

Typical American Food

Peanut Butter is one of Americans' favorite food and you can find it in nearly all American homes. You spread peanut butter on bread (just like people do in France with chocolate spread). It's very fattening: there are more than 200 calories in two tablespoons of peanut butter.

Americans eat it when they want to have a snack. A traditional snack for kids is a sandwich with peanut butter and jelly (a sort of jam).

Pretzels and **Bagels** are also very popular, especially in New York. They are made of bread, and bagels can replace bread in sandwiches. Pretzels have the shape of a heart. They are salted and generally as big as a hand. A bagel has the shape of a ring. Bagel sandwiches are quite common, they can be filled with cream cheese, eggs, cheese, ham, tomato, or onion.

Donuts or **Doughnuts** are the equivalent of French 'beignets'. You can have a donut with a coffee. There are all sorts of donuts: with strawberry, chocolate, vanilla cream, cinnamon... One donut has about 200 calories!!!

Extra information:

a- What is maple syrup?

b- What do the British have for breakfast?

c- Find pictures for the food mentioned in the text.