

Listen to the audio as many times as you need to, and then fill in the blanks.

Gareth / England

Probably, my _____ meal is dinner. I do skip meals, but that's because of my work _____; it kind of _____ me from eating lunch until very _____ in the day. I like to have a big breakfast, so that I can _____ for that.

Warren / Canada

My biggest _____ of the day is dinner. I think I _____ it's actually not as _____. I heard you should have a _____ breakfast and a _____ dinner, but just timewise, it's easier for me to do that, and I end up wanting to eat a heavy dinner. But I never _____ a meal; I always eat all three meals.

Kat / Germany

My biggest meal of the day is dinner. That is usually because I eat _____ in school, and it's never really good, so I kind of _____ it and don't eat too much. Breakfast, I _____ most every day. I don't want to, but I always _____, so I really don't have time for breakfast. I know that breakfast should be the biggest meal of the day, but that just never _____ for me.

Paul / England

My biggest meal of the day is my _____ meal, which I eat after _____ work, around seven or eight. I _____ not to skip meals. I always try to at least eat _____, even if it's on the go. At _____, with my job, I don't get time to eat a _____ lunch or breakfast, so I tend to kind of _____ quite a lot.

Tim / United States

_____, my biggest meal is lunch, but _____, I'll have a very _____ dinner. It really _____ on what I do _____ the day and when I take my meals. I'll have a big lunch on days that I skip breakfast, and I _____ to skip breakfast a lot, because I sleep until the _____ minute before I have to go to classes.

Rese / Botswana

My biggest meal of the day would have to be dinner, and _____ I skip breakfast because I can't _____ up early _____ to eat breakfast and make it to class because of my _____ pattern.