

British foods



They had three main meals a day:

- **Breakfast** - between 7:00 and 9:00,
- **Lunch** - between 12:00 and 1:30 p.m.
- **Dinner** (sometimes called Supper) - The main meal. Eaten anytime between 6:30 and 8:00 p.m. (Evening meal)

Traditionally food



- British food has traditionally been based on beef, lamb, pork, chicken and fish and generally served with potatoes and one other vegetable..



English breakfast

- Eggs, bacon, sausages, fried bread, mushrooms, baked beans



Typical English lunch



- Sandwiches are also known as a 'butty' or 'sarnie' in some parts of the UK.

DINNER

- The evening meal is usually called 'tea', 'dinner' or 'supper'.



Favourites



Bread and butter pudding



Spotted Dick / Dog



Crumpets

Afternoon Tea and High Tea in England

☉ AFTERNOON TEA

(The traditional 4 o'clock tea)

- ☉ This is a small meal, not a drink. Traditionally it consists of **tea** (or coffee) served with either of the following:
- ☉ **Freshly baked scones**
- ☉ **Afternoon tea sandwiches**
- ☉ **Assorted pastries**



HIGH TEA

(The traditional 6 o'clock tea)

The British working population did not have Afternoon Tea. They had a meal about midday, and a meal after work, between five and seven o'clock. This meal was called 'high tea' or just 'tea'.



This meal is now often replaced with a supper due to people eating their main meal in the evenings rather than at midday.

MAIN MEAL DISHES

- **Yorkshire Pudding**
- This dish is not usually eaten as a dessert like other puddings but instead as part of the main course or at a starter.
- Yorkshire pudding, made from flour, eggs and milk, is a sort of batter baked in the oven and usually moistened with gravy.



Toad-in-the-Hole

Similar to Yorkshire Pudding but with sausages placed in the batter before cooking.



FISH AND CHIPS

- Fish and chips is the classic English take-away food and is the traditional national food of England. It became popular in the 1860's when railways began to bring fresh fish straight from the east coast to the our cities over night.

