FOOD IN MY TOWN

How often do you eat out? What dishes do you love? Do you know how to cook them? This week’s Food Blog is by Clara West from St Ives, Cornwall.

St Ives is a great place to try British food – especially fish dishes − because it’s next to the sea. It’s got some great restaurants, but my favourite restaurant is my grandparents’ restaurant, ‘The Catch’. I often go there after school, and my grandad teaches me how to cook regional dishes.

Stargazy pie is a regional dish, and it’s easy to cook. First, you make the pastry. After that, you cook eggs, potatoes and bacon in milk. Then you put those in the pie with some small fish. In a Stargazy pie, you can see the fish heads − they come out of the pastry! Disgusting – but it tastes fantastic!

Of course, Cornwall’s famous pie is the Cornish pasty. Cornish pasties often have meat, potatoes and onions in them. People eat them for lunch, and tourists love them. Cornish ice cream is also famous, but my favourite Cornish food is Yarg. It’s a special cheese with plants called nettles on it.

At the weekend, my friends and I often have lunch in town. We don’t usually sit in restaurants. We buy sandwiches, pizzas or fish and chips. My favourite lunch is a hamburger from a great café called Lulu’s.

Sundays are great. My parents and I never get up early on Sundays. We sometimes walk to the Yellow Canary Café for a late breakfast. They make a big English breakfast, and really good coffee. In summer, we have a barbecue by the sea about once a month. Dad cooks, and we sit by the sea, eat awesome food, and chill out!

Glossary

**eat out** *mangi fuori* **Cornish** *della Cornovaglia*

**dishes** *piatti* **plants** *piante*

**first** *per prima cosa, in primo luogo*

**pastry** *impasto*

Reading

1 Leggi velocemente il brano e scrivi i cibi descritti in ogni frase.

**1** This doesn’t look good, but it’s nice. \_\_\_\_\_

**2** Visitors to Cornwall really like these. \_\_\_\_\_

**3** This food has got plants on it. \_\_\_\_\_

**4** This is Clara’s favourite lunch \_\_\_\_\_

\_\_\_/4

2 Rileggi il brano. Decidi se le frasi sono *True* (T), *False* (F) o *Not mentioned* (N).

**1** There are good places to eat in Clara’s town. \_\_\_\_\_

**2** Clara’s aunt and uncle have a restaurant called ‘The Catch’. \_\_\_\_\_

**3** Fish is cheap in St Ives. \_\_\_\_\_

**4** St Ives is a very small town. \_\_\_\_\_

**5** Clara doesn’t like Yarg. \_\_\_\_\_

**6** Clara’s family don’t have breakfast early on Sundays. \_\_\_\_\_

\_\_\_/6

3 Rispondi alle domande.

**1** Where does Clara sometimes go after school?

**2** What is in a Stargazy pie?

**3** What do Cornish people often eat for lunch?

**4** What is Yarg?

**5** When do Clara and her family go to the Yellow Canary Café?

**6** How often do they have a barbecue in the summer?

**7** Who cooks the food for the barbecue?

**8** What time do you get up at the weekend?

**9** Who do you meet at the weekend, and where?

**10** What is your favourite fast food?

\_\_\_/10

Writing

4 Completa le frasi in modo che siano vere per te.

**1** I eat lunch at \_\_\_\_\_\_\_\_\_\_\_\_.

**2** For dinner, I usually have \_\_\_\_\_\_\_\_\_\_\_\_.

**3** I eat vegetables \_\_\_\_\_\_\_\_\_\_\_\_ a day.

**4** My favourite meal is \_\_\_\_\_\_\_\_\_\_\_\_.

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5 Completa il dialogo con le domande di Clara seguendo le tracce, e dai risposte personali.

**Clara** 1*Chiede a che ora fai colazione.*

 **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**You** 2**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Clara** 3*Chiede quanto spesso mangi la frutta*.

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**You** 4**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Clara** 5*Chiede qual è il tuo spuntino preferito*.

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**You** 6**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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Total score: \_\_\_/40