

A good breakfast – is it important?

1 VOCABULARY food and drink

a Re-order the letters to make food and drink words. Match them to photos A-E.



1 AET

2 ESHECE

3 GRANEO CUJIE

4 WANDCHIS

5 GESG

b 5.1 Listen and check.

2. Read the text and complete it with the words:

Fish
Coffee
Milk
Fruit
Rice
Yoghurt

Is breakfast a very important meal, or not important at all?

Scientists and doctors have different opinions: some think that a big breakfast is good for you, because you eat less during the day others say that if you aren't hungry, don't have breakfast – it's only extra calories!

Is breakfast important for you? Send us a photo of your breakfast

Comments



Marta, Italy

I have breakfast in a great café near my office. I have a ¹croissant and coffee – an espresso with hot ²m_____ . Mmmm. I love breakfast! It's my favourite meal.



Paulo, Brazil

I have breakfast at home, but I don't have a big breakfast. I have ³fr_____ and ⁴y_____ , and sometimes toast. It's a healthy breakfast. That's a good thing at the beginning of the day.



Rob, UK

I don't eat in the morning – I'm not hungry. I just have a ⁵c_____ at work. But I have lunch early, at about 12.30.



Sakura, Japan

I really like breakfast. It's an important meal for Japanese people. I have breakfast at home with my family. We have a traditional breakfast. It isn't very different from lunch and dinner. We have ⁶r_____ , ⁷f_____ , and miso soup and we drink green tea. We don't drink a lot of coffee in my family.

