

Read the text and choose the correct verb forms

## BREAKFAST: HERE TODAY, GONE TOMORROW ?

Most people <sup>1</sup>*eat / are eating* three meals a day, at least in the USA and northern Europe: breakfast, lunch and dinner. But mealtimes <sup>2</sup>*constantly change / are constantly changing*. In some parts of Asia, Europe and Latin America, people <sup>3</sup>*have / are having* five meals a day, adding a mid-morning snack and a late supper to the list. Our eating habits in the past <sup>4</sup>*would be / used to be* quite different. Let's start with breakfast. Health experts are big fans of breakfast and <sup>5</sup>*are always telling / were always telling* us that it's the most important meal of the day. However, breakfast is in fact a relatively new concept. The ancient Romans, who <sup>6</sup>*are constantly worrying / were constantly worrying* about their health, <sup>7</sup>*were never having / never used to have* breakfast. They <sup>8</sup>*would think / used to think* that one meal a day was sufficient, while three was greedy. It wasn't until the 18th century, when people started working in factories, and did not break for lunch, that they <sup>9</sup>*would have / were having* a big breakfast before going to work. Habits <sup>10</sup>*still change / are still changing*. People may not <sup>11</sup>*feel / feeling* hungry first thing, or they are in a rush, and more and more of us <sup>12</sup>*would miss / are missing* breakfast. Perhaps, after a few hundred years of popularity, breakfast is gradually starting to disappear.

