

BRITISH FOOD



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British Food

1.1

Work in pairs or groups of three. Think about food associated with England.
Talk with another pair/group.

food • drink • food on the go • snacks • sweets • desserts

1.2

Find the words in the text which mean the same as the definitions given below.

- a) heated at a certain temperature for a fixed period of time _____
- b) the yellow middle part of an egg _____
- c) made from the leaves of plants _____
- d) a type of hard fat used for cooking _____
- e) containing small, sticky lumps _____
- f) a small, green animal similar to a frog _____
- g) a mixture of flour, eggs and milk _____
- h) not having holes or lumps _____
- i) a substance which can be added to cooked food to improve its taste _____
- j) soft and without firm shape _____

One of the most common features of traditional English cooking is the Sunday roast. Traditionally, it includes roast potatoes which accompany a roasted joint of meat such as roast beef or lamb, or a roast chicken. This dish is served with vegetables and gravy, which is a sauce made from meat or vegetable extracts. It is a smooth, non-chunky liquid and nowadays it is quite popular to buy it in the form of ready-made cubes or powders. It is also popular to serve Yorkshire pudding with the Sunday roast. To cook Yorkshire pudding, pour batter into a preheated greased baking tin containing very hot oil and bake at very high heat until it has risen. It may also be baked with sausages within the batter. It is then known as 'toad in the hole'. Another famous British dish is fish and chips. It may be bought in take-away shops or restaurants. The dish consists of deep-fried fish (e.g. cod or haddock) in batter or breadcrumbs which is served with deep-fried chipped potatoes. Chips are different from French fries, because the slabs of potato are thicker. Fish and chips is usually served with mushy peas, and with salt and vinegar as condiments.

One of the culinary classics is the full English breakfast. There is no fixed recipe, but usually it will include bacon, grilled tomatoes, fried bread, baked beans, fried mushrooms, sausages and eggs (fried, scrambled or boiled). English sausages are usually made from fresh meats. They are rarely smoked, dried or strongly flavoured. There are many famous regional varieties such as the herbal Lincolnshire or the long Cumberland. England is also famous for pies.

There are meat pies which are generally filled with chicken and mushroom or steak and kidney. The traditional Cornish pasty is filled with diced beef, sliced potato and onion, and baked. It is popularly known as 'oggy'. Shepherd's

pie (made with lamb) and cottage pie (made with beef) are topped with mashed potato. Cheeses are an English specialty. The most common type is Cheddar cheese, made in the town of Cheddar, but there are many other regional varieties: the dense and crumbly Cheshire cheese, Red Leicester (cow's milk cheese coloured orange), creamy Double Gloucester (unpasteurised, semi-hard cheese made from whole milk) and sweet Wensleydale. Blue Stilton is called the king of English cheeses. It is made in the three counties of Derbyshire, Leicestershire and Nottinghamshire from pasteurised local milk. It has a cylindrical shape, its own crust and delicate blue veins radiating from the centre. Traditional English sweets are rhubarb crumble, bread and butter pudding, trifle, and spotted dick. They are often eaten with custard, which is a combination of milk or cream, egg yolks, sugar and vanilla. A traditional dessert served on Christmas day is Christmas pudding. It is prepared on Stir-up Sunday with dried fruit, nuts and suet. It is steamed and the mixture is moistened with citrus fruit juice, brandy and other alcohol. Traditionally, it is boiled in a pudding cloth. Before serving it must be reheated by steaming once more and dressed with warm brandy which is set alight.



1.3 Read the text. What do these words refer to?

bacon • cod • crumbly • non-chunky • suet • vinegar • veins

1.4 Work in pairs or groups of three. Answer the following questions. Discuss your answers with another pair/group.

- How are English chips different from French fries? Which ones do you prefer?
- How are English sausages different from Polish sausages?
- Are English cheeses similar to Polish cheeses?
- Can fish and chips be bought in Poland?

Work in pairs. Tick the food which you have tried and would like to try. Compare your lists.

Food	I have tried this one	I would like to try it	My friend has tried it	My friend would like to try it
Sunday roast				
Yorkshire pudding				
fish and chips				
English breakfast				
Cornish pasty				
Blue Stilton				
rhubarb crumble				
Christmas pudding				

EXTENSION

2.1 Match the word to the definition.

bake • boil • dice • fry • grill • mash • roast • scramble • slice • steam

- a) to cook something in an oven _____
- b) to heat the liquid until it starts changing into steam _____
- c) to cook something in hot oil or fat _____
- d) to cook something inside a cooker _____
- e) to cook something using the hot gas produced by boiling water _____
- f) to cut something into thin, flat pieces _____
- g) to cook something under direct red heat _____
- h) to mix several ingredients _____
- i) to cut food into small cubes _____
- j) to crush food after it has been cooked _____

2.2 Explain the difference in meaning for the groups of words given below.

- a) slab and cube
- b) cylindrical and spherical
- c) preheated and reheated
- d) filling and stuffing

2.3

Put the correct article in each gap. If an article is not required, put '—' in the gap.

