



2.a Look at the pictures of the dishes and say what you can see.

Example: There are two eggs and some bacon in Picture 1.

2.b Read the texts and complete them with the parts of the sentences below.
What do people eat for breakfast in different countries?

Hi, I'm Amy. I'm from the UK. I usually have my breakfast at 8 am, just before school. We call a traditional English breakfast "a full breakfast" because 1) **it's full of good food**. We usually **fry** some bacon, eggs, and sausages. Look! I have them on my plate. Sometimes we also have some tomatoes or mushrooms. We **cut** them and add them to the eggs. We always drink some tea after breakfast, and sometimes we eat yoghurt with fruit. But I don't 2) I like vanilla yoghurt. It's yummy! 😊



Hi, I'm Jessica. I live in California. I like sweet breakfasts. I usually have my breakfast at school, at about 8:30 am. Here, in the USA, our traditional breakfast is pancakes. We add jam, honey, or 3) We don't drink any tea for breakfast. We like orange juice or milk more. I like banana milk, and my brother is a vegetarian, so he drinks coconut milk. Sometimes we have cornflakes for breakfast. My favourite cornflakes are chocolate rings. I love them.

Welcome to Canberra. My name's Kevin. A traditional Australian breakfast is an omelette with some vegetables and beans. I hate them, so my mum usually 4) ... and makes a toast for me. I really like Vegemite toast. Vegemite is a dark brown spread we usually 5) It's very popular in my country. Sometimes we also eat a salad for breakfast. We **mix** some vegetables such as 6) ... and add some oil.



- A. chocolate spread to our pancakes
B. **add** any fruit to it
C. **it's full of good food**

- D. **boils** an egg
E. tomatoes, carrots, and lettuce
F. **put on** bread

3.a Look at the words highlighted in Exercise 2 and match them with the pictures.



QUIZ:

Are you a healthy eater?



1. How many meals do you have a day?

- a. 3-4 small meals.
- b. 2 meals.
- c. I don't know. I eat all day.

2. What kind of snacks do you eat when you're hungry?

- a. Fruit.
- b. A sandwich.
- c. Chocolate bars or sweets.

3. Do you eat fruit and vegetables?

- a. Yes, every day.
- b. Sometimes.
- c. Fruit and vegetables? What are they?

4. How much milk do you drink a day?

- a. Over three glasses.
- b. I just have some with my cereal.
- c. I hate milk!

5. How many soft drinks do you drink a day?

- a. I only drink water.
- b. Just one can.
- c. 3-4 cans a day.

6. Do you eat junk food?

- a. Not very often.
- b. 2-3 times a week.
- c. Very often. It's so tasty!

YOUR SCORE

Mostly **as**:

Congratulations! You are a very healthy eater! You are very careful with what you eat. Good for you!

Mostly **bs**:

Well, it's not all good but we can't say it's all bad. You know what's healthy for you but you don't always eat right. Keep trying.

Mostly **cs**:

You've got some very bad eating habits. You eat a lot of junk food and that's very bad for you. You must change your eating habits NOW!

