

English ab initio

### Meal times in Ecuador and England

#### Description

In England, most people eat breakfast, lunch and an evening meal. In certain parts of the country, the names and timings of these meals differ and the weekend meal pattern is generally different from that of the meals taken in the week.

#### Comparison

The classic English breakfast and the one that is even very popular out of England consists of a cooked breakfast: eggs, bacon, toast and baked beans. In Ecuador, the meal pattern is different in so much that most families have a light breakfast – fruit and yoghurt – followed by the main meal of the day at lunchtime. In England, the routine is different with a light lunch at school or work because generally speaking the main meal takes place in the evening.

#### Reflection

- Which aspect of your chosen topic surprised you?

The aspect which surprised me the most in this assignment is that the English have so many names for their daily meals. Everyone calls the first one breakfast but some call the midday meal lunch while others call it dinner. The same is true of the evening meal where I discovered three names! Some call it tea, others dinner while another name for it is supper.

- Why do you think these cultural similarities/differences exist?

The main difference between Ecuador and England in meal times is the timing. In Ecuador people generally go home for lunch and eat the main meal of the day together while the English have theirs in the evening. One explanation for this is that the English don't appear to find eating as an enjoyable experience as Ecuadorians.

- What might a person from the target culture find different about your chosen topic in your culture?

An English person visiting Ecuador might find the time at which we eat our meals a bit strange. We eat at sunset which is at 6pm while the English generally eat later. The other aspect that a visitor from England may find strange is the diet which is almost always exclusively produce from our own country. In England, people have access to food and ingredients from all over the world.

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