

FOOD TIME A TRADITIONAL BREAKFAST



Most people don't even think about their breakfast, they usually stick to whatever they normally have. But what does the traditional breakfast look like in different countries?

Read the following descriptions about traditional breakfasts in some countries:



A typical French breakfast is all about delicious bread, which is usually in the form of a baguette that is somehow still-warm from the bakery or perfectly toasted using a "grille-pain" and spread with butter and jam. Coffee is a common breakfast drink but fruit juice is also acceptable. And if a croissant or pain au chocolate is on the table, nobody would say no.

Italians don't spend much time on breakfast - in fact, they rarely even sit down for the first meal of the day, as it usually consists of a quick coffee, a cappuccino (which only tourists order after midday) or perhaps a simple espresso and a sweet pastry or cornetto. Usually they quickly finish it standing at the counter of a local coffee bar.



A typical Japanese breakfast might seem more like lunch or dinner to people living in the West. Miso soup, white rice, grilled salmon, nori, natto and some salad or pickled vegetables can always appear around breakfast time in Japan. These make a nutritious and well-balanced meal that is sustaining without being overly rich or heavy.

Kasha, one of Russia's national dishes, is whole-grain buckwheat that is roasted whole. The term kasha also refers more generally to porridge, which is a common breakfast in Russia and can be made from buckwheat as well as semolina or oats, often cooked with milk and sugar and served with jam.



The old traditional Slovenian breakfast consists of fresh bread, a cup of milk, butter, honey and an apple. This type of breakfast is not common with Slovene families now anymore but there is the Traditional Slovenian Breakfast campaign that involves kindergartens and schools serving a traditional Slovenian breakfast for children on the third Friday of November. Otherwise people mostly eat bread with homemade marmalade, eggs, meat products, cheese and cereals for breakfast.

When people think about the British breakfast, one thing comes to mind - the full English breakfast. But the reality is that most people in the U.K. only take time for this enormous plate filled with eggs, bacon, baked beans, mushrooms, grilled tomato, black pudding and toast after a night out or at weekends. A more typically British breakfast nowadays probably looks more like a cup of tea and some toast with butter and jam.



Eggs, bacon, toast and home fries are certainly commonly found at breakfast across the United States. But two eggs any-style, shrimp and grits, bagels with cream cheese and biscuits with gravy are all common ways to start the day in the USA too.

»Nothing brings people together like good food.«
(unknown author)



Are the following sentences true (T) or false (F):

- French love warm bread with jam and butter. _____
- You can't drink fruit juice for breakfast in France. _____
- Italians take time and always have breakfast at home. _____
- Japanese breakfast is well-balanced not overly rich or heavy meal. _____
- Kasha is a common breakfast dish in Russia. _____
- Most of Slovene families still have the old traditional breakfast nowadays. _____
- The full English breakfast consists of toast with butter and jam and a cup of tea. _____
- Americans eat different food like eggs, fries, bagels with cream cheese and biscuits for breakfast. _____



Look at the text and find synonyms or appropriate words for the following words and phrases:

- regular, common, conventional = _____
- a long, flat, narrow surface or table in a shop, pub, kitchen =

- first meal of the day = _____
- kept in vinegar or oil = _____
- not bought at the shop = _____
- beyond, over, crosswise = _____

