



Kids and their breakfast



Bernie

I have a glass of juice for breakfast. My favourite is apple juice, but we mostly have orange juice, because all the others in my family like orange juice. I have muesli with nuts, milk and honey.



Tick off - TRUE or FALSE?

1. Lewis has two cups of hot chocolate.

☐ True
☐ False



2. Bernie doesn't like apple juice.

☐ True
☐ False



3. Jane eats cornflakes.

☐ True
☐ False



4. Andy has muesli with tea.

☐ True
☐ False



I always drink hot chocolate in the morning. Sometimes I have three cups of hot chocolate. I eat some toast and baked beans or sausages. I love that.



Lewis

5. Betty eats a lot in the morning

☐ True
☐ False



6. Lewis loves baked beans.

☐ True
☐ False



I eat cornflakes for breakfast. With milk and sugar. I love sugar on my cornflakes. Mum says a lot of sugar is not good for my teeth. When she isn't watching I sometimes put lots of sugar on my cornflakes.



7. Jane eats toast with butter

☐ True
☐ False



8. Betty never drinks milk.

☐ True
☐ False



I drink tea in the morning, with milk but no sugar. I eat toast with butter and jam. I love strawberry jam. When I have a lot of time, I eat ham and eggs too. I think a good breakfast is important for you.



Andy

9. Andy drinks tea with sugar.

☐ True
☐ False



10. Betty has bread on Sunday.

☐ True
☐ False



Betty

I only have a cup of coffee in the morning. I cannot eat anything. My mum says that is not good for me. Only on Sundays I eat rolls with butter and honey and drink two cups of coffee. Then my mum is happy with me. I never drink tea or milk for breakfast.



Fill in the words.



Fill in the missing words.

breakfast - orange juice - cornflakes - coffee - weekend - cup makes - eat - good - time - always - ham and eggs

Mum and dad have toast and for breakfast. I only have a of tea and some My mum tells me to more, but I don't have more At the we always have for Dad them. Mum thinks they are very

Write about your breakfast!

I always have and for breakfast. I drink On Sundays I eat have and I don't like for breakfast. My favourite breakfast is and

Key

Tick off. TRUE or FALSE?

1. Lewis has two cups of hot chocolate.

- ☐ True
☒ False

2. Bernie doesn't like apple juice.

- ☐ True
☒ False

3. Jane eats cornflakes.

- ☒ True
☐ False

4. Andy has muesli with tea.

- ☐ True
☒ False

5. Betty eats a lot in the morning

- ☐ True
☒ False

6. Lewis loves baked beans.

- ☒ True
☐ False

7. Jane eats toast with butter

- ☐ True
☒ False

8. Betty never drinks milk.

- ☒ True
☐ False

9. Andy drinks tea with sugar.

- ☐ True
☒ False

10. Betty has bread on Sunday.

- ☐ True
☒ False

Fill in the words.



coffee



sugar



tea



jam



orange juice



bread



milk



ham and eggs

Fill in the missing words.

Mum and dad have *orange juice*, toast and *coffee* for breakfast. I only have a *cup* of tea and some *cornflakes*. My mum *always* tells me to *eat* more, but I don't have more *time*. At the *weekend* we always have *ham and eggs* for *breakfast*. Dad *makes* them. Mum thinks they are very *good*.

BREAKFAST AT TIFFANY'S BY DEEP BLUE SOMETHING

Fill in the missing words. Use the words from the box.

You say that we've got in common

No common to start from

And we're falling apart

You'll say the world has come us

Our lives have come between us

Still I know you just don't

(Chorus)

And I say "what about Breakfast at Tiffany's?"

She said, "I think I the film,

And as I recall, I think, we both kinda like it"

And I said, "Well, that's the one we've got"

Match the sentences.

I see you,

And now your eyes

I guess

So what now?

And I hate

When so much

I was wrong

the only one who knew me

see through me

when things are over

is left undone

It's plain to see we're over

(Chorus)

Order the lines.

