

Traditional food in the United Kingdom

Today we will look at some traditional dishes from Scotland, Northern Ireland, Wales, and England. Scotland has some interesting dishes. The most famous is haggis, the ingredients of which include sheep's lungs, heart and liver that are minced with spices, oatmeal and onion, and are traditionally boiled in a sheep's stomach. There is Scottish steak pie made with Scottish beef. Scotch pie or mince pie is a double crusted pie made with Scottish minced mutton. Scotch eggs are popular. These are eggs covered with pork sausage meat and breadcrumbs. Scotch broth is a soup made with barley, mutton and chopped fresh vegetables. Scots love to eat venison, also grouse when in season. For breakfast they eat porridge made with real Scotch oats. They also eat a hearty Scottish breakfast, which is either bacon, egg, tomato, potatoes and blood sausage or Scottish kippers. In Northern Ireland there is Irish stew. The Ulster variety is made with steak pieces instead of lamb. A favourite pub grub choice for many in Northern Ireland is steak and Guinness pie. Locally made sausages are also a favourite.

In Wales they like to eat lamb as a main meal. Welsh cawl is a favourite in the autumn and winter months. Traditionally it is a Welsh lamb or beef stew with root vegetables, especially leeks and onions. The broth of this is also made into soup. A favourite snack is Welsh rabbit. It's not what you think! It is a piece of thickly sliced cheese placed on toast then put under the grill, cooked and browned. The Welsh like to eat laver bread and cockles with their bacon and eggs. Laver bread is a local speciality and is a pancake with seaweed in. Other Welsh foods include salmon, brown trout and local crab. Caerphilly cheese, a mild crumbly white cheese, is also popular. In England grilled smoked kippers and fish pie are popular. The latter is cooked fish pieces served with a layer of mashed potatoes. Lamb's kidneys, also known as devilled kidneys, are also liked. They are fried in a spicy sauce of mustard and cayenne pepper. In recent years in the UK, Indian, Chinese and Italian foods have become highly popular. Indian food includes curries like chicken tikka masala, chicken korma and lamb vindaloo curry. The nation's favourite Oriental meal is special fried rice, crispy duck, spring rolls and Hoisin sauce. Italian food includes pizza, and spaghetti bolognese.

Category: United Kingdom / Traditional food / food dishes

Level: Intermediate / Upper intermediate

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EXERCISES

1. Geography: The United Kingdom: Where is the United Kingdom? What countries make up the United Kingdom? What are the capitals of each country? Draw a map on the board then look on Google maps.

2. Traditional food from the United Kingdom: Think of three traditional dishes you know from the United Kingdom. Go round the room swapping details.

3. Dictation: The teacher will read four to six lines of the article slowly and clearly. Students will write down what they hear. The teacher will repeat the passage slowly again. Self correct your work from page two - filling in spaces and correcting mistakes. Be honest with yourself on the number of errors. Advise the teacher of your total number of errors. Less than five is very good. Ten is acceptable. Any more is room for improvement! More than twenty - you need to do some work!

4. Reading: The students should now read the article aloud, swapping readers every paragraph.

5. Vocabulary: Students should now look through the article and underline any vocabulary they do not know. Look in dictionaries. Discuss and help each other out. The teacher will go through and explain any unknown words or phrases.

6. The article: Students will now look through the article with the teacher.

- a) What is the article about?
- b) What do you think about the article?
- c) Would you like to try more traditional food from the United Kingdom?

7. Let's think! Traditional food from the United Kingdom: Think of three different traditional foods from each of the countries that make up the United Kingdom. Write them below. Explain to your partner why you chose these. Compare dishes. (Maybe look on the internet for more choices) Which of these dishes might you like to try?

Scotland	Wales
1	1
2	2
3	3
England	Northern Ireland
1	1
2	2
3	3

The teacher will choose some pairs to discuss their findings in front of the class.

8. Let's debate: In pairs. Students A think UK food is fantastic. Students B think otherwise. Explain why.

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9. Let's talk! In pairs. Imagine you are in a restaurant. Over a meal discuss traditional food from the United Kingdom. Which are your favourite dishes? What food don't you like? What dishes would you like to try? Where is a good *restaurant/pub/cafe* to try them? Try to make it light hearted. *5-minutes*.

10. Let's do 'The Article Quiz': Have the students quiz each other in pairs. They score a point for each correct answer and half a point each time they have to look at the article for help. See who can get the highest score!

