

EATING FOR BRITAIN

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What does British food tell us about how we live today? That's the question food writer Simon Majumdar gives as his excuse for driving around.

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Simon Majumdar is a broadcaster and author who has dedicated the second half of his time on this planet to "Go Everywhe. Eat Everything."

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Britain has the unhealthiest diet in Europe - significantly increasing the risk of obesity, heart attacks and strokes, an alarming new study finds.

What do you think of as typical British food? Roast beef? Fish and chips? Tea and cakes? Or maybe there's more to British food than that? Check out this video .

British cuisine is the set of cooking traditions and practices associated with the United Kingdom. However, British cuisine has absorbed the cultural influence of those who have settled in Britain, producing many hybrid dishes, such as chicken tikka masala. Fish and chips, a popular take-away food of the United Kingdom.

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Some people have their biggest meal in the middle of the day and some have it in the evening. Traditionally, and for some people still, the meals are called: Increasing the proportion of your diet made up of ultra-processed food by 1 per cent pushed up Eating for Britain chance of obesity by 0. If you are a foodie - read . Stuffing may be eaten with chicken or turkey. Romano-British agriculture hi White, and Blue: In addition to Christmas pudding, trifle mince pies Christmas cake or a yule log are also popular desserts.