.



Traditional American Dinner

- Dinner is ordinary planned around a meat course, pork, or various fowl such as chicken or turkey. Ground beef is called hamburger and ground pork is sausage. American dinner often includes potatoes or rice, and green or yellow vegetables. Fresh salad is also frequently served. Coffee, tea and milk are generally served with a dessert after dinner, but not always. Sometimes a typical dinner may include an appetizer, such as soup or fruit salad. The word «supper» can be used in place of dinner.

- Very often traditional American food is associated with fast food, including hamburgers, French fries, hot dogs, pizzas and some other quick and easy-made dishes.

People's View of American Cuisine



- <http://www.english-globe.ru/>
- <http://en.wikipedia.org/wiki/Lunch>
- **<http://en.wikipedia.org/wiki/Tea>**
- <http://www.answers.com/>
- <http://spoonuniversity.com/lifestyle/>
- <http://www.travelsignposts.com/>
- <http://en.academic.ru/>
- <https://slovo.ws/>
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- http://en365.ru/american_cuisine.htm
- <http://www.slideshare.net/>
- <http://900igr.net/>