

# Traditional English Dishes and Healthy Lifestyle

skyteach

# Activity 1

## Discuss the questions:

1. Do you have a healthy lifestyle?
2. What do you usually eat every day and on holidays?
3. Are you following any diet?
4. What is organic food?
5. What is the difference between organic and regular food?





## Activity 2

In these pictures, you can see some traditional English dishes. Match them with their names:



A. full English breakfast   B. Cornish pasty   C. fish and chips   D. bubble and squeak  
E. Sunday roast with Yorkshire pudding   F. steak and kidney pie   G. toad in the hole   H. Victoria sponge cake  
I. Lancashire Hotpot   J. bakewell tart



# Activity 3

## Match the pictures with the descriptions.



**A.** Britain's trademark brekkie is packed full of delicious goodies including, eggs (fried or poached), bacon, sausages, mushrooms, fried tomatoes, black pudding, baked beans and toast.

**B.** The Cornish pasty originates from Cornwall in the South West of England, and is filled to the brim with sliced or diced potato, onion and diced or minced beef. The fillings are enclosed in pastry.

**C.** Bubble and squeak is the Nation's favourite leftover dish, best enjoyed for brunch or lunch the day after your Sunday Roast. It consists of frying leftover vegetables such as carrots, broccoli, swede with mashed or fried potato.

**D.** A true seaside classic, fish and chips are Britain's favourite takeaway food. This tasty dish consists of fish, which is deep fried in batter and served with chunky chips and mushy peas.

**E.** Sundays in Britain are not complete without feasting on a traditional roast at lunchtime or dinner. Families in Britain usually put a lot of effort into the Sunday roast, as everyone sits down at the table together to tuck into roasted meat (usually chicken, beef, pork or lamb), vegetables, roast potatoes, Yorkshire puddings and plenty of gravy! The Yorkshire puddings are usually the best part of the dinner, as this tasty food made up of flour, eggs and milk, is perfect for mopping up the juices of the meat and left-over gravy.

Follow the [link](#) and check your guesses (Read only 1-5)



## Activity 4

Follow the [link](#), read 6-10, and answer the questions.

1. Where does the name 'Toad in the hole' come from?
2. Which dish is made up of succulent beef, seasoned kidneys, a sprinkling of mushrooms, thick gravy?
3. Which of the English dishes are served in pubs?
4. Who was Victoria sponge cake named after?
5. What does the Bakewell tart consist of?



## Activity 5

Watch the video and discuss the following questions.

1. Do English people have a healthy or unhealthy lifestyle?
2. What kind of food is sold in markets?
3. What is the goal of public awareness campaigns in Britain?
4. Do they prefer to go to markets or supermarkets?
5. What are the advantages and disadvantages of organic food?
6. Have you ever tried traditional English breakfast? What do you think of it?
7. What are the differences between the traditional dishes of Britain and your country?





# Answers:

## Activity 2

1. - b
2. - f
3. - e
4. - c
5. - j
6. - d
7. - i
8. - a
9. - g
10. - h

## Activity 4

1. It is said to come from the fact that the dish resembles a toad sticking its head out of a hole.
2. steak and kidney pie.
3. Lancashire Hotpot.
4. Queen Victoria.
5. The tart consists of short-crust pastry covered in jam and topped with a sponge-style filling, which is enriched with ground almonds.

## Activity 2

- A. - 5
- B. - 2
- C. - 1
- D. - 4
- E. - 3

## Activity 5

1. They tend to have a healthy lifestyle.
2. There are lots of tasty things in the market - from cooked meals to fresh bread and homemade pies. You can also find organic products.
3. These campaigns get people to eat more healthily.
4. Most people prefer to go to markets rather than supermarkets. However, it depends on having enough money.
5. The main advantage of organic food is that it is tasty, healthy, fresh, and it is grown without chemicals. The only disadvantage is that it can be a little bit expensive.