

THE EATING HABITS OF THE BRITISH

- *English breakfast is a very plentiful meal. They usually eat bacon, eggs, sausages, baked beans, fried bread, tomatoes and mushrooms.*
- *For lunch they eat chips and fried fish.*
- *Dinner consists of vegetables, meat and potatoes.*
- *Kids usually eat at school.*



THE EATING HABITS OF ITALIANS

- *Italians' breakfast can be considered a light meal consisting of a coffee or a cappuccino with a croissant.*
- *It is Italian custom to have lunch with pasta, rice and a second course.*
- *For dinner they usually eat pizza (Neapolitan), very often on Saturdays.*



THE EATING HABITS OF AMERICANS

- *The breakfast is very substantial. It usually consists of a good glass of orange juice, milk, toast with butter and jam, fried eggs, sausages, fried bacon, pancakes with maple syrup, coffee or tea.*
- *Lunch is generally a secondary meal, eaten rather quickly, often at work.*
- *Dinner in America does not have very strict rules: it varies according to places, family custom and seasons.*



THE EATING HABITS OF TUNISIANS

- *Tunisian food is a blend of traditions. The food is based on oil, spices, tomatoes and seafood.*
- *Tunisians have a Mediterranean cuisine.*

Couscous is the national dish, and harissa (spicy chilli paste) is the national condiment.