___ You'll say the world has come between us

___ You say that we've got nothing in common

___ And we're falling apart

___ Our lives have come between us

___ Still I know you just don't care

Care - Between

Thing - Ground

Remember

Nothing

(Chorus x3)

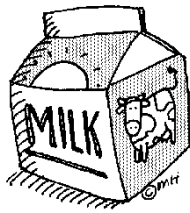
___ *No common ground to start from*



(Chorus x3)

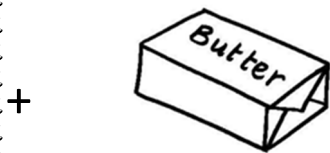
BREAKFAST

DRINKS



Coffee, milk, tea, fruit (apple, orange...) juice, water

FOOD

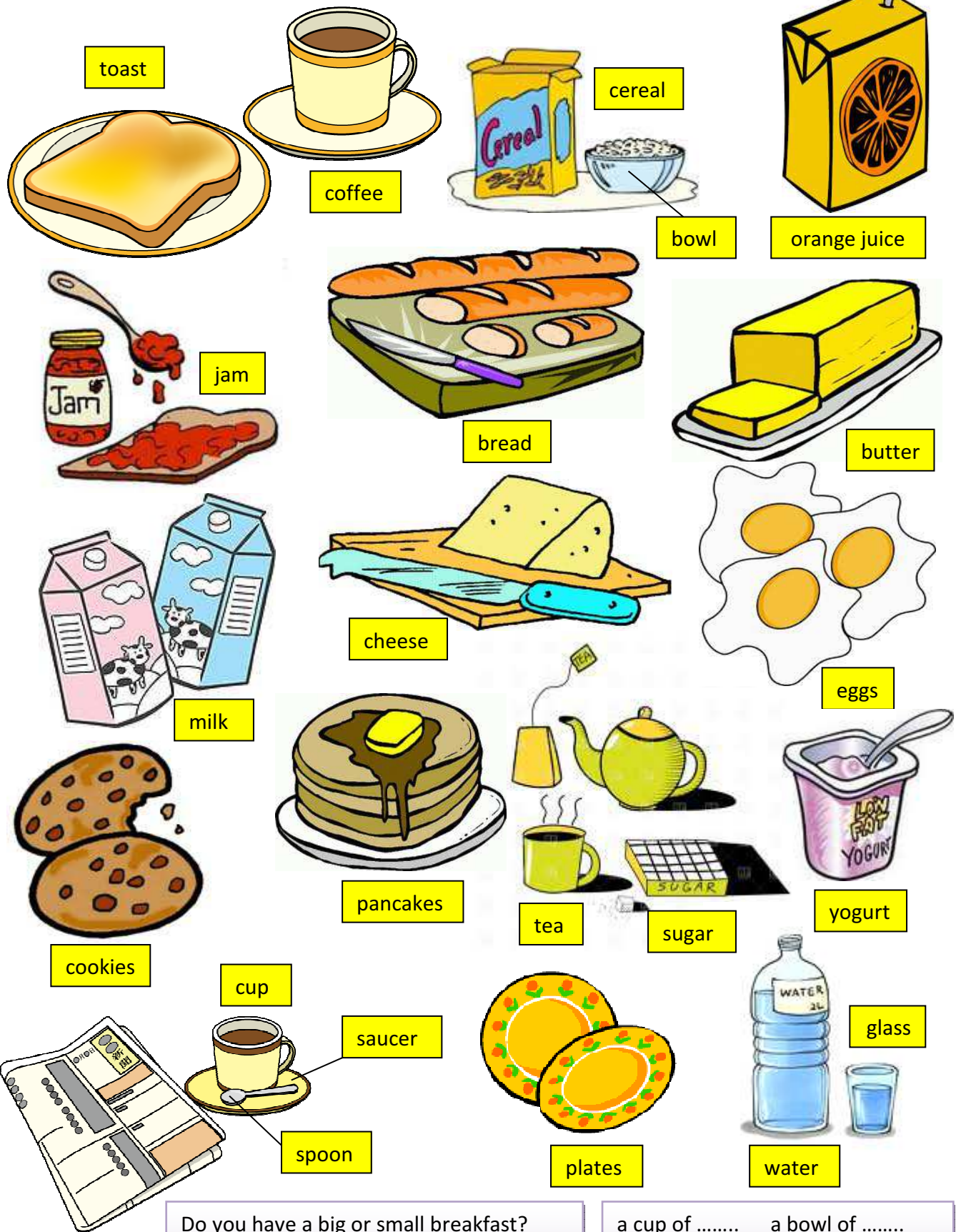


Bagels, bread, butter, honey, jam, maple syrup, muffins, pancakes, sugar, toast, waffles



