

Breakfasts around the world

You're going to read the text about breakfasts around the world. But before, think and answer the questions:

1. Do you always have breakfast? Do you have it at the same time?
2. What do you usually have for breakfast?
3. Do you think it's important to eat in the morning? Why? Why not?

A. Label the pictures with the words

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



B. Look at some traditional dishes. Match the names to the pictures

- A. Kimchi. B. Gallo pinto C. Kiselo mlyako D. Plantain E. Foul medammes



By Mary Mulyarchik

C. Read the text and answer the questions:**1. In which countries are the foods from exercise A popular for breakfast?****2. What else do the people eat in each country?**

South Korea

Costa Rica

Bulgaria

Egypt

Ireland

3. Which breakfast do you think sounds:

- healthy
- spicy
- filling
- fattening

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!

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.

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'.

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!

By Mary Mulyarchik