

# BREAKFAST!

The first meal of the day!

## Full English Breakfast

*'The only way to eat well in England is to have breakfast three times a day'* (Somerset Maugham)

The traditional English breakfast is a hot meal. It includes eggs, sausages, fried tomatoes, baked beans, mushrooms, toast, black pudding and tea or coffee. Not many British people eat it during the week. They prefer cereal, porridge, toast, fruit, yoghurt and tea or coffee. They usually enjoy a Full English at the weekend. Cafés or 'greasy spoons' serve this breakfast at any time of the day.



**TIP** Use a dictionary to find out what unknown words mean.

## American Breakfast

The traditional breakfast in the US and Canada isn't very different from the Full English. It's a hot meal usually without any vegetables. It includes pancakes with maple syrup, waffles, croissants, etc. This breakfast is popular but, during the week, Americans just have toast or cereal and coffee. Some people don't have breakfast at all. Coffee shops or diners serve breakfast all day and many people usually go there at the weekend.

B. Read again and write E for Full English Breakfast, A for American Breakfast or B for Both.

1. People eat this breakfast in diners.
2. This breakfast includes vegetables.
3. People usually have this breakfast at weekends.
4. People eat this breakfast in 'greasy spoons'.
5. This breakfast includes cooked food.