
Sandwiches

WORKSHEET A

Where would we be without the sandwich? Shouldn't we be grateful that at some point in human history someone had the idea of putting food between two pieces of bread? Has there not been a moment in your life when you were very hungry but didn't have the time to make or eat a full meal, and a sandwich came to the rescue? Humans have probably eaten bread together with other types of food for thousands of years. In Europe in the Middle Ages, for example, food was often eaten on top of a very thick slice of bread. When the person had eaten the other food they would finish by eating the bread or, because the bread was often old and stale, give it to a beggar or throw it into the street for a passing dog.

The person most often associated with the invention of the modern sandwich, at least in Britain, is an 18th century English aristocrat called John Montagu. The story is that Montagu loved playing cards but found that his cards became greasy when he ate pieces of meat with his hands during games – until one day he had the idea of asking his servant to bring him the meat between two slices of bread. The name given to this simple but brilliant creation comes from the fact that Montagu's title was Earl of Sandwich (a small town in the south-east of England).

These days, of course, sandwiches are eaten all around the world, although they tend to be most popular in countries where bread has traditionally been an important part of the national diet. This is certainly the case in Britain, where the British Sandwich Association (BSA) estimates that 11 billion sandwiches are eaten per year, which works out at an average of almost 200 sandwiches per person per year, or almost four per person per week. (In fact, doesn't the existence of BSA suggest the importance of the sandwich to national life?)

Some truly iconic meals from other parts of the world probably fit into the sandwich category, for example the hamburger and the hot dog, which are both symbols of the United States, and the kebab, which is strongly associated with the Middle East.

Although the possible combinations of sandwich fillings are almost infinite, it seems the most popular choices are often quite simple. The BSA reports that in Britain, for example, the most popular sandwich bought from a shop, as opposed to those people make themselves at home, is chicken (including chicken salad), followed by cheese (including cheese salad), ham, and egg.

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WORKSHEET B

Exercise 1

Decide whether the following statements are true (T) or false (F), or if the text doesn't say (D).

1. People started eating bread together with other types of food in the Middle Ages.
2. John Montagu's servant was the first person to use the word 'sandwich' to describe slices of bread with another kind of food in between them.
3. British people eat more than three sandwiches per week on average.
4. Cheese (with or without salad) is one of the most popular sandwich fillings for British people when they buy sandwiches from a shop.
5. Chicken (with or without salad) is the favourite sandwich filling for British people when they make sandwiches at home.
6. Sandwich is the name of a place as well as the name of something you can eat.
7. Bread has traditionally been an important part of the national diet in Britain.
8. John Montagu sometimes played cards and ate at the same time.

Exercise 2

Answer the questions below.

1. Why did people in Europe in the Middle Ages sometimes give or throw away the thick slice of bread off which they had just eaten their food?
2. What problem did John Montagu have when he ate meat with his hands during games of cards?
3. Who brought John Montagu his first sandwich?
4. In which countries do sandwiches tend to be most popular?
5. Where is Sandwich?
6. How many sandwiches per year does a British person eat on average?
7. Where in the world is the kebab very popular?
8. What two non-meat sandwich fillings are mentioned as being popular in Britain?

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WORKSHEET C

Exercise 3

The text from Worksheet A has been copied below, but now contains 25 mistakes – can you find and correct them?

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WORKSHEET D

Where would we be without the sandwich? Shouldn't we be **grateful** that at some point in human history someone had the idea of **putting** food between two pieces of bread? Has there not been a moment in your life when you were very hungry but didn't have the time to make or eat a full meal, and a sandwich came **to** the rescue? Humans have probably eaten bread together with other types of food for thousands of years. In Europe in the Middle **Ages**, for example, food was often eaten on top of a very thick slice of bread. When the person had eaten the other food they would finish by eating the bread or, because the bread was often old and stale, give it to a **beggar** or throw it into the street for a **passing** dog.

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