

BREAKFAST AROUND THE WORLD!

Breakfast is the most important meal of the day because it gives us the energy we need to work and learn. In many European countries, the first meal of the day is a piece of bread and some coffee. In other countries, people eat much more. So, what exactly do people around the world have for breakfast?



Paulo, Brazil:

I have breakfast with my family – we sit together and talk about the day ahead. We usually have coffee and some bread with cheese. We also like to have some fruit – it's delicious!

Jason, Australia:

In Australia, we have lots of excellent seasonal fruit, so it's a popular breakfast. I'm too busy to cook in the morning, so I often have an apple and some yogurt. Sometimes I don't even have enough time to eat that, so I take the yogurt to work with me.

Jenny, Ireland:

I leave home early, so I rarely eat anything. I usually just have a cup of tea. I know it's really unhealthy! On weekends, I have more time – so I have an egg sandwich.

Asil, Turkey:

My mom always makes my breakfast – she's an excellent cook. I usually have some bread, cheese, eggs, and tomatoes – that's a popular breakfast in Turkey.

Yoko, Japan:

For breakfast, I often have rice and vegetables. I like miso soup, too. It is a very popular breakfast in Japan. I sometimes have that because it's a healthy breakfast. It gives me energy to study when I'm in school.

1 Skim the text. Answer the questions with one word.

- 1 Many European people drink coffee for _____.
- 2 Brazilians often have bread with _____.
- 3 _____ is a popular breakfast in Australia.
- 4 Jenny usually has a cup of _____ for breakfast.
- 5 Asil's _____ is a really good cook.
- 6 People in _____ eat miso soup.

2 Choose the correct options to answer the questions.

- 1 Breakfast is important because
 - a it gives you energy for the day.
 - b you eat it with your family.
 - c it helps you sleep better.
- 2 Paulo eats his first meal of the day
 - a alone.
 - b with his family.
 - c with his friends.
- 3 Why doesn't Jenny eat breakfast?
 - a She thinks it's unhealthy.
 - b She's too busy.
 - c She doesn't have enough money.
- 4 Jenny eats egg sandwiches
 - a for lunch.
 - b on Saturdays and Sundays.
 - c every day.
- 5 In Turkey, a lot of people
 - a don't eat breakfast.
 - b eat the same breakfast as Asil.
 - c drink tea for breakfast.
- 6 Yoko
 - a has breakfast in school.
 - b rarely eats miso soup.
 - c doesn't eat the same breakfast every day.

2. Choose the correct option
from exercise 2. Write the
correct letter next to each
number.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

3 Choose the correct options to complete the sentences.

- 1 Paulo eats breakfast with his family. *He / They / We* sit and talk about the day ahead.
- 2 Jason doesn't have time to eat breakfast. *His / Its / Their* morning is just too busy!
- 3 I love eggs. *It's / My / Their* favorite breakfast is an egg sandwich.
- 4 Fruit is really good in Australia. *Its / It's / It* a popular breakfast.
- 5 Asil's mother makes his breakfast. *She / Her / He* is an excellent cook.
- 6 Yoko thinks breakfast is important. *They / It / She* gives her energy to study when she's in school.
- 7 Most of us eat breakfast, but *you / we / it* eat different things in different countries.
- 8 We usually go out for lunch on a Sunday. *Your / Its / Our* favorite restaurant is Gino's.