

What Is a Traditional Burns Night Meal?

On Burns Night, people often eat a special Scottish meal that is very old and traditional. The main food is called haggis, neeps, and tatties. Here's what that means in a simple way:

- Haggis is a savoury food made from meat, oats, and spices, all mixed together. It may sound unusual, but many people think it tastes delicious!
- Neeps are mashed turnips or swede. They are soft and slightly sweet.
- Tatties are mashed potatoes, which are creamy and familiar to most children.

These foods are usually served together on one plate. Before eating, someone might read a funny or exciting poem about haggis written by Robert Burns.

For dessert, people sometimes enjoy shortbread (a buttery biscuit) or another sweet treat.

A Burns Night meal is not just about eating—it's about sharing food, listening to poems, and celebrating together.

