

Reading British Food Unit 3



CULTURE

British Food

TRADITIONAL SUNDAY LUNCH



A **traditional British** family meal is a roast dinner. This is beef, lamb or chicken cooked in the oven. The meat is served with different vegetables and gravy.

About four million British people are **vegetarian**. Some vegetarians, called *pescatarians*, eat fish but don't eat meat. Some vegetarians also don't eat or drink any dairy products, eggs, honey or collagen. They are called **vegans**.

VEGETARIANS

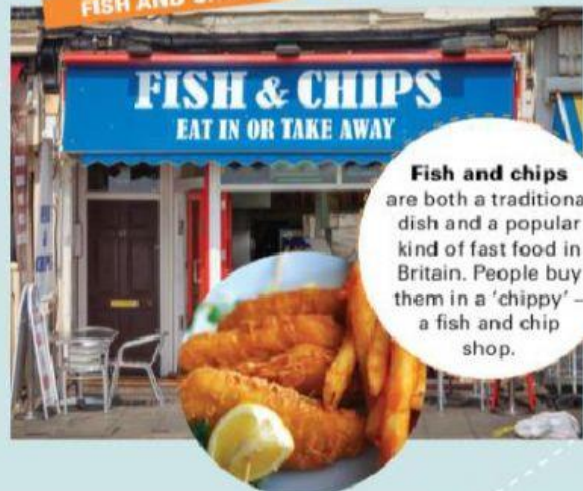


INTERNATIONAL FOOD



The British love food from **all over the world**. They love spicy food from India like curries and Mexican food like fajitas. Chinese food such as fried rice is also very popular.

FISH AND CHIPS



Fish and chips are both a traditional dish and a popular kind of fast food in Britain. People buy them in a 'chippy' – a fish and chip shop.

1 **33** Read and listen to the information about British food. Then answer the questions.

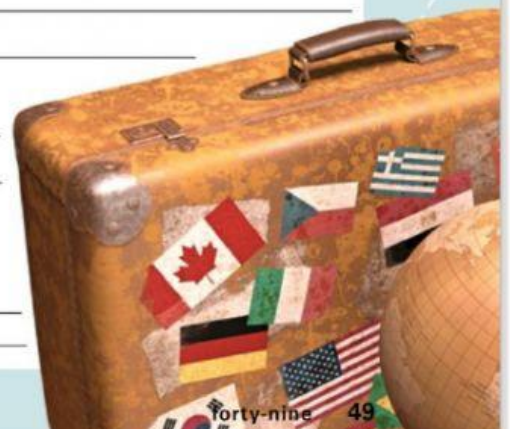
a What meat and vegetables can you see in the pictures?

b Where is fried rice from? _____

c What is a vegan?

d What type of food is fish and chips? _____

2 What traditional food do you eat in your country?
Do you consider it healthy?



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