



ENGLISH MEALS

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ENGLISH MEALS

? There are four meals a day in an English home: breakfast, lunch, tea, and dinner.



BREAKFAST



- ? Breakfast is the first meal of the day. It is at about 8 o'clock in the morning, and consists of porridge with milk and salt or sugar, eggs - boiled or fried, bread and butter with marmalade or jam.



LUNCH

- ? The usual time for lunch is 1 o'clock. This meal starts with soup or fruit juice then follows some meat or poultry with potatoes - boiled or fried, carrots, beans and something to drink.



TEA



- ? Tea is the third meal of the day. It is between 4 or 5 o'clock, the so-called 5 o'clock tea. On the table there is tea, milk or cream, sugar, bread and butter, cakes and jam.



DINNER

- ? Dinner is the fourth meal of the day. The usual time is about 7 o'clock, and all the members of the family sit down together. Dinner usually consists of soup, fish or meat with vegetables - potatoes, green beans, carrot and cabbage, sweet pudding, fruit salad, ice-cream or cheese and biscuits.



INTERNATIONAL FOOD

- ? The British like food from other countries, too, especially Italian, French, Chinese and Indian. Eating in Britain is quite international!



OTHER ORDERS OF MEALS

- ? This is the order of meals among English families. But the greater part of the people in the towns and nearly all country-people, have dinner in the middle of the day instead of lunch. They have tea a little later - between 5 and 6 o'clock, and then in the evening, before going to bed, they have supper.
- ? So the four meals of the day are either breakfast, dinner, tea, supper; or breakfast, lunch, tea, dinner







THANKS FOR ATTENTION!