



# BBC WORLD SERVICE LEARNING ENGLISH

## ENGLISH FOOD



## English Food 英国饮食

### Food from around the World 世界食品荟萃

So, you are going to Britain. 'Oh no!' say your friends, 'The food is terrible! What are you going to eat?' This was a common thing to say and perhaps it used to be true. English food was terrible! But is that true today?

Traditionally, English food **consisted of** meat and two veg. That is to say a meal would be meat, either beef, pork or chicken and two vegetables. Of course, one of these was usually potatoes and the other might be peas or carrots. This was then covered in gravy, which is a meat **sauce**.

Fish and chips is another traditional dish often eaten on Fridays. Quite simply it is fried fish **served with** fried potatoes, or chips.

Nowadays, however, all this has changed. A popular dish for many is '**curry**', Indian food. India used to be a British **colony**, and many **immigrants** came to Britain from India in the 1950s. Naturally, they brought their customs and their food. This **led to** many Indian restaurants opening, and now it is possible to buy Indian food in any town. You can even buy the **ingredients** to make it in supermarkets.

Indian food can be very **hot and spicy**, so it may take time to get used to it. However, in a recent **survey** curry came out as the nation's favourite dish.

Another common food in the UK is Italian. **Pasta** is served in many homes everyday, and you can order **takeaway pizza** everywhere you go.

Of course, if you visit England from China, you won't have to go far to get Chinese food. Almost every town has a Chinese restaurant or takeaway. In big cities such as London you can visit Chinatown. Here there are dozens of Chinese restaurants and even Chinese supermarkets. Even the street names are written in both Chinese and English.

One English dish that remains popular, however, is the traditional breakfast. This consists of bacon, sausage, egg, beans, mushrooms, tomatoes and toast, with a large cup of tea. On a cold morning it is guaranteed to **fill you up** and keep you warm till lunchtime.

So is food in England terrible? No – because it isn't English food!



## Glossary 词汇表

**consisted of** - 由…组成

**sauce** - 酱油, 调味料

**served with** - 与…放在一起吃

**curry** - 咖喱

**colony** - 殖民地

**immigrants** - 移民

**led to** - 导致; 引起

**ingredients** - 成分; 配料

**hot and spicy** - 麻辣的

**survey** - 调查

**pasta** - (意大利) 通心面

**takeaway pizza** - 外卖比萨

**fill you up** - 填满; 吃饱

## 1. Reading Quiz 阅读测验

**Are these sentences true or false? Circle the correct answer.**

以下句子哪句是真?哪句是假? 请圈出正确答案。

1. English food used to have a bad reputation. **True / False**
2. Pasta is the most popular food. **True / False**
3. Pizza is usually delivered to your house. **True / False**
4. You can't find Chinese food everywhere. **True / False**
5. English people don't eat much for breakfast. **True / False**



## 2. Food Expressions 饮食表达

Match the following food expressions with their definitions.

连接相关的饮食表达和它们的意思

- |                     |                                                                      |
|---------------------|----------------------------------------------------------------------|
| 1. convenience food | a. food that is thought to be good for your health                   |
| 2. fast food        | b. food that comes from the sea, such as fish etc.                   |
| 3. health food      | c. food that is thought to be bad for your health                    |
| 4. junk food        | d. food that you buy frozen, in a box, or a can that is easy to cook |
| 5. seafood          | e. food served very quickly from certain types of restaurant         |

Now complete the sentences using a food expression.

用正确的饮食表达来完成句子

1. \_\_\_\_\_ is very popular because people don't have much time to eat.
2. I prefer to look after myself. I only eat \_\_\_\_\_.
3. If you only eat \_\_\_\_\_ you'll soon get fat!
4. In Japan people eat a lot of \_\_\_\_\_.
5. Nowadays many supermarkets sell a lot of \_\_\_\_\_.

### **3. Error Correction 改错**

**Each of these sentences has a mistake in it. Find the mistake and rewrite the sentence correctly.**

下列句子中各有一个错误。找出错误并写出正确的句子。

1. This was a common thing to say and perhaps it used to being true.

2. Fish and chips is another traditional dish often eaten in Fridays.

3. If you visit England from China, you wouldn't have to go far to get Chinese food.

4. There are thousands of Chinese restaurants and even the Chinese supermarkets.

5. This consists for bacon, sausage, egg, beans, mushrooms, tomatoes and toast.

#### 4. Wordsearch 单词搜索

Try to find the words associated with English food in the puzzle below.

There are ten words to find. Words can be written horizontally (→), vertically (↓) or diagonally (↘)

请在下面的字谜游戏中，找出与英国饮食有关的英语单词来。

共有10个单词，其组成方式可能以水平的(→) 垂直的(↓) 或对角的(↘)形式出现。

z	x	s	c	v	b	n	m	l	k	j	c
h	b	r	e	a	k	f	a	s	t	s	u
g	t	l	m	a	l	t	y	a	z	w	r
f	r	k	n	k	f	r	u	s	x	z	r
c	h	i	p	s	j	o	i	d	c	a	y
s	e	j	b	m	h	c	o	o	k	q	x
a	w	h	v	n	g	e	o	d	v	s	c
p	f	g	c	b	s	w	p	f	b	e	d
o	q	i	x	v	f	p	l	g	n	r	e
i	a	f	s	c	d	q	i	h	m	v	r
u	d	i	s	h	s	a	k	c	l	e	t
y	s	d	z	x	h	o	t	j	y	k	g

breakfast	curry	chips	fish	seafood
cook	serve	dish	spicy	hot

# Answers 答案

## 1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假? 请圈出正确答案。

- English food used to have a bad reputation. **True**
- Pasta is the most popular food. **False**
- Pizza is usually delivered to your house. **True**
- You can't find Chinese food everywhere. **False**
- English people don't eat much for breakfast. **False**

## 3. Error Correction 改错

Each of these sentences has a mistake in it. Find the mistake and rewrite the sentence correctly.

下列句子中各有一个错误。找出错误并写出正确的句子。

- This was a common thing to say, and perhaps it used to **be** true.
- Fish and chips is another traditional dish, often eaten **on** Fridays.
- If you visit England from China, you **won't** have to go far to get Chinese food.
- There are thousands of Chinese restaurants and even Chinese supermarkets.
- This consists **of** bacon, sausage, egg, beans, mushrooms, tomatoes and toast.

## 2. Food Expressions 饮食表达

Match the following food expressions with their definitions.

连接相关的饮食表达和它们的意思

- d
- e
- a
- c
- b

Now complete the sentences using a food expression.

用正确的饮食表达来完成句子

- Fast food** is very popular because people don't have much time to eat.
- I prefer to look after myself. I only eat **health food**
- If you only eat **junk food** you'll soon get fat!
- In Japan people eat a lot of **sea food**.
- Nowadays many supermarkets sell a lot of **convenience food**.

## 4. Wordsearch 单词搜索

		s								c
	b	r	e	a	k	f	a	s	t	u
				a						r
					f					r
c	h	i	p	s		o				y
						c	o	o	k	
										s
	f				s					e
		i				p				r
			s				i			v
	d	i	s	h				c		e
					h	o	t		y	

