

## Reading & Speaking

1 In pairs, put these meals in the correct order. Then answer the questions.

- lunch    late snack    elevenses  
 dinner    breakfast    tea

- Do you normally eat these meals?
- What time and where do you usually have them?

2 **SCANNING** Read the text and find two things that the British eat or drink at the meals in exercise 1.

*breakfast – a cup of coffee or a bowl of cereal*

3 Read the text again and choose the correct answer.

- Somerset Maugham
  - ate three breakfasts every day.
  - thought breakfast was the best meal in England.
  - ate a very big breakfast every day.
- Most people in Britain
  - have breakfast in a hotel.
  - don't have time for a 'full' breakfast.
  - don't eat breakfast.
- At around 11.00 in the UK,
  - schools and offices close.
  - people eat eleven kilos of biscuits.
  - people often have a snack.
- At lunchtime, people do not usually
  - have a packed lunch.
  - have lunch with their family.
  - have a sandwich.
- At 5.00, younger children often
  - eat sandwiches and cakes.
  - eat without their parents.
  - have tea in a hotel.
- Many British families
  - don't eat together very often.
  - eat a takeaway once a month.
  - don't eat ready meals from the supermarket.
- Many people say that
  - curry is more 'typical' than fish and chips in Britain.
  - curry is nicer than fish and chips.
  - there are too many Chinese and Indian takeaways.

2.25

# EATING AROUND THE CLOCK

## What do British people really eat?

### 7–9 a.m. Breakfast

'To eat well in England,' wrote the novelist Somerset Maugham, 'you should eat breakfast three times a day.' A traditional British breakfast includes cereal, bacon, sausages, eggs, tomatoes ... and if that's not enough, there's toast and marmalade and tea or coffee to drink. Of course, it all takes a long time, so people normally only eat a 'full' breakfast when they are staying in a hotel or on special occasions. Most people just have a quick cup of coffee, a glass of fruit juice or a bowl of cereal as they hurry to school or work ... and 22% of people don't eat breakfast at all!

### 11 a.m. Elevenses

Getting hungry? Many schools and offices in Britain stop for a coffee break around 11 o'clock and people have 'elevenses': maybe a bar of chocolate, a piece of fruit, a biscuit or two ... or three! Actually, the British eat more biscuits than any other nation in the world, eleven kilos per person every year!



### 12–2 p.m. Lunch

Sunday lunch is a popular time for a family meal but during the week, most people eat lunch at work or school. Generally, people don't have time for a hot meal at lunchtime, so sandwiches (a British invention, of course!) are very popular; in fact, we eat two billion of them every year. Did you know that the London department store, Selfridges, sells the world's most expensive sandwich? It costs £85! Children often take a packed lunch to school and healthy school lunches are a 'hot topic' right now.

### 5 p.m. Tea

Because parents work late, younger children often eat separately, at around five o'clock. We call this meal 'tea', although in reality, children probably have pizza, pasta or sausages (and ice-cream)! In hotels and teashops, however, you can still get a traditional English tea. This is much more than just a cup of tea – it comes with sandwiches, toast, tasty cream cakes and scones! Plenty to fill you up until it's time for ...

### 6–9 p.m. Dinner

Usually this is the main meal of the day but as people get busier, it is becoming less common for families to eat together. One survey found that the average British family only eats together once a month! Instead, different members of the family eat different meals at different times: often ready meals from the supermarket or takeaways. Traditional 'fish and chips' are still popular but there are now more Chinese and Indian takeaway restaurants. Many people believe that curry is the national dish, not fish and chips!

### 10–11 p.m. ... and a little late snack

Many people enjoy a late night snack, often with a hot drink: tea or hot chocolate are popular at bedtime. Then there is time for a few hours sleep before it all starts again!

4 Read *Active Study*. Then match the words in A and B to make compound nouns from the text. Read and check.

### Notice compound nouns

We often put two words together to make a new word:

noun + noun: *fruit juice, ice-cream*  
 adjective + noun: *hot chocolate*

We call these words compound nouns.

ACTIVE STUDY

*bedtime*

A	B
bed	break
coffee	time
lunch	lunch
packed	dish
cream	meal
ready	time
national	cake

5 Discuss these questions with the class.

- Do families in your country normally eat together or not?
- Are takeaways popular? What kind?

6 Work in pairs. One of you is a British visitor. Ask and answer questions about food in your country, using the *Phrases2know*.

- What do you normally eat for breakfast?
- How is the evening meal different from lunch?
- What's your favourite snack?

CAN YOU DO IT IN ENGLISH?

### Phrases 2 know 2.24

#### Discussing customs

**Most people** have cereal and milk.

**Generally, people** have lunch at home.

**We don't usually** eat takeaways.

Chicken **is traditional/very popular**.

#### Responding

Really?

Yes, **it's the same** in my country.

**It's similar/different** in my country because people work very late.

What do you normally eat for breakfast?  
*Most people have toast and cereal.*  
 Really? In my country, people generally ...