Bacon and eggs, baked beans, black pudding, cake, cereal, cookies, gingerbread, mushrooms, sausages, scrambled eggs, tomatoes, yoghurt

Breakfast time



Do you have a big or small breakfast?
What do you eat for breakfast?
Now ask your friend.

a cup of a bowl of
a glass of a loaf of
a piece of two spoons of

READING COMPREHENSION

BREAKFAST

Why You Should Eat a Healthy Breakfast

- Breakfast is the most important meal of the day. Breakfast provides you with the energy and nutrients that lead to increased concentration in the classroom.
- Studies show that breakfast can be important in maintaining a healthy body weight.
- Hunger sets in long before it's time for lunch, but because it's not convenient to eat properly, many people who have not eaten breakfast snack on foods that are high in fat and sugar.
- People who skip breakfast are unlikely to make up their daily requirement for some vitamins and minerals that a simple breakfast would have provided.
- Breakfast provides energy for the activities during the morning and helps to prevent that mid-morning sleep.

Tips on Eating a Quick and Healthy Breakfast

- Pick 2-3 foods, including at least one from each of the following food groups:
 - bread and grain (i.e. cereal, toast, muffin)
 - milk and milk product (i.e. low-fat yogurt, low-fat milk)
 - fruit or vegetable group (i.e. bananas, apples, carrots)
- Pick up portable breakfast items when at the grocery store. You should buy foods like fruit, low-fat yogurt, whole grain breakfast bars, or granola bars for those mornings when you have to eat breakfast on the go.
- Replace or accompany that morning cup of coffee with a glass of orange juice or milk.
- Make an omelette! You can shorten preparation time by chopping up your vegetables ahead of time.
- Get up 15 minutes earlier. You can fix and consume a healthy breakfast in 15 minutes or less.
- Plan ahead to eat breakfast. This means you should decide what you are going to eat for breakfast before the next morning. You can save time by putting out the box of cereal or cutting up some fruit the night before.

Read the passage and answer the questions below.

1. Why is breakfast the most important meal of the day?

2. What do studies show about breakfast?

3. What happens to people who skip breakfast?

4. What portable breakfast items should you buy when at the grocery store?

5. Why do you need to wake up 15 minutes earlier?

6. What is your favourite food for breakfast? Why?

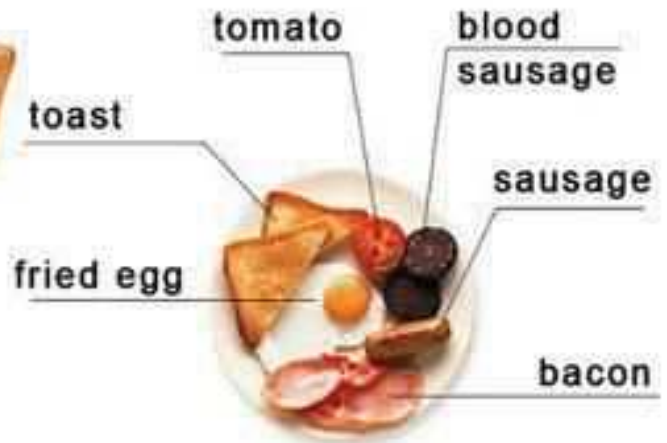
BREAKFAST



brioche



bread



English breakfast



kippers



French toast



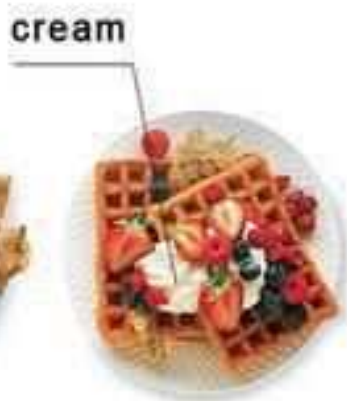
boiled egg



scrambled eggs



pancakes



waffles



oatmeal



fresh fruit

My Breakfast



Read the text:

Hi! I'm Peter Swanton and I live in Newcastle with my parents and our lovely cat Pussy.

We live in a very big flat on the second floor. My room is not big but it is very comfortable for me. I like to spend my time here playing computer games or reading books.

I like a lot of things but I don't like mornings. I don't like to get very early in the morning. It is difficult for me. But let me tell you one story.

