**The British at table**

Interviewer: The latest government report about the food we eat has just come out. What information does it give us?

Expert: Well, it shows that, because people spend so much time at work, they have never learned to cook! Mealtimes are not clearly defined in Britain. We eat often and quickly, at any time of the day or night. We don't really have a precise time for meals unlike most French people who have lunch between 12.30 and 1.30. Then we have a culture of TV TV dinners - you know, when people eat whatever is in the cupboard while watching their favourite reality show or series.

Interviewer: So it shows that our eating habits have changed.

Expert: Yes. Britons eat out more than they used to. And when they are at home, they turn to ready-meals and salty snacks. People sit down to a traditional Sunday roast lunch only 14 times a year! More generally in the last 50 years, people have cut back drastically on green vegetables, fruit and fish. The average 21st century Briton eats less than 200 grams of green vegetables each week.

The information comes from a UK government report on eating habits.

The two countries see meals in a different light. In Britain, people don't have a special time for meals, they don't really stop for lunch, or they do it for a very short time and don't have a proper meal. They probably eat sandwiches salads and don't leave the office. They are very keen on snacking. On the contrary, lunch is almost a ritual in France. People take a one hour break from 12.30 to 1.30 , gather round a table and share a real meal. Unlike in France, TV dinners are becoming the norm.   
A TV dinner is when people have dinner while watching TV, (usually a series or reality show).

In Britain, cookery skills are in decline and so the British often eat unhealthy ready-meals and salted snacks. This can be partly explained by the fact that people spend a lot of time at work. They eat out more often than before and don't have home-cooked meals. Traditional Sunday roast is also declining with an average of 14 times a year.

Britons eat less fruit, vegetables, and fish than 50 years ago (less than 200 g of green vegetables each week).

An entrepreneur named Ray Kroc started the fast-food industry in California. He liked the fact that these restaurants were cheap, clean and the food that was served was simple.

Ford is mentioned because the preparation methods used by fast food restaurants are similar to Ford’s automobile assembly-line methods. One employee performs one task or activity: cooking the fries, making the burger, etc.

Globalisation is a connection of different parts of the world. Fast food chains have become a symbol of globalisation because they have expanded everywhere around the globe and have become common. For example McDonald's now has more than 30,000 restaurants in 121 countries.