

Reading



What's on your plate?

Three people from different parts of the world describe what they eat each day.

MASUMI TAKAHASHI, JAPAN

Name: Masumi Takahashi
Age: 50
Lives: Tokyo, Japan
Works: In a bank



In Japan we eat rice at every meal. For breakfast, we have rice, fish, and soup.

At 12.00 I have *bento*, which is a lunch box. My wife makes this for me every day. There are small dishes of rice, fish, vegetables, eggs, and sometimes meat.

In the evening, we have more fish, maybe with beans. I'd like to eat with my children, but I don't get home till 9.00.

At the weekend, we like doing things together. We go for walks, and have dinner. We eat lots of small dishes. We don't put a lot of food on our plate, so we don't eat too much.

CAROLINE WEISSMAN, US

Name: Caroline Weissman
Age: 29
Lives: Brooklyn, New York
Works: In a restaurant



I eat little and early. I have toast and cereal for breakfast, and salad for lunch at about 11.30. For dinner I usually eat chicken or fish. If I have a snack between meals, it's always fruit.

I ride my bike to work across Brooklyn Bridge, and run 10 kilometres a day. I'd like to run the New York Marathon this year. I'm a waitress, so I'm on my feet all day.

Too many people in this country don't eat right. They say they don't have time to buy food and cook, so they snack all the time.

At home I like cooking for friends. For me the dinner table is the centre of the home.

ADELLA RAMIREZ, BARCELONA

Name: Adella Ramirez
Age: 21
Lives: Barcelona, Spain
Works: Student



For Spanish people, breakfast is the smallest meal – just some bread and jam and a cup of coffee. We have lunch at about 2.00, and it's a big meal. Perhaps some pasta, then salad, then fish or meat, then a dessert. After lunch, some people have a siesta.

In the evening, I like going to bars with my friends. We have tapas. Tapas are lots of little dishes. Then about 10.00 we go to a restaurant, and maybe have some seafood and rice. Dinner is a lot smaller than lunch. We go to bed very late.

I'd like to do some exercise, go to the gym, but I never have time. Maybe one day!

Choose the correct option. Who...?

- ... doesn't eat much on each meal?
- ... have lunch at midday?
- ... doesn't have lunch at midday?
- ... has a big lunch?
- ... eat different little dishes in a meal?
- ... has different types of meat for dinner?
- ... has dinner late?
- ... includes healthy snacks in his/her diet?
- ... includes rice in every meal?
- ... likes cooking?