

Reading: English food

Read the article about English food. Tick True or False.

What do English people eat?

A REPORT BY JAMES BRADFORD

ENGLISH FOOD has a bad reputation. Everybody knows what French food is, and Italian food, and Chinese food. But what is English food?

It is true that, for many years, food in Britain wasn't good. But it is now possible to eat in England and enjoy it! English cooks know a lot more about how to cook, and they borrow ideas from all over the world.

Breakfast For breakfast, most people have just cereal and maybe toast and jam.

A Full English breakfast is big – sausages, bacon, eggs, tomatoes.

Lunch For many people, lunch is a quick meal at about 1.00 p.m. It isn't a time to relax, because we're too busy at work or at school. So lunch is just a sandwich or a snack.

Dinner The evening meal is our main meal. We don't eat late – we eat at about 8p.m. People have maybe meat or pasta, with vegetables or salad.

Sunday lunch is traditionally the one time in the week when the family eats together.

There is roast meat, such as beef or chicken, with lots of vegetables.

Eating out Every high street in Britain has an Indian restaurant and a Chinese restaurant. In London there are restaurants from all over the world – Greek, Italian, Moroccan, Mexican, Russian, Iranian ... everywhere. Our traditional fast food is fish and chips, and of course there are places to buy hamburgers and pizza.

It is possible to eat really bad food in England. But it is also possible to eat very well!



1. People think that English food isn't good. **True** **False**
2. People know what English food is. **True** **False**
3. English food is much better now. **True** **False**
4. English cooks travel to other countries. **True** **False**
5. Most English people eat a big breakfast. **True** **False**
6. Lunch is the main meal of the day. **True** **False**
7. English people eat dinner late. **True** **False**
8. Sunday lunch is a family meal. **True** **False**
9. Every town in Britain has international restaurants. **True** **False**
10. There is good food and bad food in Britain. **True** **False**