



BRITISH CULTURE



In the UK people have breakfast, lunch and dinner earlier than in Spain.



People usually have breakfast at seven o'clock in the morning. They sometimes have a full English Breakfast: sausages, eggs, mushrooms, beans, tomatoes, bacon and toast.

This isn't healthy!! ☹

Then, they have lunch at half past twelve in the afternoon. Students usually take a packed lunch for school. They eat a sandwich and fruit. Some students eat in the school canteen.



At four or five o'clock they have tea or a snack. They usually have tea with milk and some biscuits or pastry.

Finally, they have dinner at about seven o'clock in the evening or even earlier! They usually have fish and chips or meat and vegetables with potatoes or rice.



Also, many people eat food from other countries, like chicken curry from India or sushi from Japan. It's very popular to order food in a 'Take Away', so you don't have to cook!



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