WORKBOOK

UNIT 7B

BREAKFAST AROUND THE WORLD!

Breakfast is the most important meal of the day, because it gives us the energy we need to work and learn. In many European countries, the first meal of the day is a piece of bread and some coffee. In other countries, people eat much more. So, what exactly do people around the world have for breakfast?



Paulo, Brazil:

I have breakfast with my family – we sit together and talk about the day ahead. We usually have coffee and some bread with cheese. We also like to have some fruit – it's delicious!



Jason, Australia:

In Australia we have lots of excellent seasonal fruit, so it's a popular breakfast. I'm too busy to cook in the morning, so I often have an apple and some yoghurt. Sometimes I don't even have enough time to eat that, so I take it to work with me.



Jenny, Ireland:

I leave home early, so I rarely eat anything. I usually just have a cup of tea. I know it's really unhealthy! At weekends I have more time – so I have an egg sandwich.



Asil, Turkey:

My mum always makes my breakfast – she's an excellent cook. I usually have some bread, cheese, eggs and tomatoes – that's a popular breakfast in Turkey.



Yoko, Japan:

For breakfast, I often have rice and vegetables. Miso soup is a very popular breakfast in Japan, too. I sometimes have that because it's a healthy breakfast. It gives me energy to learn when I'm at college.

1 Skim the text. Answer the questions with one word.

1 Many European people drink coffee for _____.
2 _____ is Brazilian.
3 _____ is a popular breakfast in Australia.
4 Jenny usually has a cup of _____ for breakfast.
5 Asil's _____ is a really good cook.
6 People in _____ eat miso soup.

2 Choose the correct options to answer the questions.

1 Breakfast is important because
  a it gives you energy for the day.
  b you eat it with your family.
  c it helps you sleep better.
2 Paolo eats his first meal of the day
  a alone.
  b with his family.
  c with his friends.
3 Why doesn't Jenny eat breakfast?
  a She thinks it's unhealthy.
  b She's too busy.
  c She doesn't have enough money.
4 Jenny eats egg sandwiches
  a for lunch.
  b on Saturdays and Sundays.
  c every day.
5 In Turkey, a lot of people
  a don't eat breakfast.
  b eat the same breakfast as Asil.
  c drink tea for breakfast.
6 Yoko
  a has breakfast at college.
  b rarely eats miso soup.
  c doesn't eat the same breakfast every day.

3 Choose the correct options to complete the sentences.

1 Paulo eats breakfast with his family. *He / They / We* sit and talk about the day ahead.
2 Jason doesn't have time to eat breakfast. *His / Its / Their* morning is just too busy!
3 I love eggs. *It's / My / Their* favourite breakfast is an egg sandwich.
4 Fruit is really good in Australia. *Its / It's / It* a popular breakfast.
5 Asil's mother makes his breakfast. *She / Her / He* is an excellent cook.
6 Yoko thinks breakfast is important. *They / It / She* gives her energy to learn at college.
7 Most of us eat breakfast, but *you / we / it* eat different things in different countries.
8 We usually go out for lunch on a Sunday. *Your / Its / Our* favourite restaurant is Gino's.

LIVEWORKSHEETS