



Unit 5

Food in Britain

International cultural knowledge – Sunday roast

1 Przeczytaj tytuł artykułu i przypatrz się zdjęciu.
Jak myślisz, o czym będzie ten tekst?

- a the food people in Britain eat every morning
- b food that people eat on their birthday
- c a hot meal, typical now or in the past

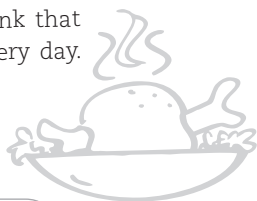
2 Przeczytaj tekst i sprawdź swoją odpowiedź.



The traditional Sunday roast?

The traditional Sunday roast is a cooked meal with many ingredients. People often eat it in the middle of the day on a Sunday. There is always a large piece of meat, usually roast beef or roast lamb. You cook the meat in a very hot oven. The juices from the meat make a good sauce, called gravy. There are roast potatoes too, and you cook these with the meat. They are brown and crispy. Yorkshire pudding is a typical British food. It is not sweet, so it is very good to eat with the meat and gravy. You make Yorkshire pudding with a mixture of flour, milk and an egg. There are usually two or three different vegetables with a Sunday roast dinner. Peas are popular, and many people like carrots too.

Visitors to Britain sometimes think that British people have this meal every day.
Is this true?



Do I always have a traditional Sunday roast? Yes, I certainly do – every week!
We love it. It makes Sunday a special day in our family.

Marcus Hanley, 36

Sophie Clarke, 18

A Sunday roast? No way! I don't have much time to eat at lunchtime.
We have a cooked meal in the evening, but we don't eat a lot of roast meat. It's so unhealthy.

We're vegetarians, so we don't eat any meat at all. But we enjoy roast potatoes, and we make a Yorkshire pudding. We often make a sauce with tomatoes – it's delicious!

Ben Silcox, 22

WORD BOOSTER

Dopasuj wyrazy 1–7 do definicji a–g.

- | | |
|----------|--|
| 1 beef | a you put this liquid food on other foods to give them flavour |
| 2 crispy | b a way of cooking in hot fat, or meat you cook in this way |
| 3 flour | c food like this is firm and makes a noise when you eat it |
| 4 lamb | d a very small round green vegetable |
| 5 peas | e the meat from a sheep |
| 6 roast | f white or brown powder from grain; you make bread with it |
| 7 sauce | g the meat from a cow |

3 Przeczytaj tekst jeszcze raz. Zdecyduj, czy podane zdania są zgodne z jego treścią (T-true), czy – nie (F-false).

- 1 The traditional Sunday roast dinner is cooked food.
- 2 People always cook chips with the meat.
- 3 You use the meat juices to make the gravy.
- 4 Yorkshire pudding is not a sweet pudding.
- 5 You have to eat peas with a traditional Sunday roast.

4 Kto to powiedział: Marcus, Sophie czy Ben?

- 1 Roast meat is not good for you.
- 2 I don't have time for lunch.
- 3 I don't eat meat.
- 4 A roast makes Sunday different from other days.
- 5 You can make a very good sauce with vegetables.
- 6 Our family has a Sunday roast every week.

5 Odpowiedz na pytania.

Do you have a traditional meal at weekends? What is it? Would you like to eat a traditional Sunday roast? Why?/Why not?

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INSIDE INFORMATION

- You can get a Sunday roast in most UK hotels.
- Families (grandparents, aunts, uncles) often meet for a roast dinner.