

## Food the American way

You have probably tried pasta, burgers, sandwiches, and pies.

What is the favourite way in the USA to eat these dishes?



Do you know that Americans buy over a million boxes of **macaroni and cheese** every day? It's not a new dish, however. It is at least 700 years old and even president Thomas Jefferson loved it. The most often used cheese is cheddar.



**Hamburger** has been popular for about a hundred years. Its name comes from the city of Hamburg in Germany. Every year, Americans eat 50 billion of them. They even have hamburger month – it's May.



Although it is originally from England, **apple pie** is called America's favourite dessert. Yale College serves it at every supper. You can add different spices to it, such as cinnamon, cloves, ginger and nutmeg. It is often served with vanilla ice-cream.



PB&Js, short for **peanut butter and jelly sandwiches**, have been a popular snack for over a hundred years. At first, they were only for rich people because peanut butter was expensive. Today, every American eats about 1500 of them before they are 19.

