

Breakfast - tomatoes and sausages

Tomatoes and sausages are part of what the English take for breakfast. They take it for exceptions (for brunch or birthday parties).

THE TOMATOES:

Tomatoes are fruit and are of different colours: there are red, green, yellow and orange tomatoes.

They can be prepared in different ways. The different preparations are: sliced or cut in half and cooked.



Tomatoes are fruits because they are fast sugars. They can also be enjoyed as a salad.

THE SAUSAGES :

The sausage consists of meat either: of pork, poultry, beef (all kinds of cow) or duck.



For the different preparations, you can find the famous sausages - flageolet, rolls with sausages. They can also be used in cassoulet,... in France for example.