

Reading– Is that an ant in your salad?

Salad days

Winter soups and stews are replaced with salads. Vegetables are replaced with more fruit, and tea with refreshing cool drinks. Restaurants and cafes not only open their windows and spill out onto the street they also change their menu to reflect the change in mood and seasonal fruits and vegetables. Strawberries and cream are a favourite in summer and are linked to summer sporting events like the Lawn Tennis Championships at Wimbledon.

Family fun

As well as the change in what we eat there is also the change in where we eat. We venture outdoors to have picnics in parks, by the seaside or at amusement parks like Alton Towers during a family day out. Pub gardens are also a family favourite as both adults and children get the chance to enjoy the sun.

Social evenings

We don't have to travel any further than our back garden if we want to eat outside. Barbeques (BBQ's) are becoming increasingly popular and affordable in the UK and are a great way of socialising with family, friends and work colleagues. You can buy gas and electric BBQ's or use the traditional coals, which adds the perfect smoky flavour to food. Do it yourself (DIY) enthusiasts often build their own BBQ. BBQ's are popular with both young and old people because of the endless possibilities of food you can cook. Burgers and sausages for the kids progressing to steaks, chicken and seafood for adults and the more adventurous. But watch out, as not only is it easy to burn your food you have to watch for the change in weather as well

After reading, answer these questions:

- Do British people eat differently in the summer to the winter?
- According to the text, do they do different activities?
- If you were going to visit the UK and could go at any time of the year, when would you choose to go? Why?
- Do you think the changes in the seasons affects people's moods? How?