Student A

- 1) Name three traditional foods from Wales.
- 2) Name three traditional foods from Scotland.
- 3) What is Welsh cawl?
- 4) What is laver bread?
- 5) What is haggis?

Student B

- 1) Name three traditional foods from Northern Ireland.
- 2) Name two popular dishes from England.
- 3) In recent years what has become popular in the UK?
- 4) What is Welsh rabbit?
- 5) What is Scotch broth?

11. Presentation: In pairs, groups or individually: Prepare in class or at home a 2 minute presentation on: **Traditional food from the United Kingdom**. You may wish to focus on just one particular country from the UK. Stand at the front of the class to give your presentation to the class. The class can vote on the best presentation. Class – After the presentations go through the strong and weak points on each presentation. Learn from the results.

12. Let's talk! In a pub: *In pairs/groups*. Imagine you are in a pub. Order a meal from the *waitress/waiter*. If there is a third person they can be also choose something to eat from the menu. Order some drinks first then order your meal. Try to add some fun into the situation. *5 minutes*.

13. Let's write an e-mail: Write and send a 200 word e-mail to your teacher about **traditional food from the United Kingdom**. Your e-mail can be read out in class.

14. Sentence starters: Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- a) Welsh food _____
- b) Pub grub _____
- c) A Scottish breakfast _____

15. Quickfire! In a group in a circle. A quickfire session. The teacher asks the class, **"I love traditional food because..."**

DISCUSSION

STUDENT A's QUESTIONS

- 1) Did the headline make you want to read the article?
- 2) What Welsh food might you like to try?
- 3) What Scottish food might you like to try?
- 4) Do you like stews?
- 5) Do you like lamb? Why? Why not?
- 6) What traditional American foods do you eat? (Not a burger!)
- 7) What pub grub do you like?
- 8) What type of sausages do you eat?
- 9) What do you call a hearty breakfast?
- 10) What soups do you love?

STUDENT B's QUESTIONS

- 1) What Northern Ireland foods might you like to try?
- 2) What English foods might you like to try?
- 3) How important are local or regional foods?
- 4) What do you think of food from the United Kingdom?
- 5) Have you ever tried porridge?
- 6) Would you like to try Welsh rabbit?
- 7) What are the most popular foreign dishes in your country?
- 8) Have foreign food restaurants expanded a lot in your country?
- 9) Do you like Indian and Chinese food? If yes, which?
- 10) Did you like this discussion?

SPEAKING

Let's play a game! Traditional food from the United Kingdom

Allow 10 minutes – As a class / small groups / pairs / 1 to 1

Form a circle or go round the room in a clockwise direction.

"If I went to the United Kingdom I would like to try..."

The idea of the game is that each person has to remember what was previously said then add one more *traditional food from the United Kingdom*. The list will therefore get longer and longer.

When a student cannot remember the order or cannot think of another they are 'eliminated'!

The winner is the one at the end not eliminated!

The teacher can moderate the session.

GAP FILL: READING

Put the words into the gaps in the text.

Traditional food in the United Kingdom

Today we will look at some (1)_____ dishes from Scotland, Northern Ireland, Wales, and England. Scotland has some interesting (2)_____. The most famous is haggis, the ingredients of which include sheep's lungs, heart and liver that are minced with spices, oatmeal and onion, and are traditionally boiled in a sheep's (3)_____. There is Scottish steak pie made with Scottish beef. Scotch pie or mince pie is a double crusted (4)_____ made with Scottish minced mutton. Scotch eggs are popular. These are eggs covered with pork sausage meat and breadcrumbs. Scotch broth is a soup made with barley, mutton and chopped fresh vegetables. Scots love to eat venison, also grouse when in season. For (5)_____ they eat porridge made with real Scotch oats. They also eat a (6)_____ Scottish breakfast, which is either bacon, egg, tomato, potatoes and blood sausage or Scottish kippers. In Northern Ireland there is Irish stew. The Ulster variety is made with steak pieces instead of lamb. A favourite pub (7)_____ choice for many in Northern Ireland is steak and Guinness pie. Locally made (8)_____ are also a favourite.