One morning my mum called me for breakfast. I was rather sleepy but I took a quick shower, combed my hair and appeared in the kitchen. The table was already laid and I saw that awful porridge cooked for me. I hated that porridge! I

couldn't eat it at all. I ate the fruit salad, drank a glass of milk but I didn't want to eat that porridge. When my mum went out of the kitchen I quickly opened the window and threw the porridge out of the window. When my mum returned she saw that there was no porridge on my plate. She was pleased and I was happy. Suddenly somebody knocked at the door. When my mum opened the door she saw a woman with that porridge on her head! My mum understood everything. She apologized and helped that woman to clean her hair. I was awfully ashamed. Of course, my mum punished me. But now I eat this porridge without any words.



1 Choose True (T) or False (F) statements:

1. Peter lives in Newcastle.
2. He lives on the third floor.
3. His room is very big.
4. He likes to play with his cat.
5. He likes to read books.
6. Peter hates mornings.
7. He could eat porridge.
8. He threw the porridge out of the window.
9. Peter was punished.



2 Answer the questions:

1. What is the boy's name?
2. Who does he live with?
3. What city does he live?
4. Does he live in a big flat?
5. What does he like to do in his room?
6. Does he like mornings?
7. What does he like to eat?
8. What does he hate to eat?
9. Where did he throw porridge?
10. Why was Peter punished?



KEY:

Choose True (T) or False (F) statements:

- | | |
|---|---|
| 1. Peter lives in Newcastle. | T |
| 2. He lives on the third floor. | F |
| 3. His room is very big. | F |
| 4. He likes to play with his cat. | F |
| 5. He likes to read books. | T |
| 6. Peter hates mornings. | T |
| 7. He could eat porridge. | F |
| 8. He threw the porridge out of the window. | T |
| 9. Peter was punished. | T |

What do you have for breakfast?

a) What can you eat and drink for breakfast?





b) listening : breakfast (jelly cd 1 piste 35)

1. Put the pictures in the correct order.

2. True or false? Correct if it's false!

	True 	False 	Correct answer
1. There are 3 girls			
2. She wants some milk.			
3. She doesn't like jam on her pancakes			

3. Answer the questions

What does she want to eat tomorrow? _____

What doesn't she like? _____



. Vocabulary: I have ... for breakfast

1. Match the words with the pictures.
2. Make a sentence with the words.



1

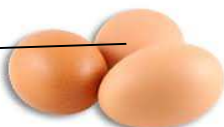


2

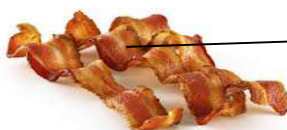


3

4



5



6



7



8



9



	PICTURE	SENTENCE
Cereals		
Pancakes		
One slice of bread (two slices)		
Jam		
A piece of toast		
Butter		
Eggs		
Bacon		
Chocolate spread		

3. And you ? What do you eat and drink for breakfast?



HOT CHOCOLATE



ORANGE JUICE



COFFEE



TEA



MILK



WATER



AN APPLE



AN ORANGE



A BANANA



A YOGURT



HONEY



SUGAR



A BISCUIT



TOAST



BREAD



BUTTER



JAM



A CROISSANT



CEREAL



A CHOCOLATE BAR



CHEESE

I drink _____

I eat _____

My mother drinks _____

My father eats _____

My brother/ my sister eats _____

Ask questions to your neighbours!

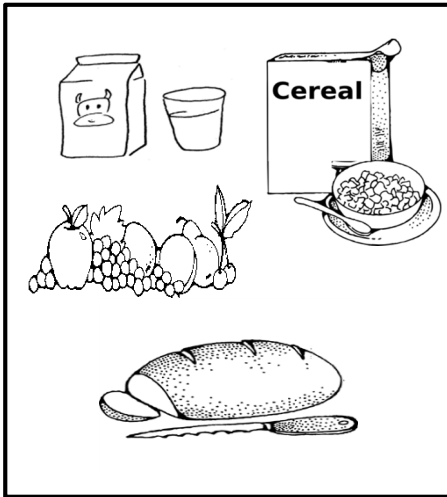
What do you drink/ eat for breakfast?

What does your mother/ father drink for breakfast?

