

Growing up in the 60's

- Pasta was not eaten
- Curry was a surname
- A takeaway was a mathematical problem
- A pizza was something to do with a leaning tower
- Crisps were plain, the only choice was whether or not to add salt
- Rice was only eaten as milk pudding
- A Big Mac was what we wore when it rained
- Brown bread was something poor people ate
- Oil was for lubricating, fat was for cooking
- Tea was made in a teapot, using tea leaves and never green
- Sugar enjoyed good press, it was regarded as white gold and cubed sugar was 'posh'
- Fish didn't have fingers
- Eating raw fish was not called sushi
- None of us had ever heard of yoghurt
- Healthy food consisted of anything edible
- People who didn't peel potatoes were regarded as lazy
- Indian restaurants were only found in India
- Cooking outside was called camping
- Seaweed was not a recognised food
- Kebab was not even a word, let alone a food
- Prunes were medicinal
- Muesli was readily available, it was called cattle feed
- Water came out of the tap - if someone had suggested bottling it and charging for it, they would have been a laughing stock