

Name _____ Class _____ No. _____

Reading Comprehension: What's for Breakfast?

Part 1: Multiple Choice

Directions: Choose the best alternative.

1. What is the main idea of the reading passage?

- A) People worldwide eat substantial breakfasts.
- B) Globalization is causing all breakfast traditions to disappear.
- C) Breakfasts vary greatly in size, taste, and ingredients across cultures.
- D) Sweet pastries are the most popular breakfast food in Europe.

2. According to the passage, why do Northern and Eastern Europeans often prefer a large, hot breakfast?

- A) Because they live in cold climates.
- B) Because they do not enjoy sweet foods.
- C) Because they always have a lot of time in the morning.
- D) Because they prefer fast-food breakfasts.

3. Which of the following countries is **NOT** mentioned as preferring a small or “continental” breakfast?

- A) France
- B) Germany
- C) Belgium
- D) Greece

4. In contrast to the sweet continental breakfast, what taste is generally preferred for breakfast in the Middle East?

- A) Spicy
- B) Sour
- C) Bitter
- D) Salty

5. What is the most common food ingredient in Mexico, which is also often included in their breakfast?

- A) Chili pepper
- B) Rice
- C) Feta cheese
- D) Olive oil

6. Which group of countries is mentioned as treating breakfast the same as any other meal, often including rice, vegetables, and meat or fish?

- A) Northern Europe and Scandinavia
- B) Latin America and the Caribbean
- C) The Middle East and Greece
- D) China, Japan, and Southeast Asia

7. What does the passage suggest about breakfast traditions in today's world of globalization?

- A) People are more strictly following traditional breakfasts than ever before.
- B) People are less likely to follow tradition, and fast foods are becoming more common.
- C) Traditional breakfasts are completely unchanged worldwide.
- D) Young people are refusing to eat anything except their traditional foods.

8. What is the “xoi” in Vietnam mentioned at the end of the passage?

- A) Chicken soup
- B) Thin rice pancakes
- C) Rice and beans
- D) Sticky rice steamed in a leaf

Part 2: True/False

Directions: Based on the passage, choose whether the following text is true or false.

1. The passage states that breakfasts around the world differ only in size, not in taste or ingredients.

True

False

2. Germans, Austrians, and Scandinavians typically have a generous breakfast that may include cold meats, cheese, and yogurt.

True

False

3. A “continental” breakfast usually consists of salty foods like beans and feta cheese.

True

False

4. Breakfast burritos in Mexico are served without any hot sauces because they are already spicy.

True

False

5. In Japan, the breakfast often includes miso soup, rice, and fish, which is similar to other meals.

True

False

6. The passage gives an example of Japanese youth eating more American-style cereals than their parents' steamed rice.

True

False

7. Citizens of former French colonies in West Africa often favor larger English-style breakfasts.

True

False

8. The passage concludes that despite globalization, there are still distinct differences among breakfast cultures.

True

False