- What do you usually have for lunch?
- What is your favourite lunch food?
- Are the school lunches in your school good?

examtask

2 Read the following text about school meals in different countries. Match the statements 1–5 to the countries A–F. There is one extra country that you do not need to use.

1 Meals are organised differently in primary school and in high school.
2 Small children receive free fruit.
3 Sweets cannot be bought at all times.
4 The government makes rules about the content of the meals.
5 You cannot usually choose your food unless you are on a special diet.

SCHOOL MEALS AROUND THE WORLD

A SCOTLAND
The typical menu might offer a choice between turkey steak and two veg; pizza; baked potato with salmon mayonnaise; a sandwich, roll or salad. In addition, children can choose to have milk, juice, soup and bread, vegetable and fruit. Chips are still available, but no more than twice a week. Every child gets a free piece of fruit a day in their first two school years and all dining rooms provide free fresh chilled water.

B COLOMBIA
State schools provide either one hot meal a day: soup, rice or pasta, meat, salad and fruit juice; or a series of light snacks: at least two pieces of fruit, fruit juice, small cake and sandwich. In both cases, the amounts of calories, vitamins and nutritional content are set by the Health Ministry, and each meal must provide children with thirty-three per cent of their recommended daily intake.

C JAPAN
In many primary schools meals are eaten in the classroom during the lunch break, and children clean up afterwards. Among the dishes served are tofu stew, assorted vegetables, rice, miso soup, frozen yoghurt and cartons of milk. High schools operate canteens, which serve anything from noodles to curry, but not burgers and chips. Other children have lunchboxes, which may contain cold rice balls, grilled meat or fish, pickles and simmered vegetables.

D SPAIN
Hamburgers are on the menu, but only once a week. On other days you might find omelettes, salads, chick pea stew, fish and pasta. Desserts could be natural yoghurt, orange compote or a banana. Typically there is only one option on offer, though children on special diets are catered for.

E AUSTRALIA
Meat pies, sausage rolls and hotdogs are traditional in Australia. But to fight childhood obesity, many schools use a 'traffic light' system, which limits the sale of red-labelled foods that are high in fat, sugar or salt, such as pastries, chocolate and soft drinks. Healthier green-labelled foods such as sushi, sandwiches, corn on the cob and watermelon slices are available every day. In one school, students can choose from eighty-nine foods, including popcorn, sandwiches, spring water, milkshakes and rice crackers.

F SWEDEN
Schools serve at least one cooked main dish with vegetables, bread with low fat margarine, salad, skimmed milk and water. A balanced meal should include one third meat or fish, one third pasta or rice, and one third fruit and veg. A typical lunch features meatballs with potatoes, cabbage rolls or with a mixed salad from the buf

4 Use the highlighted words from the text to complete these sentences.

1 _____ are a bit like spaghetti, but thinner; they are often used in Chinese cooking.
2 In informal speech vegetables are often called _____.
3 When you can choose your meal from a range of foods on a table and serve yourself, this is called a _____.
4 Another word for cold non-alcoholic drinks is _____.
5 _____ comes from Italy and there are many different kinds, eg spaghetti, penne, farfalle.

5 In pairs, write a paragraph like the ones in the text about school meals in your country.



LANGUAGE & CULTURE

The word 'lunch' means a (usually light) meal eaten around 1 p.m. It doesn't matter what you have: just a sandwich, or a cooked meal. The largest meal of the day is 'dinner', which is eaten later.

LIVEWORKSHEETS