Breakfasts Around the World

_____ **Reading**

People in different countries eat different foods for breakfast. In some places breakfast is quick and small, but in others it is a big meal. Breakfast gives people energy for school, work, and everyday activities.

In Japan, many people eat rice, fish, soup, and vegetables for breakfast. It is a traditional and healthy meal. In England, some people enjoy a "full English breakfast" with eggs, sausages, beans, tomatoes, toast, and tea. However, many British people today choose quicker breakfasts like cereal or yoghurt.

In France, breakfast is usually light and sweet. People often eat croissants or bread with butter and jam. They usually drink coffee or hot chocolate. In Mexico, breakfasts can be spicy. People sometimes eat tortillas, eggs, beans, cheese, and salsa.

Many people in Ukraine enjoy porridge, pancakes, eggs, sandwiches, or cottage cheese for breakfast. On weekends, families sometimes prepare bigger breakfasts and eat together.

Doctors say that breakfast is one of the most important meals of the day because it helps people stay healthy and active.

I.Read the text and choose the correct answer (A, B or C).

1.Why is breakfast important?

A It helps people stay active. B It makes people sleepy. C It is always sweet.

2.What do many Japanese people eat for breakfast?

A croissants and jam B rice and fish C pancakes and cheese

3.What is a "full English breakfast"?

A a light breakfast with coffee B a spicy breakfast with tortillas

C a large breakfast with eggs, sausages, and beans

4.What do French people usually drink for breakfast?

A tea or milk B coffee or hot chocolate C juice or water

5.Which sentence is TRUE about Mexican breakfasts?

A They can be spicy. B They are always cold. C They never include eggs.

6.What do some Ukrainian families do on weekends?

A skip breakfast B eat breakfast together C only drink coffee

II. Match the countries with the food.

1.Japan	a) croissants and hot chocolate
2.England	b) porridge and pancakes
3.France	c) rice and fish
4.Mexico	d) sausages and beans
5.Ukraine	e) tortillas and salsa

III. Complete the sentences with words from the text.

1. Breakfast gives people _____ for school and work.
2. Japanese breakfasts are traditional and _____.
3. Many British people now choose quicker breakfasts like cereal or _____.
4. French breakfasts are usually light and _____.
5. Mexican breakfasts sometimes include tortillas, beans, and _____.
6. Doctors say breakfast helps people stay healthy and _____.

LIVEWORKSHEETS