Reading Ex. > The World of Food

What to Eat during the Day?

People usually have *breakfast* after they wake up. If you are hungry, you can have a mid-morning snack such as biscuits with coffee. At midday people have a meal called lunch, which can be a sandwich or a full course meal depending on the country. If your lunch wasn't filling, you can have a mid-afternoon snack such as fruit, nuts, hummus, or any other bite. Dinner is the meal that people often eat in the evening or later. Sometimes, especially on Sundays, people take some extra time in bed, so instead of having breakfast, they make or order a meal between breakfast and lunch called *brunch*.



A full course meal

Meals are divided in courses, which refers to the items served together at once. Full course meals are made up to three, four or five courses. Usually restaurants offer an appetizer, main dish, and dessert. People sometimes order an appetizer or entrée such as a snack, a soup, or a salad before the meal. The main dish is the most substantial part of a meal and can be chicken, beef, pork, seafood, veggie, or pasta. At the end of the meal some people treat themselves to a sweet course or dessert such as pastry or ice cream.



Working in a Restaurant

There can be several restaurant workers. The person who follows established recipes to prepare food is called a cook, and the person who is trained to understand flavors, use cooking techniques, and create recipes is called a chef. A host or hostess greets the customers and takes them to their respective table. A dishwasher is responsible for dishes hygiene, the garbage, and the kitchen cleaning. And the person who serves your food is called a waitress or *waiter*. If the food and service is good, customers express their gratitude leaving a tip.



Where to Eat?

There are different types of restaurants. If you are short on time or money, you might go to a fast-food restaurant, a diner, or a food truck because of their price, convenience, and speed. Fine dining restaurants offer an experience with a stylish atmosphere of elegance, exclusivity, and class. These places can be expensive. Some restaurants offer an all-you-can-eat buffet, where you take a plate up to a table loaded with food and you can put as much food as you want on your plate. Finally, a new type of restaurant is being popular, the ghost restaurant or dark kitchen that serves customers exclusively through app or online orders.

A. Complete the chart using information from the text. Use ONE or TWO WORDS in each blank.

People

- A(n) (1) _____ or (2) _____ makes food.
- A(n) (3) _____ or (4) _____ serves food.
- A(n) (5) _____ or (6) _____ welcomes diners.
- (7) _____ pay for good service.
- A(n) (8) _____ does the kitchen cleaning.

Places

- A(n) (13) _____ restaurant is elegant.
- A(n) (14) _____ is managed online.
- If you want unlimited food, you should go to a(n) (15) _____.
- A(n) (16) _____ is a cheap place to eat.

Food

- People often eat (9) _____ at night.
- The (10) _____ is very important in a meal.
- A(n) (11) _____ is usually served at the end.
- A salad is an example of a(n) (12) _____.

Other

- Give a(n) (17) _____ for good service!
- Brunch is commonly eaten on (18) _____.
- People have lunch at (19) _____.
- Hummus is eaten as a(n) (20) _____.

Level A2

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