

Unit 11, p.161

Which areas or parts of the world are mentioned in the text? See how quickly you can find them.

The first meal of the day

This very different in different parts of the world. In mainland Europe (“the Continent”) we tend to eat bread, butter, cheese, ham or sausage and jam or chocolate/nut spread. You find croissants all over Europe, not just in France. It is not unusual to eat sweet things for breakfast: sweet rolls or cake, something which British people, for example, find rather unusual.

English breakfast is famous, rather like 5 o'clock tea. But most British people certainly don't eat a full English breakfast every day. They might have one at the weekend, or when they are on holiday. Some restaurants serve “all-day breakfast” so you can eat breakfast whenever you like.

Most of us have a pretty good idea of what North Americans like for breakfast. Again this is a very substantial meal, which you enjoy at weekends, on holidays or when you go out to eat. Most North Americans will have juice, toast or cereal in the morning and that is that. They often drink milk for breakfast as well as coffee.

In South America people eat maize cakes or pancakes, with cheese perhaps or fried bananas, avocados and peppers. In Central America they may eat rice or maize and beans. In China rice cakes and green tea are the custom and in S.E. Asia you have unleavened bread, vegetables and sour milk or strong spicy tea.

Diet experts have their own ideas about what is best for breakfast. But most of us don't follow their advice.

Be honest! What does your first meal of the day look like and when do you have it? We bet you don't have two portions of fruit or vegetable and you don't drink a litre of water! At breakfast time you probably don't eat at least one third of the vitamins, minerals, proteins and roughage you need per day. Hands up all those who have crisps or a filled roll or a chocolate bar and a can of fizzy drink!



We all know we should have a proper breakfast. Why is it that we don't find the time? Our days could be so much happier if only we went to work on an egg!

Say whether the following statements about the first meal of the day are “True” (T) or “False” (F)

	T	F
1 Most British people have something sweet for breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
2 North Americans have a big breakfast every day.	<input type="checkbox"/>	<input type="checkbox"/>
3 Most people do not listen to the advice given by diet experts.	<input type="checkbox"/>	<input type="checkbox"/>
4 British people tend to drink milk for breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
5 A typical Continental breakfast includes dairy products and meat.	<input type="checkbox"/>	<input type="checkbox"/>
6 In Asia, tea is an important part of breakfast.	<input type="checkbox"/>	<input type="checkbox"/>

Questions

1. A lot of people say they can't eat breakfast. (no time, too early, not hungry etc) What is your first meal of the day like?
2. What would be a good breakfast for you?
3. Do you think your days would be happier if you had a good breakfast?