

# *Festivals And Food*

*A cultural look at festivals and  
food in and around the English  
speaking world.*

*By Hudzibaeva Farangis , Moscow, school #426, 6B  
The tutor : Shurpiķ O.S.*

# Goal

*A cultural look at festivals and food in and around the English speaking world.*

# Tasks

- 1) *What are British Meal Habits ?*
- 2) *What are the main English festivals ?*
- 3) *What are traditional food & drinks ?*



# Questions



- 1) *1) What are the usual meals in English and in Russia (comparison of British meal habits to those in Russia)?*
- 2) *What is a traditional English breakfast?*
- 3) *What does a traditional lunch include?*
- 4) *Is tea popular among the English?*
- 5) *When do they usually have dinner?*
- 6) *What do the English eat at Halloween?*
- 7) *What is the traditional Christmas dinner?*
- 8) *What do the English eat at Easter?*

*In Britain*

*In this country*

*Number of meals  
per day*

*4 times*

*4 times*

*Breakfast*

*a big meal*

*a light meal*

*a big meal*

*a light meal*

*Lunch*

*✓ a big meal*  
*✓ a snack*

*✓ a big meal*  
*a snack*

*Snack in the  
afternoon*

*food*  
*drink*

*food*  
*drink*

*Evening meal*

*✓ a big meal*  
*a light meal*

*a big meal*  
*✓ a light meal*

1) Do you have a heavy breakfast?

A) Yes – 9,5%

B) No – 15,5%

2) What does it mean to have a heavy dinner for you?

A) to eat first, second and third dish – 16,4%

B) to have a light meal - sandwich or yogurt – 8,6%

3) What do you have for the afternoon snack?

A) tea/ juice/ milk / any other drink – 18,7%

B) a hot dish – 6,3%

4) Do you have a heavy supper?

A) yes -10,9%

B) no – 3,6%



1) Ты плотно завтракаешь?

А) Да- 9,5%

Б) Нет- 15,5%

2) Что для тебя означает пообедать?

А) плотно поесть- первое, второе, третье- 16,4%

Б) слегка перекусить- бутерброд или йогурт- 8,6%

3) Что у тебя на полдник?

А) чай/сок/молоко/любой другой напиток- 18,7%

Б) какое- то горячее блюдо- 6,3%

4) Ты плотно ужинаешь?

А) да- 10,9%

Б) нет- 3,6%



# Traditional English

## Breakfast

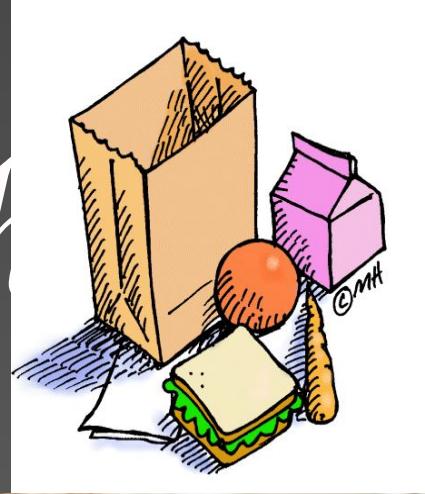
*In Great Britain breakfast is a big meal.*

*Start your traditional English breakfast with fruit juice, followed by cereal such as corn flakes served with cold milk, fruit and sugar. You might also have bacon and eggs or smoked kippers. Finish your breakfast with tea or coffee.*



# *Traditional Lunch*

*Lunch is often a snack, a light meal that people eat quickly.*



*A typical lunch may include: a sandwich, a salad, soup or bread and cheese. People often take sandwiches to work or they go to a pub, a sandwich bar or a cafe.*





# *The Good Habit of Tea Drinking*

*Tea is the British national drink. It is drunk from breakfast to supper and from early in the morning to late at night. Britain is a tea drinking nation. Tea doesn't only mean a cup of tea . It has given its name to the traditional British meal called 'afternoon tea' or 'high tea' .*

*The traditional way of making tea is in a teapot, which is first warmed with hot water. Very hot water is then poured on to the tea leaves.*



# Dinner

*Dinner is the main meal of the day. It is usually eaten in the evening, but sometimes it is also eaten at midday. The British generally eat at about six o'clock. A British dinner usually includes meat with potatoes and other vegetables. They usually finish their meal with dessert or pudding. They usually drink tea or water; children often drink milk. Wine or beer is also can be served.*



# Christmas



*A traditional Christmas dinner includes stuffed roast turkey with roast potatoes and some other green vegetable like Brussel sprouts. Dessert usually includes Christmas pudding, an extremely rich pudding made with dried fruit or Christmas cake which is also made with dried fruit and then covered with icing.*





# Halloween

*Because Halloween comes in the wake of the yearly apple harvest, candy apples, (known as toffee apples outside North America), caramel or taffy apples are common Halloween treats made by rolling whole apples in a sticky sugar syrup, sometimes followed by rolling them in nuts.*



# *Easter*



*Easter in Britain is similar throughout all four countries and involves traditional cooking and baking with the highlight of the weekend of festivities involving copious amounts of chocolate eggs.*

*The two important cakes at Easter are the Simnel Cake and Hot Cross Buns.*

*Chocolate will appear again for the dessert.*

*Usually it's a Chocolate Mousse or Chocolate Cake.*



# *The Conclusions*

*The English are conservative.*

*They keep traditions.*

*They have special foods for each occasion.*

*Englishmen are heavy eaters. Britain is a tea drinking nation. Tea is not just a national drink, it's a ceremony.*



*To compare it with Russia it's possible to say that Russians also are keeping traditions and have special food for each holiday. The Russians are heavy eaters too. Though according to our survey which was conducted among the students of the 6 and 7 grades, they don't like a big meal for breakfast. They prefer a light meal. For lunch Englishmen have a light meal and Russians eat a big meal. Both Englishmen and Russians prefer a drink for a snack in the afternoon. As for the evening meal here we have the difference: the English eat a big meal and the Russians prefer a light meal. Of course, this is true for the people who took part in our survey.*



# *The Used Resources:*

1. Festivals and Food, G. Brecca, R. ,  
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  3. In and Around London, A. Parsons, Black  
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- <http://www.halloween.com>
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  - <http://www.easterbunnys.net>



*Thanks for  
watching*