sausages

dishes

hearty

traditional

pie

grub

stomach

breakfast

In (1)_____ they like to eat lamb as a main meal. Welsh cawl is a favourite in the autumn and winter months. Traditionally it is a Welsh lamb or beef (2)_____ with root vegetables, (3)_____ leeks and onions. The (4)_____ of this is also made into soup. A favourite snack is Welsh rabbit. It's not what you think! It is a piece of thickly sliced cheese placed on toast then put under the grill, cooked and browned. The (5)_____ like to eat Laver bread and cockles with their bacon and eggs. Laver bread is a local speciality and is a pancake with seaweed in. Other Welsh foods include salmon, brown trout and local crab. Caerphilly cheese, a mild crumbly white cheese, is also popular. In (6)_____ grilled smoked kippers and fish pie are popular. The latter is cooked fish pieces served with a layer of (7)_____ potatoes. Lamb's (8)_____, also known as devilled kidneys, are also liked. They are fried in a spicy sauce of mustard and cayenne pepper.

stew

mashed

especially

broth

kidneys

England

Wales

Welsh

GRAMMAR

Put the words into the gaps in the text.

Traditional food in the United Kingdom

Today we will look at (1)___ traditional dishes from Scotland, Northern Ireland, Wales, and England. Scotland has some interesting dishes. The (2)___ famous is haggis, the ingredients of which include sheep's lungs, heart and liver that are minced with spices, oatmeal and onion, and are traditionally boiled in a sheep's stomach. (3)___ is Scottish steak pie made with Scottish beef. Scotch pie or mince pie is a double crusted pie made (4)___ Scottish minced mutton. Scotch eggs are popular. (5)___ are eggs covered with pork sausage meat and breadcrumbs. Scotch broth is a soup made with barley, mutton and chopped fresh vegetables. Scots love to eat venison, also grouse when in season. For breakfast (6)___ eat porridge made with real Scotch oats. They also eat a hearty Scottish breakfast, which is either bacon, egg, tomato, potatoes and blood sausage or Scottish kippers. In Northern Ireland there is Irish stew. The Ulster variety is made with steak pieces instead of lamb. A favourite pub grub choice for (7)___ in Northern Ireland is steak and Guinness pie. Locally made sausages are (8)___ a favourite.

In Wales they like to eat lamb as a main meal. Welsh cawl is a favourite in the autumn and winter months. Traditionally (1)___ is a Welsh lamb or beef stew with root vegetables, especially leeks and onions. The broth of this is also made into soup. (2)___ favourite snack is Welsh rabbit. It's not what (3)___ think! It is a piece of thickly sliced cheese placed (4)___ toast then put under the grill, cooked and browned. The Welsh like to eat Laver bread and cockles with their bacon and eggs. Laver bread is a local speciality and is a pancake with seaweed in. Other Welsh foods include salmon, brown trout (5)___ local crab. Caerphilly cheese, a mild crumbly white cheese, is also popular. (6)___ England grilled smoked kippers and fish pie are popular. The latter is cooked fish pieces served with a layer (7)___ mashed potatoes. Lamb's kidneys, also known (8)___ devilled kidneys, are also liked. They are fried in a spicy sauce of mustard and cayenne pepper.

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PUT THE ARTICLE BACK TOGETHER

- () popular. In England grilled smoked kippers and fish pie are popular. The latter is cooked fish pieces served with a layer of mashed potatoes. Lamb's kidneys, also known as devilled kidneys, are also liked. They are fried in a
- () heart and liver that are minced with spices, oatmeal and onion, and are traditionally boiled in a sheep's stomach. There is Scottish steak pie made with Scottish beef. Scotch pie or mince pie is a double crusted pie
- () of this is also made into soup. A favourite snack is Welsh rabbit. It's not what you think! It is a piece of thickly sliced cheese placed on toast then put under the grill, cooked and browned. The Welsh like to eat Laver bread
- () venison, also grouse when in season. For breakfast they eat porridge made with real Scotch oats. They also eat a hearty Scottish breakfast, which is either bacon, egg, tomato, potatoes and blood sausage or Scottish
- () vindaloo curry. The nation's favourite oriental meal is special fried rice, crispy duck, spring rolls and Hoisin sauce. Italian food includes pizza, and spaghetti bolognese.
- (1) Today we will look at some traditional dishes from Scotland, Northern Ireland, Wales, and England. Scotland has some interesting dishes. The most famous is haggis, the ingredients of which include sheep's lungs,
- () spicy sauce of mustard and cayenne pepper. In recent years in the UK, Indian, Chinese and Italian foods have become highly popular. Indian food includes curries like chicken tikka masala, chicken korma and lamb
- () and cockles with their bacon and eggs. Laver bread is a local speciality and is a pancake with seaweed in. Other Welsh foods include salmon, brown trout and local crab. Caerphilly cheese, a mild crumbly white cheese, is also
- () made with Scottish minced mutton. Scotch eggs are popular. These are eggs covered with pork sausage meat and breadcrumbs. Scotch broth is a soup made with barley, mutton and chopped fresh vegetables. Scots love to eat
- () a favourite. In Wales they like to eat lamb as a main meal. Welsh cawl is a favourite in the autumn and winter months. Traditionally it is a Welsh lamb or beef stew with root vegetables, especially leeks and onions. The broth
- () kippers. In Northern Ireland there is Irish stew. The Ulster variety is made with steak pieces instead of lamb. A favourite pub grub choice for many in Northern Ireland is steak and Guinness pie. Locally made sausages are also