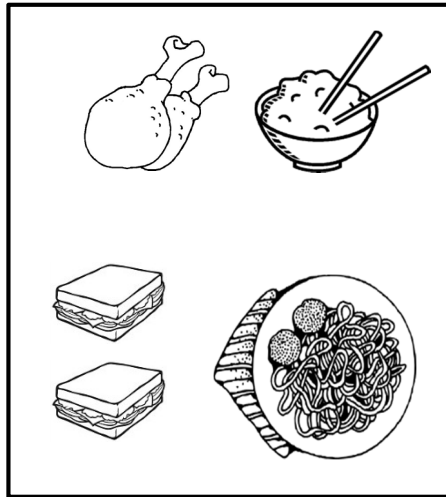
Name _____ Number _____ Class _____

What do you have for breakfast/ lunch/ dinner?

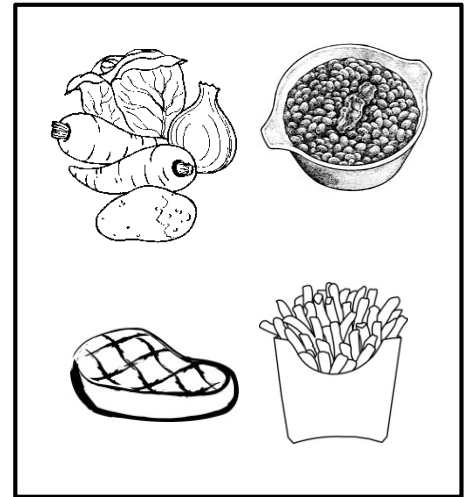
Breakfast



Lunch



Dinner



e.g. I have cereal with milk for breakfast.

I have _____ for breakfast.

_____ for lunch.

_____ for dinner.

My friend has _____.

_____.

_____.

cereal	spaghetti	rice	fruit	chips	chicken	meat
bread	beans	milk	vegetables	sandwiches		

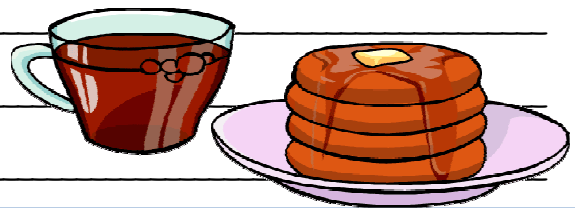


Happy Breakfast

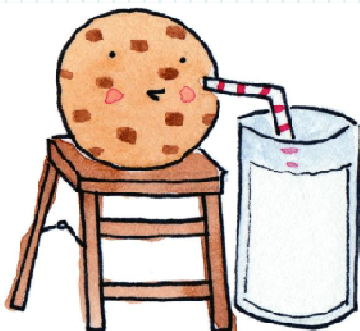
Breakfast is the most important meal. Look at the picture and describe it. Pay attention to the nouns - countable or uncountable -. Use a, an, some, any, a lot of and much.



There is a boiled egg and there is a lot of bread. We can see a cup of _____



What is your favourite breakfast? Write a paragraph.







My favourite breakfast

Breakfast time!

① Read the following text about a typical American or English breakfast.

During the week, breakfast usually consists of cereal and / or toast with orange juice, hot chocolate, coffee or milk, but at weekends, there's more time to enjoy in an American-style breakfast: bagels with cream cheese, pancakes with maple syrup, waffles or muffins. You can also enjoy a cooked breakfast with bacon, eggs, sausages, fresh fruits, toast or hash browns. The English usually have coffee or tea with some toast, butter and jam. In addition to this, at weekends, they often have scrambled eggs, tomatoes, baked beans, mushrooms and bacon. If you travel to Scotland or Ireland you can also ask for some porridge and black or white pudding. However, you will never see typical French bread!

② Now, find the words corresponding to the pictures **in the text** and write them under the right pictures.

Reading:

Eat Breakfast



Is it difficult for you to remember things for a test? Do you feel tired a lot of the time? Try eating breakfast!

According to research, eating a good breakfast can improve memory, concentration and test marks, especially in maths and reading. But improving schoolwork isn't the only benefit. Breakfast eaters usually eat more fruit, drink more milk and eat a larger variety of food than non-breakfast eaters. This gives them more energy and helps. Because of this research, many schools around the world give students breakfast. Everyone benefits from this. Teachers see a reduction in classroom disturbances, and students arrive at school on time and go to more lessons.

