

READING SKILLS TEST UNIT 9
ENGLISH FILE ELEMENTARY

1 Read the text and choose A, B, or C.

Meals in England – a guide for visitors

Meals and Snacks

Breakfast, lunch, and dinner are the three main meals. A lot of workers have a 10-minute break in the morning (one name for this is 'elevenses') when they stop work to enjoy a cup of tea (or coffee) with a biscuit. They have a similar break for a drink and a snack in the afternoon. Many hotels and restaurants in England serve 'afternoon tea' between 2–5 p.m. This is a light meal of tea, sandwiches, and cakes and it's very popular with shoppers and tourists.

Breakfast

A traditional full English breakfast is what many hotels serve to guests. It includes egg, bacon, sausage, beans, mushrooms, tomatoes, and toast, with tea or coffee and it contains around 1,000 calories (women need around 2,000 calories a day, and men need around 2,500). However, most people start their working day with a piece of toast or some cereal – some don't have anything at all.

Lunch

Lunch is between midday and 1.30 p.m., and in England people are more likely to have a smaller meal in the middle of the day. For example, a sandwich and a packet of crisps, or a takeaway, which they can eat at their desk. They often work while they eat. If it's someone's birthday, a group of people who work together might go to a restaurant or a pub for lunch.

Dinner

Dinner (also called 'supper' in the south of the country and 'tea' in the north) is the biggest meal of the day and we have it between 6 and 8 p.m. In the past, the traditional evening meal was 'meat and two veg (vegetables)' then a pudding, and, on Fridays, a lot of people ate fish. Today, many families enjoy a traditional dinner on Sundays, but during the rest of the week we like to cook lots of different things, including food from other countries. Indian food is now more popular in England than fish and chips. Around two million of us go to Indian restaurants every week!

- 1 People stop work in the middle of _____ for 'elevenses'.
A the day B the morning C the afternoon
- 2 You eat cake _____.
A before breakfast B in the afternoon C before bed
- 3 There are around _____ calories in a full English breakfast.
A 1,000 B 2,000 C 2,500
- 4 Most workers have _____ for breakfast.
A a traditional breakfast B nothing at all C toast or cereal
- 5 People often have lunch _____.
A in a takeaway B in a restaurant C at work
- 6 In the past, many people ate fish at the _____.
A beginning of the week B end of the week C weekend

2 Read the text again. Choose the correct answer.

- 1 'Elevenses' is a **small snack** / **big meal**.
- 2 A lot of hotels in England **serve** / **don't serve** big breakfasts nowadays.
- 3 There **aren't any vegetables** / **isn't any cereal** in a full English breakfast.
- 4 People sometimes don't stop work to eat their **lunch** / **dinner**.
- 5 Pubs are **open** / **closed** in the middle of the day.
- 6 People in the south of England eat supper **at midday** / **in the evening**.
- 7 You have 'pudding' at the **beginning** / **end** of a meal.
- 8 Fish and chips are **more** / **less** popular now than they were in the past.
- 9 2,000,000 people eat in **Indian** / **English** restaurants every week.