ESCUELA AMERICANA EXTENSION

Reading activity

(Month 3)

Students: _____ **Date:** _____

Teacher: Karla Patricia Mejia **Level:** A1+

Read the text and solve the exercises.

Our class – the food we eat and when we eat it

The students in our English class are from three different countries: Italy, Japan and Brazil. After talking about typical food and our daily routines at home, we found that we all have breakfast, lunch and dinner. But we were surprised by how different these meals are!

Italy

A typical Italian breakfast, or *pranzo*, isn't very big; just coffee and some kind of bread. Our delicious cappuccino coffee is famous all over the world. Another Italian food that everybody knows is pasta, but this isn't the main part of lunch. We have two dishes, the first is pasta and then the second is meat or fish with vegetables. Lunch is usually from 1-3 p.m. and it's often bigger than dinner which starts at 7 or 8 p.m.

Japan

In Japan we really like rice, and in the past everybody ate it for breakfast. Now, a lot of Japanese people have European-style food instead when they get up. We are big fans of fish and seafood, and a lot of Japanese people prefer green tea over coffee. In general, our meals are smaller than in Brazil or Italy, and we think they're healthier too. One popular thing in Japan is *bento*. This is a kind of lunch box which you can make at home or buy at the store on the way to the office. It's very beautiful and sometimes takes a long time for a chef to make it.

Brazil

Like the Italians, Brazilian people eat a lot of food at lunchtime. A favorite place for lunch in Brazil is called a *churrascaria*. In this kind of restaurant, you can enjoy steak and other meat, but you need to be hungry! If you don't like eating a large lunch, you can buy some street food like *pastel de queijo*, which is a hot snack with cheese inside. We have dinner later than the Italians at around 8:30 p.m. and it's family time.

Example: All the students eat 3 meals a day at home.
A True ✓ B False ☐ C Doesn't say ☐

1 Italians often drink coffee for breakfast.
A True ☐ B False ☐ C Doesn't say ☐

2 They often eat pasta for dinner.
A True ☐ B False ☐ C Doesn't say ☐

3 Dinner in Italy usually finishes around 8 p.m.
A True ☐ B False ☐ C Doesn't say ☐

4 In Japan, most people don't often eat rice for breakfast.

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A True ☐ B False ☐ C Doesn't say ☐

5 Lunch is bigger in Japan than in Italy.

A True ☐ B False ☐ C Doesn't say ☐

6 Only chefs can make *bento.*

A True ☐ B False ☐ C Doesn't say ☐

7 *Pastel de queijo* is expensive.

A True ☐ B False ☐ C Doesn't say ☐

2 Read the text again. Underline the correct answer.

Example: In the three countries, breakfast, lunch, and dinner are **the same / different**.

1 Italian people eat **a dish / two dishes** of pasta for lunch.

2 Lunch in Italy takes **two hours** / **one hour**.

3 **Green tea / coffee** is popular in Japan.

4 A lot of Japanese people love **fish and meat / fish**.

5 *Bento* is something you have for **lunch / breakfast**.

6 You eat a lot of **cheese / meat** in a *churrascaria.*

7 In Brazil, people have dinner with their **family / friends**.

8 Dinner in Brazil usually starts **before / after** dinner in Italy.

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