

# Meals and meal times



The first meal of the day is breakfast. The traditional British breakfast is very big: bacon, eggs, sausages, tomatoes, mushrooms, baked beans and a toast. But nowadays people don't usually cook a big breakfast every morning. They only have a cooked breakfast on Sundays, or when they stay in a hotel.

On weekdays people have a light breakfast: a toast with jam or honey, cereal with milk and sugar, fruit (grapefruit is popular), yoghurt, orange juice, coffee or tea.

Between 12 and 2pm people have lunch. This is often a light meal of soup, sandwiches and a salad. Popular sandwiches are tuna and mayo, ham salad, cheese and tomato. Most children have their lunch at school. They can take sandwiches from home (a packed lunch) or they can buy food at the school canteen.

The main meal of the day is dinner. People usually eat this between about six or seven o'clock in the evening. A traditional dinner is meat or fish with potatoes and vegetables, but many people prefer to eat Italian, Chinese or Indian food. Lasagne, noodles or curry are very popular.

After the main course some people have desserts (also called pudding) such as fruit, chocolate, cake or apple pie with ice-cream or custard.

In the afternoon around 4 or 5pm people often go to a tea shop or a café to have afternoon tea. They usually meet their friends and have a little sandwich, a cake or fancy biscuits.

In some parts of England people have the main meal at mid-day and call it "dinner". They call the light meal they have in the afternoon or evening tea. Some people call the evening meal supper. This can be a light meal or main meal.

Read the text and answer true (T) false (F) or not mentioned (NM)

People always have grapefruit for breakfast.

All children take packed lunch to school.

Most people eat breakfast in the kitchen.

Curry is popular dinner nowadays (v současné době).

People usually have dinner in the evening.



What is traditional British breakfast? Choose the correct answer.

sausages      grapefruit      mushrooms      ham      rolls      bacon

When do people eat traditional British breakfast?

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What do the British eat on weekdays for breakfast? Choose the correct answer.

fried eggs      cereals      yoghurt      tomatoes      orange juice

When do people have lunch?

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Where do most children eat their lunch?

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When do people eat dinner?

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Where can you have afternoon tea?

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What do the British eat for dinner nowadays (v současné době)?

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What is supper?

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