

Vocabulary: British food

EXERCISE 1. Drag the words on the left onto the words in red in the text.

appetising complex delicious hot not very tasty pre-cooked prepared salty savoury soft uncomplicated unprocessed	The British are famous for their plain , unappetising food. However, traditional English, Scottish, Welsh and Irish food include a lot of elaborate recipes which can be truly gorgeous — when properly cooked . The trouble is, some say, that in today's fast-moving western society nobody seems to have the time for cooking. Processed food, which is usually very salty and often spicy , is becoming the norm over less savoury home-cooked meals made with raw meat or fish and fresh vegetables. Also, ripe fruit is expensive in a country that needs to import much of it. Likewise, frozen fish and meat are becoming increasingly popular over fresh products: although they are not as tender or tasty , they tend to be cheaper. The trend is towards more and more junk food in preference to healthier alternatives.
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EXERCISE 2. What is the meaning of the phrases in green? Choose the correct one:

a) What is ripe fruit?

- a big fruit
- dried fruit
- fresh fruit
- fruit that is sweet enough to eat
- fruit that is too green and sour to eat

b) What is frozen fish?

fresh fish

smoked fish

defrosted fish

fish preserved in salt

fish preserved at below-zero-degree temperatures

c) What is junk food?

fast food

cheap food

healthy food

unhealthy food

home-cooked food

EXERCISE 3. According to the information in the text, are these sentences true or false?

a) Home-cooked British food can be very tasty.

true

false

the text does not say

b) In today's world nobody can find time to cook their own food.

true

false

the text does not say

c) Processed food is usually healthy.

true

false

the text does not say

d) When people prepare their meals at home they don't usually put too much salt in it.

true

false

the text does not say

e) Great Britain produces most of the fruit that British people buy.

true false the text does not say

f) People are starting to buy more fresh fish because it is tastier than frozen fish.

true false the text does not say

g) Raw meat is more tender when it is cooked.

true false the text does not say

h) Frozen meat is usually cheaper than fresh meat.

true false the text does not say

EXERCISE 4. Choose the correct answer.

Do you know?

a) Which of the following make up the United Kingdom?

England Scotland Ireland Wales the USA Northern Ireland

b) Which of these Irish names refer to a region of the UK?

Eire Ulster

c) What is the name of the small territories that are the equivalent of provinces in the UK and Ireland?

districts countries counties regions



Map source: <https://openclipart.org/detail/171939/uk-and-ireland>