SPEAKING

A Work in groups. Discuss these questions.

- What's the most important meal of the day for you – breakfast, lunch or dinner? Why?
- Where do you usually have each meal?
- What do you usually have?
- Do you eat anything between meals? What?

READING

You are going to read a text about breakfast in different countries.

A Label the pictures with the words in the box.

grilled fish	flat bread	honey
boiled egg	yoghurt	onion
fried egg	olives	toast



1



2



3



4



5



6



7



8



9

B Work in pairs. Discuss these questions.

- Have you had any of the foods in the pictures recently? When? What with?
- Are there any things in the pictures that you've never tried?
- In which countries do you think these foods might be popular for breakfast?

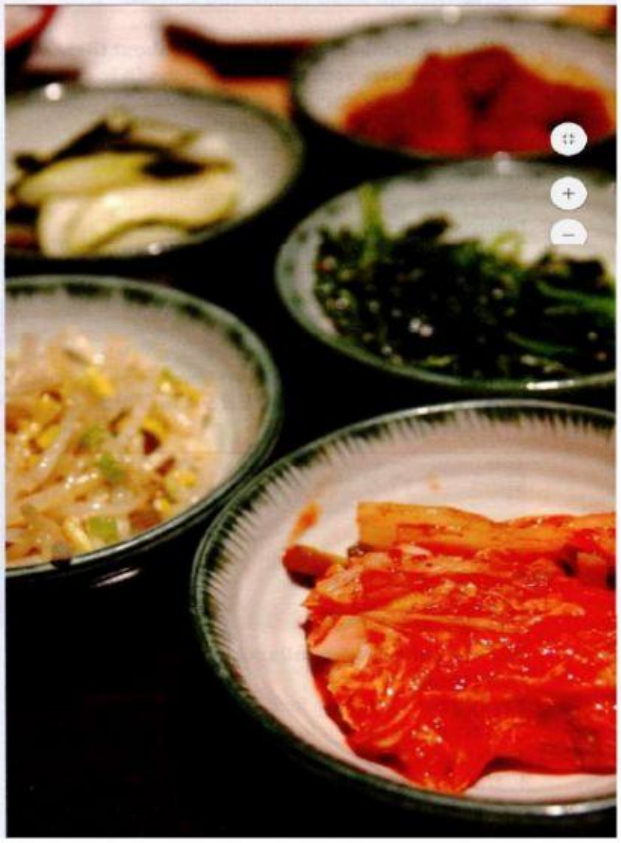
C Read the text and answer these questions.

1 In which countries are the 12 foods from exercise A popular for breakfast?
2 What else do people often have for breakfast in each country?
3 Which breakfasts do you think sound: healthy? fattening? filling? spicy?
4 What are each of the things below?

kimchi	*kiselo mlyako*
gallo pinto	*plantain*
agua dulce	*foul medammes*

D Work in pairs. Discuss these questions.

- Which of the five breakfasts would you most / least like to have? Why?
- Do any of the breakfasts contain anything you can't eat? Why can't you eat them ?
- Have you ever had breakfast abroad? What was it like?



Breakfast around the world

They say breakfast is the most important meal of the day. Maybe that's why most people don't like to change their morning eating habits. While we may be open to foreign food at lunch or dinner, at breakfast we are people of habit and we aren't usually adventurous enough to experiment. Below, we look at typical breakfasts in five different countries. Would you try any of them?

South Korea
Obviously, city life and busy lifestyles mean plenty of Koreans just grab a quick coffee and some cereal or toast, but many others still find time for the traditional breakfast of rice and soup. People then choose extra dishes such as grilled fish, vegetables and *kimchi*, which is pickled cabbage with chillies. The dish is so popular that the first Korean astronaut took special *kimchi* with him to his space station!

Costa Rica
Many Costa Ricans start their day with the national dish, *gallo pinto*, which is a mixture of fried rice and black beans. It's lightly spiced and often served with fried plantain (a kind of banana used like a vegetable in a lot of Central American and Caribbean cooking), cream and fried eggs. There's usually some strong local coffee as well – or perhaps some *agua dulce* ('sweet water'), which is made from sugar cane juice.

Egypt
Visit any town in Egypt in the morning and you'll find street stalls selling *foul medammes* – broad beans cooked with tomatoes and onions – and eaten with a boiled egg on top and lots of flat bread. Pickled vegetables are usually served as a side dish. For many poorer Egyptians, this is the main meal until dinner. They say the dish is 'a rock in the stomach'.

Bulgaria
Breakfast in Bulgaria includes tea or strong coffee, sesame bread and butter, cheese made from sheep's milk, honey, olives, boiled eggs and – most importantly – *kiselo mlyako*, a local yoghurt. Bulgaria has a lot of people aged over 100 and many believe that the secret behind this is their yoghurt, which most Bulgarians eat every day.



Ireland
The traditional Irish breakfast is called a fry and is not good for vegetarians! It consists of bacon, black pudding (a kind of sausage made with blood), white pudding (another kind of sausage), fried eggs, fried mushrooms and toast – all accompanied by strong Irish tea!

A Discuss these questions in groups.

- How often do you eat out?
- Who do you usually go out for meals with?
- Do you generally order the same thing – or do you like trying different things?
- Who usually pays when you go out for a meal?
- Have you ever had any problems in restaurants? What happened?

VOCABULARY Describing food

A Put the words in the box into the correct list.

roasted	fruit	skin	thick	soft
seafood	shell	raw	bitter	herb
grilled	mild	sauce	stone	salty

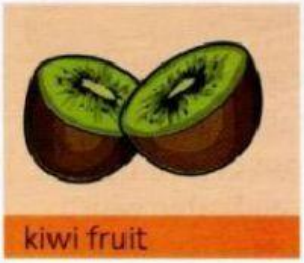
kind of food	part of body / vegetable	taste and texture	how cooked / eaten
meat	leg	strong	fried
fish	seed	sweet	boiled
vegetable		hard	

B **Match the descriptions to the pictures below.**

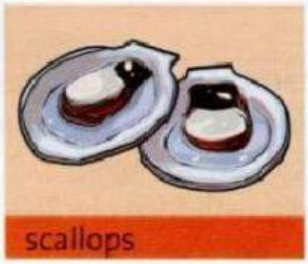
1 They're a kind of seafood. They're quite big and white, not very soft, with a mild taste – not very salty. They're usually fried or grilled in the shell. They have a big shell – almost the size of my hand.

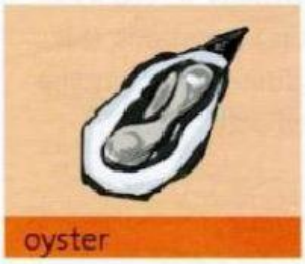
2 It's a kind of fruit. It's green. It has a very thick skin, which you don't eat, and a very big stone in the middle. The inside is green and it's neither sweet nor salty and you usually eat it in a salad, or you sometimes make a kind of sauce with it.

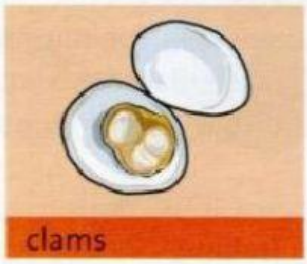
C **In pairs, take turns describing four different foods for your partner to guess.**


kiwi fruit

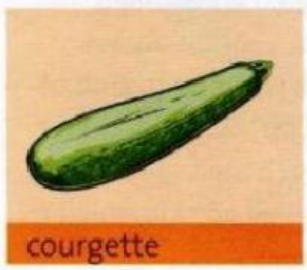

avocado


scallops


oyster


clams


mango


courgette


aubergine