

**DAULETBAEV
DINMUHAMBET
RET-13-1**

***FOOD AND
MEALS***

THERE CAN BE 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)

WHAT IS A TYPICAL ENGLISH BREAKFAST?

**English breakfast
consists of eggs, bacon,
sausages, fried bread,
mushrooms and baked
beans all washed down
with a cup of coffee**

THE TRADITIONAL ENGLISH BREAKFAST

- **The traditional English breakfast consists of eggs, bacon, sausages, fried bread, baked beans and mushrooms. The traditional English breakfast is called the 'Full English'**



LUNCH



If you go to Britain to study English and you stay with a family you will almost certainly be given a "packed lunch" to eat for your midday meal. A packed lunch normally consists of some sandwiches, a packet of crisps, an apple and a can of something to drink, for example, coca-cola. The contents are kept in a plastic container and you take it with you when you go to school or work.



DINNER

However the most typical thing to eat for dinner is "meat and two vegs". This consists of a piece of meat accompanied by two different boiled vegetables. This is covered with "gravy" which is a sauce made with the juice that was obtained when the meat was cooked. One of the vegetables is almost always potatoes. The British eat a lot of potatoes.



TRADITIONAL DRINKS IN ENGLAND

- ✓ Tea
- ✓ Coffee
- ✓ Wine

