

**DAULETBAEV  
DINMUHAMBET  
RET-13-1**

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***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

