

Food: Traditions and Habits

Reading Passage: Eating in the UK and Ukraine

When people think of British food, they usually think of Fish and Chips. However, British people eat many different things. Food in the UK is quite different from food in Ukraine, especially the times when people eat their main meals.



Breakfast

Most British people eat a quick breakfast like **cereal** or toast because they are in a hurry. In Ukraine, breakfast can be similar, but many people prefer hot dishes like kasha or syrnyky. At the weekend, British families might have a "Full English Breakfast" with eggs, sausages, and beans. This is much heavier than a typical Ukrainian morning meal!

Lunch

In the UK, lunch is usually a light, cold meal eaten around 1:00 pm. Many children take a **packed lunch** to school containing a sandwich, **crisps**, and fruit. This is very different from Ukraine, where lunch is often the main meal of the day and usually includes a hot bowl of **borscht** or soup.

Dinner

For British people, dinner is the biggest meal and is eaten in the evening between 6:00 pm and 7:00 pm. A traditional choice is the "**Sunday Roast**" with meat, potatoes, and **gravy**. In Ukraine, the evening meal is often lighter because people have already had a large meal at lunchtime.

Snacks and Tea

British people are famous for drinking tea with milk and a **biscuit**. In Ukraine, tea is also very popular, but it is usually enjoyed with lemon or honey instead of milk. Both cultures love to have a sweet treat with their tea!

Exercise 1: Vocabulary Match

Match the words from the text with their correct definitions. Write the correct word in the space.

Word Bank: cereal, packed lunch, gravy, biscuit, crisps, Sunday Roast, borscht

Definition	Word
1. A brown sauce made from meat juices, usually poured over a roast dinner.	
2. A food made from grain (like corn or wheat) mixed with milk, eaten for breakfast.	
3. Food that you take with you in a box or bag to eat at school or work.	
4. A small, sweet, crunchy cake (like a cookie) often eaten with tea.	
5. Thin, crunchy slices of potato that are fried and eaten cold as a snack.	
6. A traditional British meal of meat and potatoes eaten on the weekend.	
7. A popular Ukrainian soup, usually red and made with beetroot.	

Exercise 2: True or False ✓

Read the statements below. Choose **True** if the sentence matches the information in the text, and **False** if it does not.

1. British people usually eat a Full English Breakfast every day of the week.	a) True b) False
2. In Ukraine, many people prefer hot dishes like kasha for breakfast.	a) True b) False
3. A typical British packed lunch contains a hot bowl of soup.	a) True b) False

4. In Ukraine, lunch is often the main meal of the day.	a) True b) False
5. British people usually have their biggest meal between 6:00 pm and 7:00 pm.	a) True b) False
6. People in Ukraine traditionally drink tea with milk.	a) True b) False

Exercise 3: Comprehension Check

How well did you understand the differences between food in the UK and Ukraine? Choose the best answer for each question based on the reading passage.

1. Why do most British people eat cereal or toast for breakfast during the week?	a) Because they don't like hot food. b) Because they are in a hurry. c) Because they want to save money. d) Because they are waiting for a Sunday Roast.
2. What is a common item found in a British child's packed lunch?	a) A hot bowl of kasha. b) Red borscht. c) A sandwich and crisps. d) Sausages and beans.
3. How does the timing of the 'main meal' differ between the two countries?	a) In both countries, the main meal is at 1:00 pm. b) British people have their main meal at breakfast. c) Ukrainians have their main meal in the evening. d) Ukrainians often eat it at lunch, while British people eat it at dinner.
4. According to the text, what is the 'famous' way British people drink their tea?	a) With lemon and honey. b) With milk and a biscuit. c) With a bowl of hot soup. d) Without any sugar or milk.
5. What is the 'Sunday Roast' usually served with?	a) Cereal and milk. b) Sandwiches and fruit. c) Meat, potatoes, and gravy. d) Syrnyky and honey.