



ENGLISH MEALS

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ENGLISH MEALS

- There are four meals a day in an English home: breakfast, lunch, tea, and dinner.



BREAKFAST



- Breakfast is the first meal of the day. It is at about 8 o'clock in the morning, and consists of porridge with milk and salt or sugar, eggs - boiled or fried, bread and butter with marmalade or jam.



LUNCH

- The usual time for lunch is 1 o'clock. This meal starts with soup or fruit juice then follows some meat or poultry with potatoes - boiled or fried, carrots, beans and something to drink.



TEA



- Tea is the third meal of the day. It is between 4 or 5 o'clock, the so-called 5 o'clock tea. On the table there is tea, milk or cream, sugar, bread and butter, cakes and jam.



DINNER

- Dinner is the fourth meal of the day. The usual time is about 7 o'clock, and all the members of the family sit down together. Dinner usually consists of soup, fish or meat with vegetables - potatoes, green beans, carrot and cabbage, sweet pudding, fruit salad, ice-cream or cheese and biscuits.



INTERNATIONAL FOOD

- The British like food from other countries, too, especially Italian, French, Chinese and Indian. Eating in Britain is quite international!



OTHER ORDERS OF MEALS

- This is the order of meals among English families. But the greater part of the people in the towns and nearly all country-people, have dinner in the middle of the day instead of lunch. They have tea a little later - between 5 and 6 o'clock, and then in the evening, before going to bed, they have supper.
- So the four meals of the day are either breakfast, dinner, tea, supper; or breakfast, lunch, tea, dinner





The background of the slide is a close-up, high-resolution image of the Union Jack flag. The red cross is prominent, with the blue and white saltire sections visible in the quadrants. The text is centered over the red cross.

THANKS FOR ATTENTION!