

# BRITISH MEALS



**Traditionally English people have 4 meals a day: breakfast, lunch, tea (5 o'clock) and dinner.**



# Breakfast

**Breakfast can be a large meal with:**

**CEREAL**



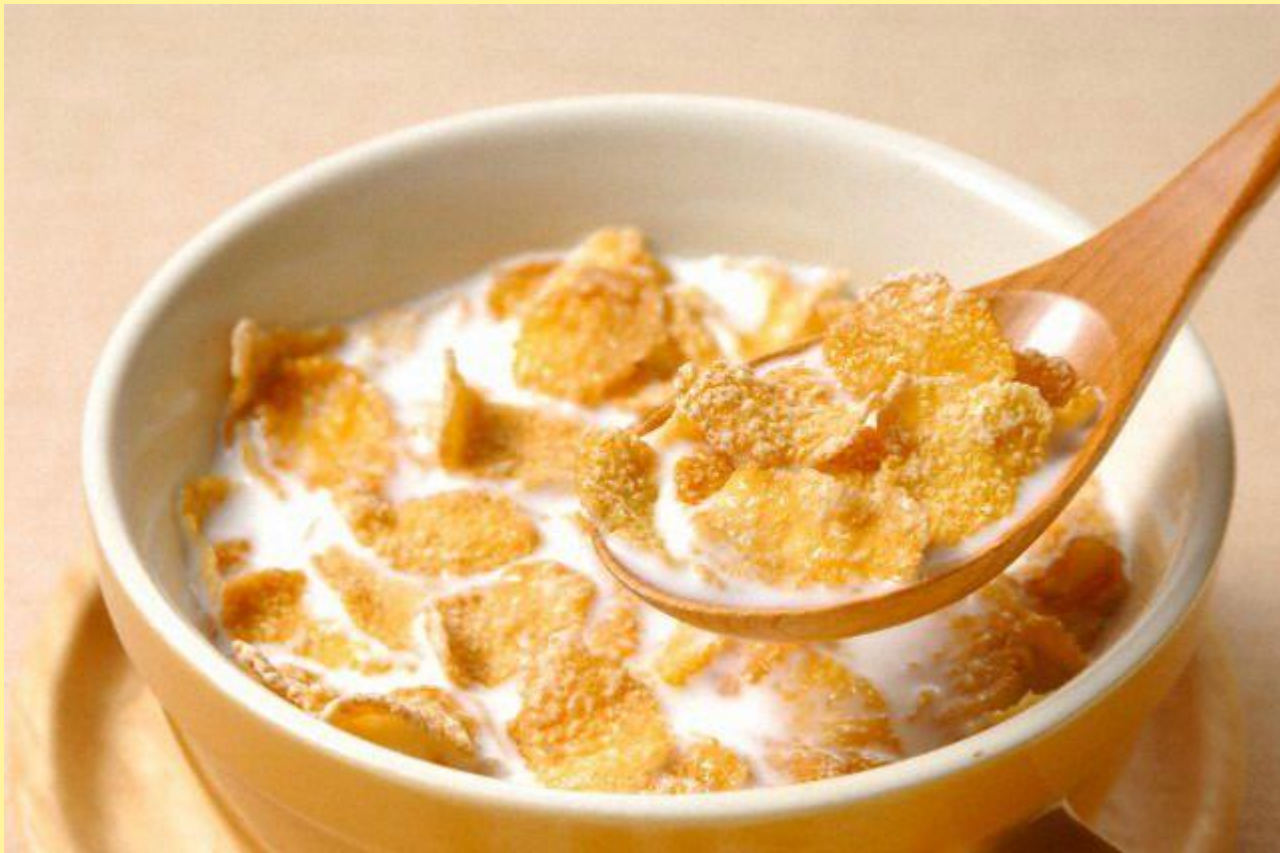
# EGGS AND BACON



# SAUSAGE



# CORNFLAKES WITH MILK AND SUGAR



# TOAST AND MARMALADE



# TEA OR COFFEE





Nowadays, the British usually have a toast with marmalade, juice and yogurt and a cup of tea or coffee. This is usually called “**continental breakfast**”.



# Lunch

Most people have no time to go back home for lunch so they eat at schools, offices or factories.

The English usually eat

**STEAK**



# ROAST BEEF



# YORKSHIRE PUDDING



# AND FISH AND (OR) CHIPS FOR LUNCH.



# Tea

The English have afternoon tea at about 5 o'clock. Sometimes it is called "high tea". "High tea" can hardly be called a meal.

They usually have **A CAKE OR BISCUITS**



# CHEESE



# OR SALAD





# AND A CUP OF TEA.



The English are fond of tea. They usually have several cups of tea a day.

# Dinner

The main meal is dinner. It is usually between 6 and 7 p. m. **THE FIRST COURSE** may be **SOUP**.



**THE MAIN COURSE** is often **MEAT DISH OR FISH WITH VEGETABLES**. The traditional meat dish of old England is roast beef.



**DESSERT** is sometimes **SWEET** and often cooked, such as **FRUIT PIE**.



**THANK YOU  
FOR YOUR  
ATTENTION!**