- a) This dish is served with _____ vegetables and _____ gravy, which is _____ sauce made from _____ meat or _____ vegetable extracts.
- b) To cook _____ Yorkshire pudding, pour _____ batter into _____ preheated greased baking tin containing _____ very hot oil and bake at _____ very high temperature until it has risen.
- c) _____ chips are different from _____ French fries, because _____ slabs of _____ potato are thicker.
- d) _____ fish and chips is usually served with _____ mushy peas, with _____ salt and _____ vinegar as _____ condiments.
- e) One of _____ culinary classics is _____ full English breakfast.

2.4

Use the words and expressions to make meaningful sentences. Modify the words and add articles, auxiliaries, connectors and prepositions if necessary. Do not change the order of the words given.

- a) Sunday roast / include / roast potato / accompany / roast / joint / meat
-

- b) fish / chip / may / buy / in / take-away / shop / restaurant
-

- c) ne / culinary / classic / be / full English breakfast
-

- d) traditional / Cornish / pasty / be / fill / dice / beef / slice / potato / onion / bake
-

- e) Blue Stilton / be / call / king / English / cheese
-

- f) custard / be / combination / milk / cream / egg yolks / sugar / vanilla
-

Teacher's Notes

1. The main lesson is intended as a 45-minute session.
2. Extension provides extra material which can be used during another 45-minute lesson or set as homework.
3. Since the lesson is about food, some facts and ingredients will be unknown to students. A reliable website about food is BBC Food. It provides an exhaustive list of ingredients such as gravy and suet:
<https://www.bbc.co.uk/food/ingredients/a-z/a/1#featured-content>
4. When students look up vocabulary items, encourage them to use English definitions from reliable dictionaries such as dictionary.cambridge.org.
5. If students don't have any experience with English food, refer them to the text while discussing question 1.4.

Key

1.1 Students' own answers

1.2 a) pasteurised; b) yolk; c) herbal; d) suet; e) chunky; f) toad; g) batter; h) smooth; i) condiment; j) mushy

1.3 English breakfast usually includes bacon, grilled tomatoes, fried bread, baked beans, fried mushrooms, sausages and eggs.

Fish and chips consists of deep-fried fish such as cod or haddock in batter or breadcrumbs.

Cheshire cheese is dense and crumbly.

Gravy is a smooth, non-chunky sauce made from meat or vegetable extracts.

Christmas pudding is prepared with dried fruit, nuts and suet.

Fish and chips is usually served with salt and vinegar as condiments.

Blue Stilton has delicate blue veins radiating from the centre.

1.4 Students' own answers

1.5 Students' own answers

2.1 a) roast; b) boil; c) fry; d) bake; e) steam; f) slice; g) grill; h) scramble; i) dice; j) mash

2.2 a) A slab is a thick piece of a solid substance which is rectangular. A cube has six square sides of equal size.

b) An object which is cylindrical is in the shape of a tube. An object which is spherical is in the shape of a ball.

c) To preheat means to heat a cooker to a particular temperature before the food is placed inside. To reheat

means to heat something after it has cooled down (usually previously cooked food).

d) Filling is the layer of food inside a sandwich or cake. Stuffing is a mixture of food which we put inside a chicken, turkey or a vegetable.

2.3 a) -, -, a, -, - ; b) -, -, a, -, a; c) -, -, the, -, - ; d) -, -, -, -, - ; e) the, the

2.4 a) Sunday roast includes roast potatoes which accompany a roasted joint of meat.

b) Fish and chips may be bought in take-away shops or restaurants.

c) One of the culinary classics is the full English breakfast.

d) The traditional Cornish pasty is filled with diced beef, sliced potato and onion, and baked.

e) Blue Stilton is called the king of English cheeses.

f) Custard is a combination of milk or cream, egg yolks, sugar and vanilla.

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- pełna dokumentację nauczycielską
- cyfrowa wersja podręcznika dla uczniów.

Nasi specjaliści dzielą się najnowszą wiedzą z zakresu metodyki nauczania języków obcych, dydaktyki i psychologii.

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Znajdziesz tam:

- dodatkowe materiały edukacyjne do wykorzystania podczas lekcji
- zapowiedzi szkoleń oraz relacje z wydarzeń
- informacje o aktualnych promocjach.



Szczegóły na stronie:
www.jezykiobce.pwn.pl