

CULTURE

BRITISH FOOD

1 Answer the questions.

- 1 What do you think British people eat in a typical day?
- 2 What do you know about traditional British dishes?
- 3 Do you think British food is very different from food in your country?



2 Read the text quickly. Match the underlined food to photos A–G.

Discover **British** food



50

Many tourists are quite surprised by all the delicious food they can find in the UK. In the past, many visitors had a bad opinion of British cooking, but that was often because they ate in cheap restaurants that only served food for tourists. Fortunately, things have changed in recent years and now tourists can find many types of good quality food all over the country.



Typical favourites

You can find excellent traditional British food in the thousands of cafés, restaurants and takeaways around the UK. A typical café dish, and perhaps the best-known abroad, is the 'full English breakfast'. That's eggs, sausage, tomatoes, beans and fried bread. If you want something hot for lunch in a café, try the meat or vegetarian pies on offer.

A classic summer dish is ploughman's lunch, which is a cold dish of bread, butter, cheese, pickled onion and salad. On Sundays, it's typical to have a roast dinner with friends

and family. Roast beef, lamb or chicken is served with potatoes and boiled vegetables such as carrots and broccoli, and gravy is poured on top. Gravy is a thick, brown sauce and it's delicious!



Takeaways are really popular in the UK. These are small shops that sell hot food that customers take home or eat on the street. Fish and chips has been a British takeaway favourite for a long time. They fry the fish in batter (a mixture of flour and water) and it's often served with peas, and, of course, lots of chips!

Local dishes

Many places in the UK have local **specialities**. In Scotland, Cullen skink is a creamy soup with fish, potatoes, onions, and milk. In Wales, one of the most popular dishes is called Welsh rarebit. It's hot cheese on toast. And for dessert you can try some bara brith. It's a sweet bread with fruit and spices.

International options

Since the 1950s, many immigrants have come to Britain from all over the world and they have brought lots of international dishes with them: curry from India and Pakistan, pizza and pasta from Italy, along with dishes from China, Japan, Egypt, Mexico and many other places. Curry, in particular, has become so popular that it is often called a 'national dish' of the UK.

With all of these choices, tourists nowadays won't have any problems eating in the UK. Their biggest **challenge** will be deciding what to eat!



3 Are the sentences true or false? Correct the false sentences.

- 1 At the moment, British food hasn't got much variety.
- 2 Nowadays, British people don't eat roast dinners.
- 3 People usually cook fish and chips at home.
- 4 Cullen skink is an English dish that has fish and potatoes.
- 5 Welsh rarebit is a recipe that hasn't got any meat or fish.
- 6 British food has become more varied because of immigration.

4 Match the **highlighted** words in the text to the meanings.

- | | | | |
|--|---|---|--------------|
| 1 kept in vinegar or salty water | ● | ● | specialities |
| 2 famous dishes | ● | ● | takeaway |
| 3 a place that cooks and sells food for people to eat somewhere else | ● | ● | challenge |
| 4 maybe, possibly | ● | ● | perhaps |
| 5 something difficult | ● | ● | pickled |

5 Listen to Emily and her cousin Andrew, who is from the USA. Answer the questions.

- 1 Where are Emily and Andrew now?
They are _____.
- 2 What decision are they trying to make?
They are trying to decide _____.
- 3 What historical event does Emily talk about?
_____ in London more than 200 years ago.

6 Listen again. Complete the sentences with one or two words.

- 1 At first, Andrew suggests they have _____ for lunch.
- 2 Emily thinks some _____ tikka masala would be good.
- 3 Andrew says he isn't a big fan of _____ dishes.
- 4 Bangers and mash are _____ with mashed _____.
- 5 Emily says that cottage pie isn't a _____.
- 6 Trifle is made with _____, _____ jelly and cream.

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USEFUL LANGUAGE

Discussing possibilities

- 1 A famous dish in our country would be ...
- 2 A popular local speciality might be ...
- 3 Visitors could perhaps try ...
- 4 A popular fast food here would be ...
- 5 Some tourists might not like ...
- 6 People who like desserts might want to try ...

A food guide

Write a food guide for tourists who visit your town or city. Use the questions below to help you.

- What food is popular in your country?
- What are the local specialities where you live?
- Which restaurants should tourists try in your area?
- What fast food is popular where you live?
- What desserts or sweets should visitors have?
- What other food might people want to try?

Present your guide to the class. Then post your work at school where other people can see it.

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

INTERNATIONAL FOOD OF LONDON 07

1 Answer the questions with a partner.

- 1 What can you remember about British food?
 - Can you name any traditional dishes?
 - What is in a full English breakfast?
 - What do people typically eat on Sundays?
- 2 What is your favourite food from your country? Why?
- 3 What is your favourite dish from another country? Why?

2 Match the food to the descriptions. Which ones do you think you might hear mentioned in a video about international food in London? Why?

- | | |
|---|---|
| 1 ☐ bangers and mash | a a sweet food made from egg whites and sugar |
| 2 ☐ jerk chicken | b raw fish often eaten with rice |
| 3 ☐ meringue | c a pudding made with lots of honey |
| 4 ☐ dumplings | d sausages and potatoes |
| 5 ☐ sushi | e pieces of cooked meat on a stick |
| 6 ☐ baklava | f long pieces of fried dough covered in sugar |
| 7 ☐ kebab | g balls with meat or fish inside |
| 8 ☐ churros | h chicken cooked in spices |

3 07 Watch the video and tick [✓] the items mentioned in Activity 2. Then label the pictures with words from Activity 2.

1



2



3



4 **07 Watch the video again. Decide if the statements are True (T) or False (F) and correct the false statements.**

- 1 Tokyo is famous for its churros. T / F
- 2 Pho is a kind of soup that is popular in Hanoi. T / F
- 3 Yorkshire pudding is made with eggs, flour and butter. T / F
- 4 In Brixton, in south London, there is an area with a large Caribbean population. T / F
- 5 In Brixton you can find coconuts and fried bananas. T / F
- 6 Brick Lane is in north London. T / F
- 7 Brick Lane has a large number of people from India and Pakistan so it's famous for curry. T / F
- 8 The dumplings, or Dim Sum, in China Town can be raw or steamed. T / F
- 9 Falafel is a dish made from fried spinach. T / F
- 10 Baklava is a dessert made with honey. T / F

5 **Ask and answer with a partner.**

- 1 Have you ever tried any of the food shown in the video? Did you like it? Why? / Why not?
- 2 Are there any dishes in the video that you would like to try? Why? / Why not?
- 3 What is the most delicious food you have ever eaten? Why?
- 4 What is the most disgusting food you have ever eaten? Why?