**Food and Plenty.**

**Traditional British Food:**

* British people traditionally eat a lot of meat with potatoes and other vegetables.
* The classic meal is called “meat and two veg”, with dishes like roast beef and shepherd’s pie (made with minced lamb and vegetables covered in mashed potatoes).
* Pies and pasties are eaten on special occasions.
* Food is often boiled or fried.
* **Yorkshire pudding** is a savoury dish, not a dessert. It is served with roast beef and onion gravy, made from a batter of eggs, flour, milk and water, and baked until golden and puffed.

**Popular and Fast Food:**

* Fish and chips are very popular and sold in special shops called “chippies”.
* Children eat them for lunch at school and sometimes in sandwiches called “chip butties”.
* Many people eat fast food or junk food, even though it is unhealthy.
* Most people agree it’s important to cook a “real” meal, and some do it once a week.

**Daily Meals:**

* Most people eat three main meals a day: breakfast, lunch and dinner.
* **Breakfast** is usually healthy: cereals, toast, fruit juice and coffee. The traditional breakfast of fried bacon and eggs is famous, but few have time to cook it.
* **Lunch** is often a sandwich, a hot meal in a café, or a packed lunch from home. At school, food is available in the canteen or from snack machines.
* **Dinner** is the biggest meal of the day, eaten early (around 6pm). It usually includes meat and potatoes, but pasta, couscous or curry with rice are also popular.

**Afternoon Tea:**

* Afternoon tea is a British tradition appreciated by tourists.
* It is a small meal served between 4 and 5pm.
* It includes tea (usually with milk) or coffee, and small sandwiches or scones. Scones always come with butter or cream and jam. They come from a Scottish tradition and are similar to croissants.

**Brunch:**

* Brunch is a trendy meal replacing the traditional late-morning lunch.
* It is typically eaten between 10am and 12pm.
* It originated in England in the second half of the 19th century (precisely in 1895) and became popular in the US in the 1930s.
* Brunch is often served with alcoholic drinks. It includes eggs, sandwiches, pancakes, bread or **French toast**.
* French toast is a slice of bread soaked in beaten eggs, water, sugar and milk, then fried.