So tomorrow morning, take five minutes to eat breakfast before you leave the house. Eggs, cheese, milk, fruit and muesli are all good things to eat. (Leave the crisps and biscuits in the cupboard!) Your body, your mind – and your teacher – will thank you!

Vocabulary Tip:

according to:		research:	
improve:		weight:	

1.- Read the article. Which types of food are there in the article?

- 1 _____ 2 _____ 3 _____ 4 _____
5 _____ 6 _____ 7 _____



2.- Find the following information in the text.

1) Three ways breakfast can help you at school.

Breakfast improves _____, _____ and _____.

2) Three good habits breakfast eaters have usually got.

They usually eat more _____, drink more _____ and eat a larger variety of _____.

3) Two ways breakfast can help your body.

Breakfast gives more _____ and helps control _____.

4) Three things teachers notice when students eat breakfast.

Teachers notice a reduction in classroom _____, students arrive at school _____ and go to more _____.

3.- Correct the mistake in each sentence.

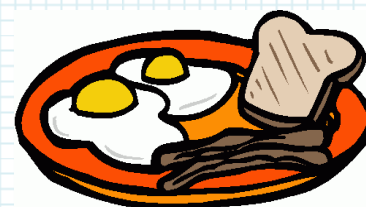
1) Non-breakfast eaters eat more fruit than breakfast eaters.

2) A healthy breakfast can make you tired.

3) Teachers see more classroom disturbances when students eat school breakfasts.

4) Students arrive late when the school gives breakfast.

4.- List the food and drink you usually have for breakfast.



THE FULL ENGLISH BREAKFAST

THE TRADITION OF THE ENGLISH BREAKFAST

The full English breakfast is a centuries old British tradition which dates back to the early 1800's, when the Victorians first perfected the art of eating breakfast and elevated the most important meal of the day into an art form.

When the Victorians combined tradition with the most important meal of the day, they created a national dish, one that is widely loved to this day and regularly enjoyed by millions of English breakfast lovers all over the planet.



The story of the English breakfast begins in the country houses of the English gentry and their tradition of hospitality.

The idea of the English breakfast as a unique national dish, stretches back to the thirteenth century and an English institution called the **gentry**, who could be considered to be the guardians of the traditional English country lifestyle and a group of people who saw themselves as the cultural heirs of the Anglo-Saxons.

The gentry were considered to be a distinct social class, made up of the 'high born and people of noble and distinguished blood', its members were the senior members of the clergy, those with social connections to landed estates, relatives of titled families with no title of their own, landowners and 'genteel' families of long descent.

The gentry saw it as their duty to keep alive the traditional practices, values, cuisine and the English country lifestyle. The **great country**

houses of England, owned by members of the gentry and the centre of huge country estates, were important hubs of local society, where breakfast was considered to be an important social event.

The breakfast table was an opportunity to display the wealth of the estate and the quality of the meats, vegetables and ingredients produced on the surrounding land and a chance to show off the skills of the cooks who prepared a vast selection of typical English breakfast dishes every morning, for the residents and guests of the house.

The gentry used to love their breakfast feasts and in the old Anglo-Saxon tradition of hospitality, used to provide hearty full breakfasts for their visiting friends, relatives and neighbours. The gentry used to enjoy a full breakfast before they went out to hunt, before a long journey, the morning after their parties and when reading the mail and periodicals of the day.

Breakfast was always a leisurely affair and considered to be a splendid way to start the day, if you wanted to get an idea of what members of the gentry were like, take a look at **Mr Algernon Moncrieff and his best friend, Mr John Worthing**.

Breakfast served in these country houses was made up of ingredients sourced from farmers based on the estate, the meats were cured and cooked using regional recipes and methods. Their breakfasts were made up of traditional English dishes, cooked in a typical English way and it was here that the idea of the traditional English breakfast began.

By the time Queen Victoria came to the throne, the gentry class was in decline and a wealthy middle class was emerging.

The **Industrial Revolution** and the **British Empire** at its height were fantastic creators of wealth and the newly rich middle classes saw the idea of the gentry as a social model to aspire towards. Those seeking to advance themselves socially, studied the habits of the gentry, the traditions of their country houses and their fondness for the English breakfast.

For the aspiring Victorian middle classes, breakfast became a chance to demonstrate your wealth and social upbringing.

