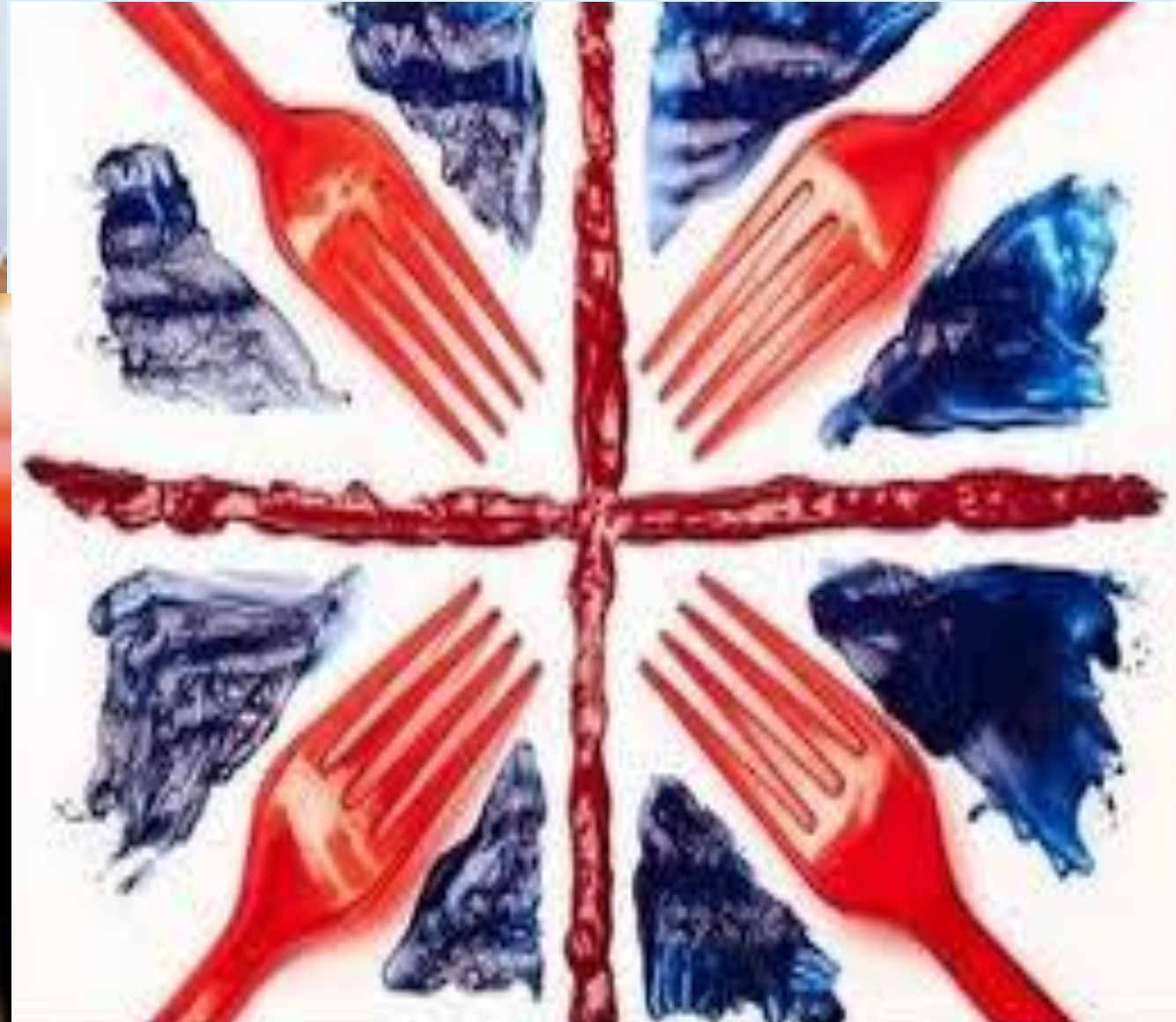


# *Meals in England and their usual ration*





So today we decided to analyze and tell you about the usual English meals. Traditionally the day of a typical Englishman begins with a cup of tea in the morning, which is still drunk in bed.





# Breakfast

The first English breakfast is at 7-8 am and includes several fairly nutritious dishes.

This meal involves a strictly defined set of products that has not changed for centuries. This traditional table of national cuisine in England is not very diverse, but it is quite caloric. The beginning of the tradition of preparing such a hearty breakfast was laid by the families of ordinary English workers. After all, these people were having a good breakfast in the morning, and afterwards they did all day long hard physical work.

Eating during the day

was not possible, and the second meal was already a homemade dinner late at night. Therefore, breakfast was cooked in order to ensure that the person was fed all day, especially given that the climate in the country is rather cold.





# Breakfast

But times change, daily calorie consumption is different, but the tradition of dense breakfasts has remained so far. Traditionally in the morning breakfast include the following seven dishes:



- a couple of fried sausages
- fried fat bacon with a crispy crust
- Two or three tomatoes, oiled with fried bacon
- Tomatoes can be either fresh or canned
- fried champignons a portion of white beans with tomato
- fried eggs, cooked from two eggs
- Two or three fresh toast with butter

# Breakfast



Drink such a breakfast with a glass of coffee, orange juice or tea with milk. Sometimes the menu also includes pancakes with jam from strawberries or a glass of milk with corn flakes. All the products are put together in one dish in color: two yellow circles of scrambled eggs in the frame of light fried protein, pink beans, brown mushrooms, and almost black sausages, and in the remaining empty place of the dish - brightly red tomatoes

Golden toasts are put on the edge  
This breakfast is sometimes served a large bottle of ketchup. Calories are not considered here. After such a meal there is still a long time will not want. But according to the English tradition at five o'clock in the afternoon they drink classical tea.





# Lunch

The second breakfast or lunch is at 1-2 o'clock in the afternoon. In fact, in our country the second English breakfast - this is dinner, but in England it is customary to call dinner a dinner meal



On weekends in England, breakfast smoothly flows into lunch - this extended food intake, which lasts almost half a day and is more of an entertainment and a joint pastime for the whole family, is called a brunch (the beginning and end of the words breakfast and lunch are combined)



# Lunch

The second breakfast, lunch or dinner, many British people spend in restaurants, because going to lunch break home is not accepted. It can include meat or fish, salads, potatoes, fruit pudding for dessert. Also popular at lunch are closed sandwiches or sandwiches with pâté, cold boiled pork, ham, fish and other ingredients.



Drink during lunch can be traditional tea or juices. Even on a weekday during lunch, some Englishmen drink draft beer – porter or black ale.

