

READING

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 generally 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!

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

Example: The guide is for ____.

A English people visiting other countries B hotel owners

☒ visitors from other countries

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

B) Read the text again. Choose the correct answer.

Example: People have ☒ / five main meals a day.

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. People in the south of England eat supper **at midday / in the evening**.

GRAMMAR

C) Complete the sentences with **a, an, some, or any**.

Example: There are some strawberries in the fridge.

- 1 'I'm hungry.' 'Do you want _____ apple?'
- 2 Let's make _____ bread this evening.
- 3 He's a vegetarian. He doesn't want _____ meat.
- 4 'Are there _____ bananas?' 'No. Pete had the last one.'
- 5 There are _____ eggs in the fridge.

D) Use the words to write positive (+) and negative (-) sentences and questions (?) with **there is / there are**. Add **some, any, a** where necessary.

Example: a mirror in the bathroom (?)

Is there a mirror in the bathroom?

- 1 shops near our new house (+)

- 2 a school in the village (?)

- 3 a television in the kitchen (-)

- 4 cupboards in the dining room (?)

- 5 a swimming pool in the garden (+)

- 6 ghosts in the house (-)

E) Choose the correct word or phrase.

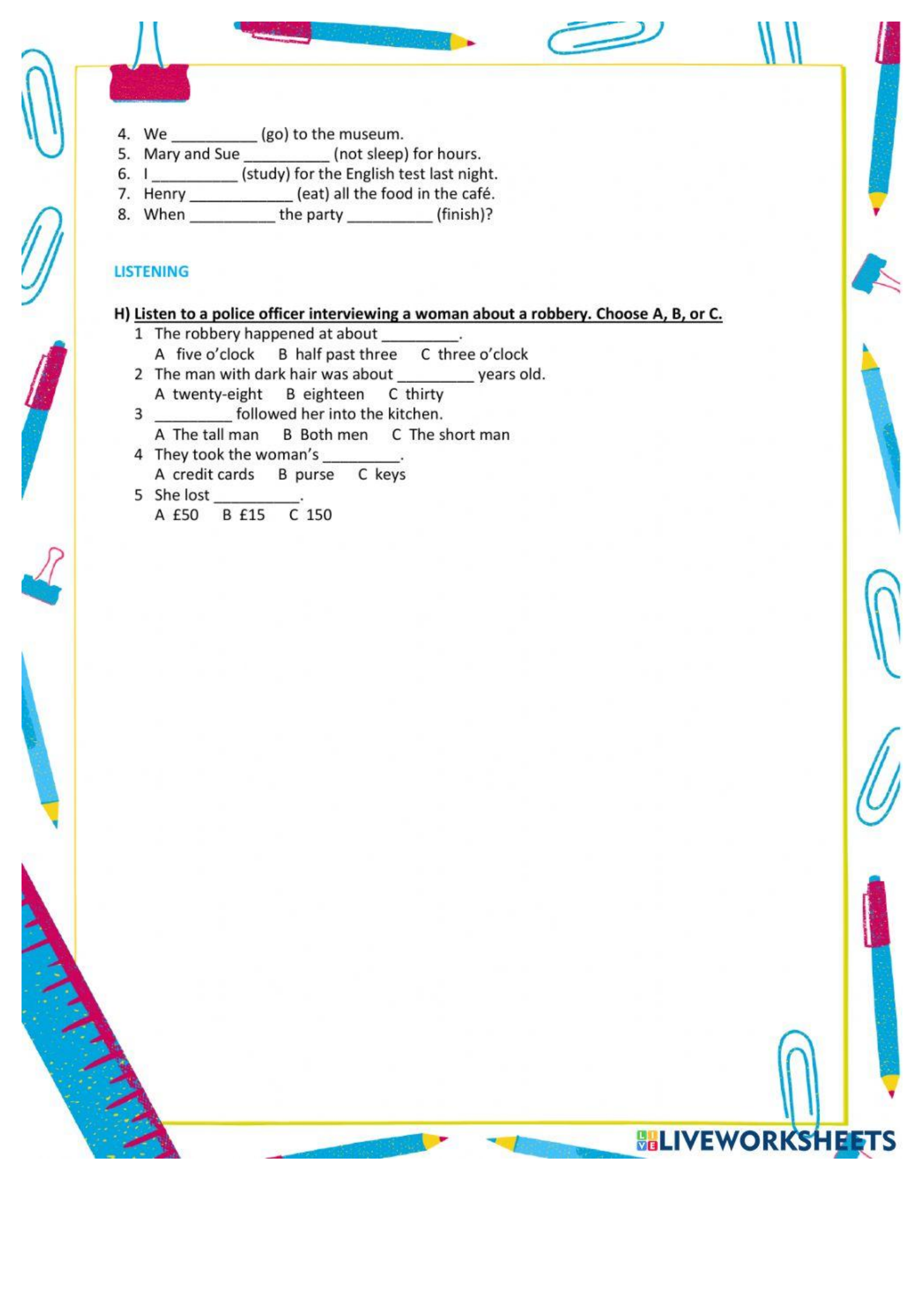
Example: We **was** / **were** at school yesterday.

1. **Was / Were** Jack and Elaine on holiday last week?
2. The shops **wasn't / weren't** open today.
3. Yesterday **was / were** Thursday.
4. We **were / was** at work today.
5. When **was / were** Julie born?
6. Where **were you / you were** yesterday?

F) Complete the sentences. Use the past simple form of the verb in brackets.

Example: My grandparents lived (live) in Greece. Now they live in the UK.

1. What time _____ Sheila _____ (arrive)?
2. _____ you _____ (watch) the match?
3. The nightclub _____ (not close) until 3 a.m.

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4. We _____ (go) to the museum.
5. Mary and Sue _____ (not sleep) for hours.
6. I _____ (study) for the English test last night.
7. Henry _____ (eat) all the food in the café.
8. When _____ the party _____ (finish)?

LISTENING

H) Listen to a police officer interviewing a woman about a robbery. Choose A, B, or C.

- 1 The robbery happened at about _____.
A five o'clock B half past three C three o'clock
- 2 The man with dark hair was about _____ years old.
A twenty-eight B eighteen C thirty
- 3 _____ followed her into the kitchen.
A The tall man B Both men C The short man
- 4 They took the woman's _____.
A credit cards B purse C keys
- 5 She lost _____.
A £50 B £15 C 150