

EXERCISES IN

Work It

BRITISH CUSTOMS

What's for Lunch?

Nonostante la gastronomia britannica non goda di buona fama, alcuni dei suoi contributi sono stati adottati con successo in tutto il mondo. In particolare oggi che abbiamo appena il tempo di mangiare un boccone.









☐ GLOSSARY

- 1 to find out: scoprire
- bunch: manciatamidday meal:
- 3 midday meal: pranzo
- 4 noon: mezzogiorno
- 5 one in six: uno su sei
- 6 to complain: lamentarsi
- 7 although: sebbene
- 8 choice: scelta
- 9 at the bottom: in fondo
- 10 spicy: piccante
- 11 dishes: piatti
- 12 to spend long: dedicare molto tempo
- 13 earl: conde
- 14 over half: più della metà
- **15 desk:** scrivania
- **16 health:** salute
- **17 to advise:** consigliare
- 18 busy: impegnati
- **19 statesman:** statista
- 20 for whom: per il quale
- 21 Royal Navy: Marina reale
- **22 senior adviser:** consigliere senior

wo food companies in the United Kingdom have been finding out what people usually have for lunch. Results reveal what a boring bunch their midday meal, which can take place as early as noon and never later than 1.30pm.

SAME SANDWICH EVERY DAY

One in six⁵ people said that they had had the same food every day for the last two years. Some older people admitted they hadn't changed their lunch menu since starting work twenty or thirty years before. A man from Liverpool complained that he always had the same sandwiches every day — although⁷ his wife later explained that he made them himself!

SALAD OR SOUP

Most people responded by saying that they are happy with their usual <u>choice</u>⁸ — in first place, a cheese or chicken sandwich and in second place, a salad, or tomato or vegetable soup. At the bottom⁹ of the list came spicy¹⁰ lunches like chilli and more exotic food such as Indian curry or Japanese <u>dishes</u>¹¹.

THIRTY-MINUTE LUNCHES

People in Britain have been having lunch for centuries, but they have never <u>spent</u> <u>very long</u>¹² eating their meal. After all, the sandwich was invented by the 18th-cen-

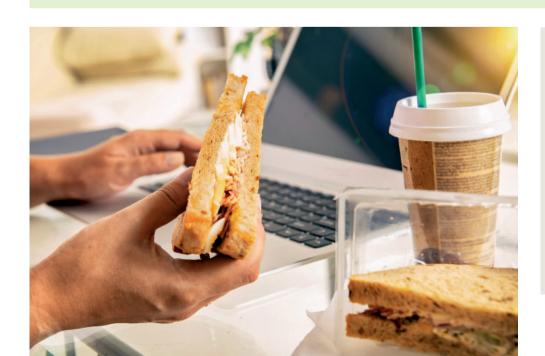


tury <u>earl</u> ¹³ of Sandwich so that he could eat and play cards simultaneously! Today, they are spending less and less time having lunch — only thirty minutes for many people. Over half ¹⁴ of the United Kingdom's employees have their lunch at their <u>desk</u> ¹⁵ while they are emailing or answering the phone. <u>Health</u> ¹⁶ experts <u>advise</u> ¹⁷ that the result of such <u>busy</u> ¹⁸ lunches is increased stress — perhaps a longer, more exciting lunch would be good for us all! \otimes



THE EARL OF SANDWICH(ES)

John Montagu (1718-1792), 4th earl of Sandwich, was a British statesman¹⁹ and the man for whom 20 the sandwich was named. He studied at Eton and Trinity College in Cambridge, and became a member of the House of Lords in 1739. He held various military and political offices, including First Lord of the Admiralty, which meant that he was the political head of the Royal Navy²¹ and the government's senior adviser²² on all naval affairs²³. Montagu's promotion of British sea exploration caused the English Captain James Cook to name the Sandwich Islands in Hawaii after him²⁴. Legend has it²⁵ that it was Montagu's addiction to gambling that led to his invention of the sandwich: one day in 1762 he had been playing cards for almost twenty-four hours straight²⁶, and since he had no time to eat properly 27 on a table set²⁸ with cutlery²⁹ and all, he asked to be given some slices³⁰ of cold meat³¹ between two slices of toast.



☐ GLOSSARY

- 23 affairs: affari
- 24 to name after: battezzare in onore di
- 25 legend has it: secondo la leggenda
- 26 straight: di seguito
- **27 properly:** adequatamente
- 28 table set: tavola apparecchiata
- 29 cutterly: posate
- 30 slices: fette
- 31 cold meat: affettati