

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 ²milk. 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 ³fruit and ⁴toast, 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 ⁵coffee 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 ⁶rice, ⁷fish, and miso soup and we drink green tea. We don't drink a lot of coffee in my family.

