

# British Food



# Foreign people criticize English food

Foreign people criticize English food. 'It's unimaginative,' they say. 'It's boring, it's tasteless, it's chips with everything and totally overcooked vegetables'.

If you ask foreigners to name some typical English dishes, they will probably say 'Fish and chips' and stop. There is no tradition in England of eating in restaurants. English cooking is found in the home, where it is possible to time the dishes to perfection. Their basic ingredients, when fresh, are so full of flavour that they haven't had to invent sauces and complex recipes to disguise their natural taste. But Cynics will say that British have no 'cuisine' themselves

We as other foreigners don't know much about British food. Our questionnaire proved it. But we can't learn English without learning traditions and customs in which food is one of the essential things.

# Mealtimes



- There can be three main meals a day:
- Breakfast - between 7:00 and 9:00,
- Lunch - between 12:00 and 1:30 p.m.
- Dinner (sometimes called Supper) - The main meal. Eaten anytime between 6:30 and 8:00 p.m. (Evening meal)

# What is a typical English Breakfast?

- eggs
- bacon
- sausages
- fried bread
- mushrooms
- baked beans
- a cup of coffee.
- Nowadays a typical English breakfast is more likely to be a bowl of cereals, a slice of toast, orange juice and a cup of coffee. In the winter many people will eat "porridge" or boiled oats.



# The Traditional English Breakfast

- The traditional English breakfast is called the 'Full English' and sometimes referred to as 'The Full English Fry-up'.



# Lunch



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 quality of the packed lunch can vary from terrible to very good, it all depends on who makes it.



# Dinner



People eat meals from many different countries for example spaghetti or curry. In fact you could even say that the British don't eat much British food. The most typical thing to eat for dinner is "**meat and two vegs**".



This consists of a piece of meat accompanied by two different boiled vegetables. This is covered with "gravy" which is a sauce made with the juice that was obtained when the meat was cooked. One of the vegetables is almost always potatoes. The British eat a lot of potatoes.



# Traditional Drinks in England

- ✓ Tea
- ✓ Coffee
- ✓ Bitter
- ✓ Wine





# English Puddings and Desserts

## What is a Pudding ?

A pudding is the dessert course of a meal ('pudd' is used informally). In Britain, they also use the words 'dessert, 'sweet" and 'afters'.

# English Puddings and Desserts



There are hundreds of variations of sweet puddings in England but each pudding begins with the same **basic ingredients of milk, sugar, eggs, flour and butter**. Many of the puddings involve fresh fruit such as raspberries or strawberries, custard, cream, and cakes.



**Bread and butter pudding** is old English favourite

# Take away food. (Eat out food)



Take-away meals are very popular and most towns have a selection of Indian, Italian, Chinese and Greek Restaurants. You will also find MacDonald's, Burger King and Subway

# Fish and Chips



# Favourite Children Food

Although many foreigners find British food disgusting, British teenagers in the survey enjoy eating **bacon sandwiches, baked beans, cheddar cheese and curry** (well, it's not British but it is one of Britain's most popular foods). Also, we know it's a British stereotype but many British teenagers still like drinking **a nice cup of tea in the morning.**



**The Victoria Sponge** - Named after Queen Victoria

# What food was “invented” in England

**1762:** The sandwich was invented in England.

There is a town named Sandwich in the south of England. John Montagu, the Earl of Sandwich invented a small meal that could be eaten with one hand while he continued his nonstop gambling.



# Festival Food. Shrove Tuesday



Pancakes

# Festival Food. Good Friday



Hot cross buns



Fish



# Festival Food. Easter Day

Roast Lamb



Chocolate Eggs



Chicken



# Festival Food. Mothering Sunday

Simnel cake



# Festival Food. Harvest



Special bread,  
made to look like  
sheaves of wheat

# Questionnaire

1. What food is the most popular in Great Britain? (Sandwiches, fish and chips, curry, cereal, fry-up)
2. How many times a day do British people eat? (3 times)
3. What are the mealtimes called? (Breakfast, lunch, dinner)
4. What do British people eat for breakfast? (Fry-on, cereal, tea)
5. What is the most common lunch in Britain? (a "packed lunch" which normally consists of some sandwiches, a packet of crisps, an apple and a can of something to drink, for example, coca-cola).
6. What is the most popular drink? (Tea, coffee)
7. What's British children's favourite food? (bacon sandwiches, baked beans, curry, cakes, sorbets, cheeses, ice cream)
8. What is the traditional Christmas food? (Christmas pudding, mince pies, turkey, stuffing)