

British Way of life

Although many things in a British home are the same as in a Spanish home, there are some differences.

Manners

In a British home it is **always** polite to say please and thank you, when asking for something. The British do overuse please and thank you, but if you go to England you would be expected to use it, a lot. We know the students are not being rude, but should they travel to the UK and they did not use please and thank you, they would then be regarded as being rude. One of the first words a baby learns in England is ta, this is a short version of thank you.

The British are known for queuing, if you go out and there is a queue, then stand in line and wait your turn, do not push in.

- Do cover your Mouth:

When yawning or coughing always cover your mouth with your hand.

- Do Shake Hands:

When you are first introduced to someone, shake their right hand with your own right hand.

- Do say sorry:

If you accidentally bump into someone, say 'sorry'. They probably will too, even if it was your fault! This is a habit and can be seen as very amusing by an 'outsider'.



Meal times

Breakfast: 7.00-9.00

Lunch: 12.00 -1.30

Dinner: 6.30-8.00

The British do not always have a starter at every meal, salad is taken as part of the main meal not as a starter.

You should never speak with your mouth full of food.

Never lick or put your knife in your mouth.

Never chew with your mouth open. No one wants to see food being chewed or hearing it being chomped on.

It is impolite to have your elbows on the table while you are eating

It is impolite to start eating before everyone has been served unless your host says that you don't need to wait.

Some traditional English Meals

Roast beef and Yorkshire pudding

This is England's traditional Sunday lunch, which is a family affair. Roast meals are usually served at Sunday Lunch or special occasions such as Christmas or Easter.



Yorkshire Pudding

This dish is not usually eaten as a dessert like other puddings but instead as part of the main course or at a starter.

Yorkshire pudding, made from flour, eggs and milk, is a sort of batter baked in the oven and usually moistened with gravy.

Toad-in-the-Hole (sausages covered in batter and roasted.)

Similar to Yorkshire Pudding but with sausages placed in the batter before cooking.

Roast Meats (cooked in the oven for about two hours)

Typical meats for roasting are joints of beef, pork, lamb or a whole chicken. More rarely duck, goose, gammon(cooked ham), turkey or game are eaten.

Roast meals are usually accompanied by Roast Potatoes and a selection of vegetables, such as broccoli, peas, carrots, parsnips.

Fish and chips

Fish (cod, haddock, huss, plaice) deep fried in flour batter with chips (fried potatoes) dressed in malt vinegar. This is England's traditional take-away food. Fish and chips are not normally home cooked but bought at a fish and chip shop ("chippie") to eat on premises or as a "take away".



Shepherds' Pie

Made with minced lamb and vegetables topped with mashed potato)

Cottage Pie

Made with minced beef and vegetables topped with mashed potato.

Lancashire Hotpot

A casserole of meat and vegetables topped with sliced potatoes.

Pie and Mash

A very traditional East End London meal. The original pies were made with eels because at the time eels were a cheaper product than beef. About fifty years ago, mince beef pies replaced the eels and have now become the traditional pie and mash that people know. The pie crust is made of pastry and various fillings now go into the pies, some examples are: steak and kidney, chicken and mushroom, lamb and vegetables.

English breakfast

Eggs, bacon, sausages, fried bread, mushrooms, baked beans.



Bangers and Mash (mashed potatoes and sausages).

Bangers are sausages in England. The reason sausages were nicknamed bangers is that during wartime rationing they were so filled with water they often exploded when they were fried.

Some traditional puddings

Spotted Dick (Also called **Spotted Dog**)

Spotted dick is a steamed suet pudding containing dried fruit (usually currants), commonly served with either custard or butter and brown sugar

Trifle

Made with layers of sponge cake alternate with custard, jam or fruit and Whipped Cream. Sometimes alcohol-soaked sponge cake is used.

Apple Crumble

Often served with thick cream, ice cream or custard. , Cooked fruit topped with butter, sugar and flour, rubbed together to form a crust.

Custard

A thick, rich, sweet mixture made by gently cooking together egg yolks, sugar, milk or cream, and sometimes other flavorings. Most people today use a yellow powder mixed with milk, water and sugar. Custard can be served as a hot sauce, poured over a dessert, or as a cold layer in, for example, a trifle. When it is cold, it 'sets' and becomes firm.

Bread and butter pudding

Old English favourite. A pudding made with dried bread, soaked in an egg and milk mix, topped with dried fruit.

Roly-poly

A pudding made of jam or fruit rolled up in pastry dough and baked or steamed until soft.



Treacle pudding

A steamed pudding with a syrup topping.

Jelly and Ice Cream

A favourite party food for children.

The Victoria Sponge cake

Named after Queen Victoria, a sponge cake made from flour, sugar, eggs, butter.

Other

English Crumpets

A tasty "muffin" that goes great with tea, and spread with butter and preserves.

Mince Pies

Pastry shells filled with mince meat, and sometimes brandy or rum.
Traditionally eaten at Christmas time

All these meals are traditional, but it must be remembered they are not eaten everyday or every week, British people like all sorts of other foods, curry, Chinese, pizza, pasta,

Favourite Children Meals

Three favourite meals with children are fish fingers and chips, pizza and baked beans on toast.