Like all great Victorian traditions, the eating of full English breakfast can be a refined and elegant experience, it is easy to understand why the more affluent middle and upper class Victorians thought of the traditional full English breakfast as the most civilised way to begin their day and regularly indulged in the tradition.

But the full English breakfast was not just a meal for the wealthy, during the industrial revolution, the working classes began to eat a full English breakfast on a regular basis, it was sensible to eat a hearty breakfast before starting the day, providing them with the energy they needed, to work a full days worth of grinding manual labour.

The English breakfast tradition spread until its peak in the early 1950's, when roughly half of the British population started their day with a full English breakfast, turning what was once a meal for the nobility into a national breakfast dish.

For more than two centuries, the tradition of the full English breakfast has been enjoyed across the full spectrum of British society and it for this reason that the full English breakfast is still being served in family kitchens, hotels, bed & breakfast's and pubs throughout Great Britain and in countless British (English, Irish or Scottish) pubs internationally.

The traditional full English breakfast was so popular, that the Scottish and the Irish developed their own versions and in doing so, changed what was a predominantly English tradition into a much loved British tradition and it

is for this reason that the full English breakfast must be considered to be a British cultural institution.

Known colloquially as a **fry up**, the traditional English breakfast is called a **full** breakfast for good reason, although you do not absolutely have to eat two sausages, three slices of bacon and two fried eggs in order for it to still be traditional.

But whichever way you look at it, the full English breakfast is a substantial meal consisting of **back bacon**, eggs, **British sausage**, beans, tomato, mushrooms, **black pudding** and toast. These ingredients may vary depending on the specific region of the British isles you happen to be in and a subject that is still open to (sometimes quite fierce) debate.

For example, the Southern English generally would argue that black pudding is something that the English breakfast inherited from the Scottish, but in the North of the country, black pudding is widely consumed and viewed as an essential part of the traditional full breakfast. We side with the Northerners here, there is nothing wrong with black pudding and it has been produced in the North of England for longer than we have been eating traditional English breakfasts.

Hash browns however is a controversial ingredient that many believe does not belong in a traditional English breakfast and we agree, hash browns are for Americans and if we want potato in our breakfast, we will have chips (quite common).

Then there exist the regional variants like the Scottish/Irish full breakfast, usually exactly the same dish, but with slight changes in the ingredients depending on the region and preference of the locals.

The full Irish breakfast usually contains Irish bacon and sausage, but also traditional regional ingredients such as white pudding, Irish soda bread and Irish potato cake, whereas the full Scottish breakfast usually contains local ingredients as black pudding or a slice of haggis.

The meat ingredients were traditionally sourced from local farmers and if you were to travel all over the country and eat a full English everyday, you had a breakfast which tasted completely differently each and every time, giving you the opportunity to explore the rich diversity of the British sausage, black pudding and bacon from across the land.

Each region of Great Britain had a full breakfast that contained pork which had usually been raised in that region, and some regions are famed for their bacon and sausage, famous **British sausage** producing regions of note are Lincolnshire & Cumberland, but many other parts of the country have also produced their own sausages and bacon for centuries.

For the connoisseur of the traditional English breakfast, the regional differences in the pork ingredients present an opportunity to add variety into the tradition, but if you wanted to add even more variety and extravagance, do what the wealthy Victorians did and add baked halibut steaks, fried whiting, stewed figs, pheasant legs, collared tongue, kidneys on toast, sausages with fried bread, pig's cheek and Melton pork pie.

The traditional full English breakfast can either be formally served on white linen in a fine dining establishment and contain a veritable feast of breakfast dishes, or informally served on a plastic tablecloth, in a greasy-spoon cafe, with much less decorum and french fries or chips.

In Great Britain, you can find greasy-spoon cafe's on industrial estates serving the most amazing (if a little greasy) English breakfasts and exactly the same dish served as a fine dining experience in the nicest hotels and restaurants around the country and a lot of the time, the best English breakfasts are not always found in the nicest places to eat.

Do not be fooled by mention of the word 'breakfast' in all of this, its presence does not necessarily mean that the traditional full English breakfast has to be eaten at breakfast time, indeed, it is such a substantial a meal that it can be enjoyed at any time of the day. If you are anything like the members of this society, you sometimes eat your English breakfast around lunchtime, but have also been known to eat one for dinner too.

