

Breakfasts around the world

- 1 Look at the list of food. Tick the items you usually have for breakfast. Add any items which are missing to the list.

bacon bread rolls butter cereal coffee fish fresh fruit fried eggs jam juice lentils milk pancakes potatoes rice sausages spaghetti sugar tea toast yoghurt

- 2 Read the text and match the pictures (1-5) to the paragraphs (A-E).

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As you sit down to have your usual breakfast, you may think that everyone else in the world is having something similar. In fact, the variety of things eaten in the morning is actually quite surprising ...



In Russia, for example, breakfast is a big meal. Many people eat black bread or blinis – a kind of pancake. Sausages, fried eggs and cheese are typical accompaniments. Some Russians eat a cereal called *kasha*. This is usually eaten hot with a soft cheese or sour cream, rather than milk. The most popular drink is very strong black tea. **A** _____



In China, people eat breakfast very early in the morning. Dishes are different in every region, but the meal is usually similar to lunch or dinner – rice with vegetables or meat, pancakes, soup, and noodles. The Chinese do drink a lot of tea, but they don't usually drink tea with breakfast. Instead, liquid at breakfast comes from soup. **B** _____



Breakfast isn't a big meal in Greece. Most people start the day with a coffee, which is usually served black, in tiny cups, with or without sugar. They may have something small to eat as well such as fresh fruit and yogurt, or a grilled roll. More common, however, is the Greek custom of a midmorning *kolatsio* or snack – often a pastry or bread with meat or cheese. **C** _____



As you would expect, considering the country's links with England, the Australian breakfast is very similar to breakfast in the United Kingdom – bacon, eggs, toast with butter and jam, cereal with milk, and tea or coffee. There are, however, some very Australian additions, such as toast with *Vegetemite*, a black salty spread, or tropical fruits. **D** _____



Like China, the Indian breakfast is different depending on the region. It can be simple fresh fruit, or spicy dishes made from rice, potatoes, onions, vegetables or beans. The Hindi breakfast dish *khichri* is made with a mixture of rice, lentils and spices. Although tea is generally more popular in India, in the south, coffee is the most common drink at breakfast time. **E** _____

- 3 Work in pairs. Student A: choose one of the breakfasts in Activity 2. Student B: ask and answer yes / no questions to guess which breakfast your partner has chosen.

Student B: Does it contain eggs?

Student B: Does it include fruit?

Student A: No.

Student A: Yes.

Student B: Is it made from rice flour?

Student B: Is it the Greek breakfast?

Student A: No.

Student A: Yes.

- 4 Work in small groups and discuss the following:

- Which of the breakfasts above have you tried?
- Which would you like to try?
- Which is most similar to your usual breakfast?

- 5 Share the results of your discussion with the class.