

Read the text and think of the word which best fits each gap.

A BRIEF INTRODUCTION TO BRITISH FOOD



In many European countries (1) _____ is normal to have a long break in the middle of the day (2) _____ all members of the family return to (3) _____ houses to eat together. This is not very common in Britain because normally it is a long way (4) _____ the place of work or school to the home. Consequently, the British tend to have (5) _____ big breakfast and the meal (6) _____ midday is usually spent with workmates or schoolmates. Lunch (7) _____ normally eaten between 12.30 pm and 1.30 pm. Most people finish work at five thirty, and they tend to eat their evening meal or "dinner" (8) _____ 6.30 pm and 8pm. (9) _____ Sundays, people take the opportunity (10) _____ eat together with their family. It is common to eat the traditional *Sunday Roast*, consisting (11) _____ roast meat, roast potatoes or mashed potatoes, with accompaniments (12) _____ as Yorkshire pudding, stuffing, vegetables and gravy.

Breakfast

Generally speaking, the British breakfast is much bigger (13) _____ in most other countries. Some people like to have a *full breakfast* which can consist of fried bacon and eggs (14) _____ fried bread and possibly fried tomatoes or *black pudding*. However, many people prefer to have a *continental breakfast*, and (15) _____ just eat toast with tea (16) _____ coffee and juice. Cereals (17) _____ also very popular and (18) _____ are many types of cereals available. In Scotland, many people eat *porridge* or boiled oats.

Lunch

Most British people take a *packed lunch* to eat for their midday meal. Some factories (19) _____ schools have canteens (20) _____ you can eat, but the packed lunch is the (21) _____ common thing to eat. A packed lunch normally consists of some sandwiches, a packet of crisps, some fruit and a can of something (22) _____ drink. The contents are kept in a plastic container and (23) _____ take it with you when you (24) _____ to school or work.

Dinner

Things are changing and most British people eat meals (25) _____ many different countries. (26) _____ fact, you could even say that the British don't eat (27) _____ British food. However, the most typical thing to eat for dinner is *meat and two veg*. This consists of a piece of meat accompanied (28) _____ two different boiled vegetables. This is covered with gravy, (29) _____ is a sauce made with the juice that was obtained when the meat was cooked. One of the vegetables is almost always potatoes. The British eat a (30) _____ of potatoes.