

Breakfast

By the end of this lesson, you will be able to:

- describe what you eat for breakfast.
- compare a continental and a full breakfast.
- talk about bed & breakfasts.

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Warm Up

Talk to your teacher and classmates. Ask questions to find out about them.



Find a person in class who:

- eats breakfast every day.
- ate breakfast this morning.
- doesn't eat breakfast.
- just has coffee for breakfast.
- eats in their car.
- likes to eat a big breakfast on the weekend.

Example:

Student A—Do you eat breakfast?

Student B—Yes, I do./No, I don't.

Did you _____?

Vocabulary Match

First, guess what each word means. Then, match the words to their definitions.

fresh

eat out

ideal

choose

pastry

buffet

Sweet bread, sometimes with fruit or chocolate

Just made

Perfect, exactly what you want

To eat away from home, usually in a restaurant

To decide on something

A long table with many food choices

Vocabulary Fill in the Blank

Complete the sentences with the correct vocabulary words and answer the question.

My wife and I _____ at a restaurant every Friday night.

Ham and eggs with coffee is my _____ breakfast. It's my favorite.

The bakery has many types of _____ to choose from.

The bread is _____. It was baked this morning.

Which breakfast will you _____? Eggs or bread and butter?

We ate everything we wanted at the _____. There was a lot of food.

fresh

eat out

ideal

choose

pastries

buffet

Do you like to eat at buffets? Why or why not?

Word Forms

Some words are formed from two words that come together. Analyze this word.

You join two words to make a compound word. Look at the compound word *breakfast*.

break + fast = breakfast

Separately, both of these words can have different meanings. What is the meaning of each word? Why do you think the morning meal is called *breakfast*?

Name three other compound words.

Discussion

Take turns asking your classmates these questions and giving your own answers.



What breakfast meals can you cook?

When you were younger, what did your parents make you for breakfast?

Describe your perfect breakfast.

Grammar Practice

Talk about the past tense in English.

You can talk about what you did in the past. Typically, you add –ed to the verb.

Example: I talk to James every day. I talked to James yesterday.

Some verbs are different (irregular) in the past tense. You need to remember them.

Example: I eat breakfast every day. I ate breakfast at 9am this morning.

Which sentences are in the past tense?

1. I make waffles on Sunday mornings.
2. He made coffee for the meeting.
3. We go to the café on Tuesdays.
4. They went to the café yesterday.

Do you know any other words that are irregular in the past tense?

Sign Post

Read the quote and discuss.



"Expect problems and eat them for breakfast."

-Alfred A. Montapert
(American Engineer and Author, 1906-1997)

What does this mean to you?

How do you prepare for problems?

Idiom

Talk to your teacher and classmates about this idiom and answer the question.

To put all your eggs in one basket = To put all your resources in one place



Example: You need to apply to several universities. You don't want to *put all your eggs in one basket*.

When was the last time you *put all your eggs in one basket*?