

OPAKOVÁNÍ ANGLICKÝ JAZYK 9.tř. 18.5. – 24.5. 2020

JENNY'S SCHOOLBLOG - I LOVE FOOD

Hello! My name's Jenny and I'm from the UK. I live in Glasgow, in Scotland.

I love food! I really like to try new things and eat food from other countries.

But typical UK food is really tasty, too. I try to eat healthily most of the time, but

I don't think you have to every day.

So, I'm going to take you on a food journey, from breakfast, to lunch, then dinner.

What is typical in the UK? What are healthy or unhealthy options? Let's find out...

Of course, we start with breakfast – I think this is the most important meal of the day.

A typical healthy breakfast is porridge or yoghurt with fruit on top. I sometimes have toast with honey or jam. The less healthy option is definitely a „fry-up“. This is bacon, eggs, baked beans, sausage, tomatoes, bread and mushrooms all fried. It is a very heavy breakfast but it's delicious! With breakfast, we have tea. I like it with a little milk and no sugar.

For lunch, it's normal to have a sandwich, salad or soup. There are lots of lunch places that only serve this food. Lunch isn't usually big or heavy in the UK. For something more filling, I go to a bakery called „Greggs“. It has lots of sweet and savoury pastries. I like the chicken pastry. It's so buttery! At lunchtime, there is often a line out the door in Greggs, it is so popular / but not so healthy! /

It's normal to have a hot meal for dinner. A really typical dinner is roast beef, lamb or chicken, with potatoes and another vegetable.

In fact, this meal has a name – „meat and two veg“ – because it is so common. It can take a lot of time to cook, so during the week we eat something quick like pasta.

This may sound strange, but another typical dinner in the UK is Indian food! It is so popular that People say curry is UK's national dish!

ANSWER THE QUESTIONS

What food does Greggs sell?

What three foods, beginning with „S“, are typical light lunch?

„Meat and two veg“ has meat, a vegetable and what else?

What is in a „fry-up“?

What cuisine is really popular in the UK?