

I Love Our British Breakfast!



Luke Wilson is British. He and his family live in a farmhouse in Easton, a small village in Norfolk. Luke loves eating! He is talking on a local radio show about his love of British farm food.

"My family raises chickens for eggs, sheep and pigs for meat, and we grow vegetables. We also have a couple of cows that give us milk, butter, and cheese. So, in my family, there is always plenty of good food. My mum is a great cook, and she can make all the traditional British foods – Shepherd's Pie, Sunday Roast, Bangers and Mash, and Beef Casserole. Sometimes, when we take a trip to Norwich, we buy Fish and Chips, which is the most traditional fast food in Britain.

We don't eat soup as often as people in Europe, but we sometimes have mushroom, pumpkin, onion, leek and potato, lentil, or fish soup. But what I absolutely love about British food is breakfast! Europeans eat so little for breakfast – only yoghurt, rolls, or a piece of toast. We eat a big fried meal in the morning which is called a full breakfast. It consists of eggs, bacon, sausages, beans on toast, mushrooms, tomatoes, and sometimes even hash browns. And I also like our British afternoon tea when we eat sandwiches, scones with jam, sweet pastries and drink tea. When I grow up, I want to be a chef. I love being in the kitchen!"