Even though the traditional English breakfast is served at family and social gatherings, it is culturally acceptable to ignore the other occupants of your table whilst you eat your English breakfast and read your newspaper, do not be offended if the person you are eating your English breakfast with ignores you, other than to comment on what he or she is reading.

It is traditionally during the eating of the English breakfast that the British would acquaint themselves with the current affairs of the day and contents of their periodicals, this is an important part of the tradition and Society feels that our favourite places to eat should always contain a selection of the most popular periodicals of the day.

To British expatriates living overseas, the traditional full English breakfast will always taste like a little piece of England and in some parts they will kidnap you for a packet of Lincolnshire sausages, **black pudding** and five slices of **back bacon**.

British pubs in foreign countries everywhere have long offered a taste of home and a full breakfast to their customers, providing an environment that nostalgically and culturally resonates with the more expatriate amongst us.

The traditional English breakfast is truly a national dish, it is not for nothing that we call it a British institution and usually the very best English breakfasts are served by our mothers and made with love.

Author : Guise Bule

1. Match the following titles with the correct paragraphs. There is one extra title you do not need to use.

A Taste of Home

Extravagant or Simple

A Victorian Tradition

The most important meal of the day

Traditionally Eaten At Any Time Of The Day

The Splendid Breakfasts Of The English Gentry

The Full English Breakfast

2. Mark the following statements as true (T), false (F) or not stated (NS).

- The Victorians intentionally created The full English Breakfast.
- The gentry considered themselves to be superior to other people.
- The word "genteel" in line 20 means "respectable".
- The traditional Full English Breakfast is served in the morning.
- The ingredients used to prepare the traditional English Breakfast come from all over England.
- The gentry perceived breakfast as a feast.
- During the Victorian era, the gentry was at its peak.
- The gentry became a source of inspiration for the middle class.

- The English breakfast is served exclusively in England.
- They also call the traditional English breakfast a fry-up, because everything is fried.
- Everyone agrees that the typical English breakfast should consist of specific ingredients.
- Most variants of English Breakfast also contain pork.
- The traditional full English breakfast is meant to be eaten quietly.
- During the eating of the English breakfast the British usually read the news.

3. Answer the following questions.

What is "their" in line 10 referred to?

What is "their" in line 42 referred to?

4. Complete the following table with the variations of English breakfast.

ENGLISH	IRISH	SCOTTISH

Key: The Splendid Breakfasts Of The English Gentry, A Victorian Tradition, The Full English Breakfast, Extravagant or Simple, Traditionally Eaten At Any Time Of The Day, A Taste of Home

F,ns, t, f, f, t, f, t, f, ns, f, t, ns, t

English gentry, country houses,

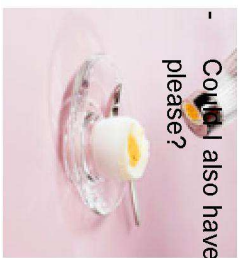


- Here you are, enjoy your meal.
- Anything to drink?
- We have scrambled eggs, fried eggs over easy, soft or hard boiled eggs and ham or cheese omelette.



English for the Catering and Tourism Industry

ORDERING BREAKFAST



- Could I also have the newspaper, please?



ORANGE JUICE
COFFEE

PANCAKES

Now work with your partner and order the food from the photo above:

CUSTOMER'S LINES

- Good morning. Can I have the menu, please?
- What kind of eggs do you have?
- I'd like 2 soft boiled eggs and one croissant.
- A cup of coffee with milk and a glass of orange juice.
- Thank you.



WAITER'S LINES

- Hello, Can I _____?
- Yes, I'd like to have _____?
- Would you like _____?
- Yes, I'd like a _____, please.
- And what would you like _____?
- I'd like _____.
- Can I bring you _____ else?
- Just the bill, _____.
- _____.



OPEN DIALOGUE

- Waiter: _____
- Guest: _____
- Waiter: _____
- Guest: _____
- Waiter: _____
- Guest: _____
- Waiter: _____
- Guest: _____
- Waiter: _____
- Guest: _____



Now work with your partner and order the food from the photo above:

MUFFINS

TEA

FRUIT COCKTAIL



Now work with your partner and order the food from the photo above:

BROWN BREAD

TOMATOES

COTTAGE CHEESE