

What do the British really eat?

A photograph of a sandwich with ketchup and chips. The sandwich is made with white bread and filled with meat and cheese. It is served with a side of chips and ketchup. The background is a blue and white checkered tablecloth.

Popular food in the UK

Most people think that food in Britain is all about fish and chips, chip butties or afternoon tea, but that's not the whole story. There are so many different cultures in the UK that you have a huge choice of flavours and cuisines to choose from.

- 1 Indian food has been the country's favourite for years. Every town has at least one Indian restaurant. People even say that the national dish is now *chicken tikka masala*, a spicy curry usually served with rice or Indian bread called naan. It's delicious!
- 2 American food is everywhere. There's not only McDonald's now, but new gourmet burger restaurants like Five Guys. American food is popular because the recipes are very familiar to British people – hot dogs, fried chicken, pepperoni pizza, nachos and BBQ ribs are all big favourites.
- 3 People have a passion for fresh and healthy food these days and that's why Japanese food is popular. It's also easy to eat as a takeaway meal. Young people now prefer to eat sushi at lunchtime to the traditional British sandwich, although some still have problems with chopsticks!

1. American	•	a. practical
2. Japanese	•	b. tasty
3. Indian	•	c. familiar

	True	False
1. People have the wrong idea about food in the UK.	<input type="radio"/>	<input type="radio"/>
2. It's easy to find an Indian restaurant in the UK.	<input type="radio"/>	<input type="radio"/>
3. American food is not very varied.	<input type="radio"/>	<input type="radio"/>
4. A lot of people eat sushi for their evening meal.	<input type="radio"/>	<input type="radio"/>
5. Zaza Bazaar doesn't serve Indian food.	<input type="radio"/>	<input type="radio"/>