

British meals

Good food is wise medicine.

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They have 3 main meals a day:

- Breakfast
- Lunch
- Dinner (sometimes called Supper)

For some people still the meals are called:

breakfast;

dinner;

tea





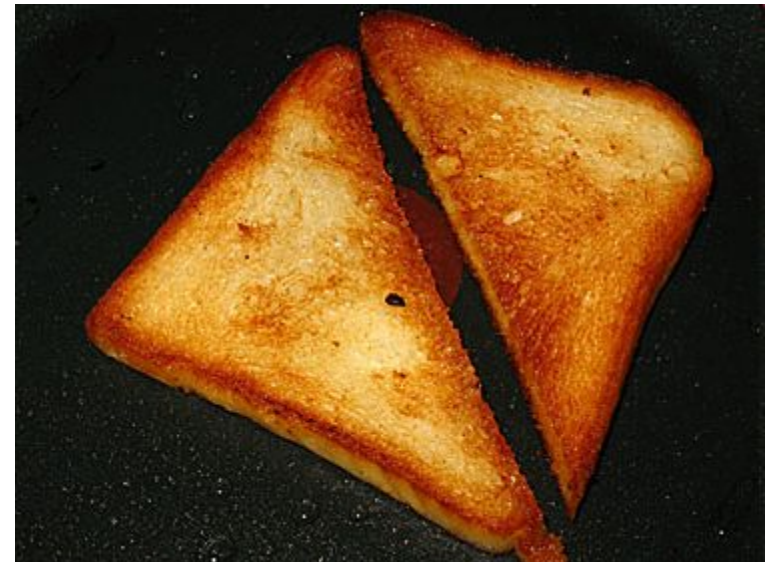
Typical English Breakfast

- usually eaten between about 7:00 and 9:00
- many British people eat eggs, bacon, sausages, fried bread, mushrooms and baked beans with a cup of coffee
- nowadays(a bowl of cereals, a slice of toast, orange juice and a cup of coffee)



A traditional English breakfast

- eggs, bacon, sausages, fried bread, baked beans and mushrooms
- is called the “Full English”



A typical British lunch

- many children at school and adults at work have a "packed lunch". It consists of a sandwich, a packet of crisps, a piece of fruit and a drink



Typical British Dinner

- “meat and two veg” (hot brown gravy on the meat and the vegetables)
- nowadays people eat curry, rice or pasta dishes



The Sunday Roast Dinner

- a traditional meal eaten by a family at Sunday lunchtime
- consists of roast meat, 2 different kinds of vegetables and potatoes with a pudding



Tea-time

- a small meal eaten in the late afternoon (between about 3:30 and 5:00)



High tea

- a light meal eaten in the early evening (for example, 6 o'clock)
- this is popular in North England and Scotland





Afternoon tea (low tea)

- Cream tea—tea, scones, jam and cream
- Light Tea—tea, scones and sweets
- Full Tea—tea, savories, scones, sweets and dessert
- It was usually taken in the late afternoon

