

Tracks 27–32 – Unit 9/12, 13

Announcer: What do you like to eat?

Tony: Breakfast is my favourite meal of the day. I usually have a bowl of cornflakes and a cup of tea, followed by a piece of toast with marmalade and a glass of fresh orange juice. At weekends my family sometimes has a traditional English breakfast: bacon, eggs, sausages, baked beans, cereal, fruits, toast, fried tomatoes and black pudding. I don't like to have such a big breakfast, I prefer a healthier meal to start the day.

Celine: I like trout or plaice, vegetables, salad and everything that doesn't come from an animal. I'm a vegetarian, but I eat fish. I don't prepare food myself, my parents cook most of the meals for me. And I drink a lot of water and fruit juices. I prefer orange juice, but I also like grape and grapefruit.

Robert: I like to have cereal with strawberries or some nuts for breakfast. For lunch I often have a sandwich, sometimes I have a baked potato or beans on toast as well. For dinner I usually have meat, often chicken. I always have vegetables, rice or potatoes with it.

Claire: I am from Scotland. My mum sometimes prepares Haggis, a traditional Scottish meal that you eat with parsnips and potatoes. It's made from sheep's heart, liver and lungs mixed with onions, suet and spices. This mixture is put into the sheep's stomach and cooked for an hour. Some people say they would not be able to eat it, but I love it.

Adam: I am a fast food junkie. I don't have time to sit down and eat a proper meal. I try to eat more vegetables, fruits and salads, but my diet usually consists of hamburgers, pizza and soft drinks. I know these things are high in fat and calories, but I can't stop. My favourite meal is cheeseburgers with chips and a big ice tea. I don't care about my health, I am young, I can eat what I want.

Elizabeth: I prefer to eat takeaway food instead of cooking. I really like foreign food, especially Indian, Italian and Chinese food. I love to try out different types of food. My favourite meals are chicken tikka masala, a typical Indian dish, and sweet and sour pork, a Chinese meal, but I also love the good old fish and chips, eaten with salt and vinegar, served in an old newspaper.