



# TIME TO READ

## International Breakfasts

Breakfast is an important meal in many countries. People eat different foods depending on where they live. Let's look at breakfast in three countries and learn more about their daily routines.

### 1. Japan

In Japan, breakfast is often a bowl of rice with fish, miso soup, and vegetables. Some people also eat pickles and drink green tea. Breakfast is usually eaten between **6:00 AM and 8:00 AM**. The Japanese take time in the morning for a calm, mindful start to their day. After breakfast, many people go to work or school, often using public transportation like trains.



### 2. Brazil

In Brazil, many people eat **pão de queijo** (cheese bread) with coffee for breakfast. Sometimes, they eat fresh fruit like papaya or bananas. Brazilian breakfast is light but tasty, often enjoyed between **7:00 AM and 9:00 AM**. Brazilians love spending time with family in the morning. After breakfast, people usually go to work or school. Lunch is typically the biggest meal of the day, eaten around noon.



### 3. Egypt

In Egypt, a typical breakfast is **foul medames**, a dish made from fava beans with olive oil, lemon, and spices. It is often eaten with bread and vegetables. People drink tea or coffee with their breakfast. Breakfast time in Egypt is usually **7:00 AM to 8:30 AM**. After breakfast, many Egyptians take a short nap before starting their workday. Egyptian families also spend a lot of time together during meals.



Breakfast in these three countries shows how different cultures start their day. But breakfast isn't the only meal with unique traditions. In many countries, lunch and dinner also have special foods and customs. How do people in your country eat lunch and dinner? What do you do after meals? Stay tuned to find out more!