SPELLING TEST

The teacher will ask the class individually to spell the following words that are in the article. Afterwards, check your answers with your teacher, using the following ratings: **Pass = 12, Good = 15, Very good = 18, Excellent = 20**

1	favourite	11	vindaloo
2	Caerphilly	12	crumbly
3	Guinness	13	bolognaise
4	mutton	14	stew
5	vegetables	15	speciality
6	stomach	16	Welsh
7	breadcrumbs	17	Scottish
8	traditionally	18	Ulster
9	kidneys	19	kippers
10	variety	20	porridge

LINKS

<http://www.historic-uk.com/CultureUK/WelshFood.htm>

<http://www.squidoo.com/traditional-welsh-food>

http://en.wikipedia.org/wiki/Welsh_cuisine

<http://www.visitwales.co.uk/about-wales-guide-to-wales-culture-people-and-language/food/>

<http://www.discovernorthernireland.com/Traditional-Dishes-A1943>

http://en.wikipedia.org/wiki/Irish_cuisine

<http://www.geo.ed.ac.uk/home/scotland/fooddrink.html>

Note 1: Welsh rabbit is also known as Welsh rarebit:

http://en.wikipedia.org/wiki/Welsh_rarebit

Note 2: Chicken tikka masala is actually a dish created in England. It was created for the English in Indian restaurants when the English complained about their dry chicken tikkas.

ANSWERS

GAP FILL: Traditional food in the United Kingdom: Today we will look at some **traditional** dishes from Scotland, Northern Ireland, Wales, and England. Scotland has some interesting **dishes**. The most famous is haggis, the ingredients of which include sheep's lungs, heart and liver that are minced with spices, oatmeal and onion, and are traditionally boiled in a sheep's **stomach**. There is Scottish steak pie made with Scottish beef. Scotch pie or mince pie is a double crusted **pie** made with Scottish minced mutton. Scotch eggs are popular. These are eggs covered with pork sausage meat and breadcrumbs. Scotch broth is a soup made with barley, mutton and chopped fresh vegetables. Scots love to eat venison, also grouse when in season. For **breakfast** they eat porridge made with real Scotch oats. They also eat a **hearty** Scottish breakfast, which is either bacon, egg, tomato, potatoes and blood sausage or Scottish kippers. In Northern Ireland there is Irish stew. The Ulster variety is made with steak pieces instead of lamb. A favourite pub **grub** choice for many in Northern Ireland is steak and Guinness pie. Locally made **sausages** are also a favourite. In **Wales** they like to eat lamb as a main meal. Welsh Cawl is a favourite in the autumn and winter months. Traditionally it is a Welsh lamb or beef **stew** with root vegetables, **especially** leeks and onions. The **broth** of this is also made into soup. A favourite snack is Welsh rabbit. It's not what you think! It is a piece of thickly sliced cheese placed on toast then put under the grill, cooked and browned. The **Welsh** like to eat laver bread and cockles with their bacon and eggs. Laver bread is a local speciality and is a pancake with seaweed in. Other Welsh foods include salmon, brown trout and local crab. Caerphilly cheese, a mild crumbly white cheese, is also popular. In **England** grilled smoked kippers and fish pie are popular. The latter is cooked fish pieces served with a layer of **mashed** potatoes. Lamb's **kidneys**, also known as devilled kidneys, are also liked. They are fried in a spicy sauce of mustard and cayenne pepper. (V1)

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