

# Why Do We Eat Breakfast?

*Breakfasts around the world — Japan, Turkey, England & Mexico*

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Every morning, millions of people around the world wake up and eat **breakfast**. It is the first **meal** of the day. Your body needs food in the morning. Food gives you **energy**. Without breakfast, you feel tired. You cannot think well at school. Doctors say: eat breakfast every day!

But breakfast is not the same everywhere. People in different countries eat very different things. Some people eat rice. Some people eat bread. Some people eat eggs. Let's look at four countries and their breakfasts.

## Japan — Rice and Soup

In Japan, breakfast is very **healthy**. People eat **rice** and miso **soup**. Miso soup is made from soy beans. It is hot and **delicious**. People also eat fish, vegetables, and pickles. They drink green tea. No coffee!

The Japanese word for breakfast is "asa gohan." It means "morning rice." Rice is very important in Japan. People eat rice for breakfast, lunch, and dinner. A **traditional** Japanese breakfast has many small dishes on a **tray**. It looks very beautiful.

## Turkey — A Big Spread

Turkish breakfast is big and beautiful. There are many **dishes** on the table. People eat white cheese, olives, tomatoes, and cucumbers. They eat bread with honey, jam, and butter. They eat eggs — sometimes boiled, sometimes **scrambled**.

Turkish people love **tea**. They drink a lot of tea with breakfast. Turkish tea is in small glasses. It is red and strong. The Turkish word for breakfast is "kahvalti." It means "before coffee." But people drink tea, not coffee!

A special Turkish breakfast dish is "**menemen**." It is eggs with tomatoes, green peppers, and onions. It is hot and very tasty. Turkish people also eat "simit" — a round bread with sesame seeds.

## England — The Full English

A "Full English" is a very big breakfast. It has **fried** eggs, **sausages**, bacon, **baked beans**, and **toast**. There are also grilled tomatoes and mushrooms. Some people add "hash browns" — fried potatoes.

English people love tea. They put milk in their tea. A cup of tea with a Full English breakfast is perfect! But today, many people in England don't eat a Full English every day. It is too big. They eat it on **weekends**. On normal days, they eat cereal or toast with jam.

## Mexico — Hot and Tasty

In Mexico, breakfast is big and **spicy**. People eat eggs with **tortillas** and beans. Tortillas are thin, flat bread. They are made from corn.

"Chilaquiles" is a very **popular** breakfast dish. It has tortilla chips with sauce and cheese on top. The sauce can be red or green. It is spicy and delicious. People also eat "huevos rancheros" — eggs on a tortilla with tomato sauce and beans.

Mexican people drink coffee or fresh juice for breakfast. Orange juice is very popular. Some people drink "atole" — a warm, sweet drink made from corn.

## Breakfast Is Important!

Doctors and scientists say breakfast is very important. It helps your brain work. Children who eat breakfast do better at school. They can **concentrate** more. They remember more.

A good breakfast has three things: **protein** (like eggs or cheese), carbohydrates (like bread or rice), and vitamins (like fruit or vegetables). You don't need a big breakfast. A small, healthy breakfast is good too.

Every country has its own breakfast. Japanese breakfast has rice and soup. Turkish breakfast has cheese and olives. English breakfast has sausages and beans. Mexican breakfast has tortillas and eggs. They are all different, but they all give people energy for the day.

### What do YOU eat for breakfast?

**Fun Fact:** The English word "breakfast" means "break" + "fast." A "fast" is when you don't eat. At night, you sleep and you don't eat. In the morning, you "break" the fast!

**Fun Fact:** In South Korea, people eat rice, soup, and kimchi for breakfast. Kimchi is spicy vegetables. Some people eat it three times a day!

## Vocabulary

Word	Meaning
<b>breakfast</b>	the first meal of the day

Word	Meaning
<b>meal</b>	the food you eat at one time
<b>energy</b>	the power to move, think, and do things
<b>healthy</b>	good for your body
<b>rice</b>	small white grains; very common in Asia
<b>soup</b>	hot liquid food with vegetables or meat
<b>delicious</b>	very good, very tasty
<b>traditional</b>	old; from many years ago
<b>tray</b>	a flat board for carrying food
<b>dishes</b>	plates of food
<b>scrambled</b>	eggs mixed and cooked in a pan
<b>tea</b>	a hot drink made from leaves
<b>menemen</b>	Turkish: eggs with tomatoes and peppers
<b>fried</b>	cooked in hot oil in a pan
<b>sausages</b>	meat in a long, thin shape
<b>baked beans</b>	white beans in tomato sauce
<b>toast</b>	bread cooked until brown and crispy
<b>weekends</b>	Saturday and Sunday
<b>spicy</b>	with a hot, strong taste
<b>tortillas</b>	thin flat bread from corn or wheat
<b>popular</b>	liked by many people
<b>concentrate</b>	to think carefully about one thing
<b>protein</b>	in food; helps your body grow

## Comprehension Quiz

**1. Why do we eat breakfast?**

- A) Because food is cheap in the morning
- B) Because our body needs energy
- C) Because we are always hungry
- D) Because the doctor is watching

**2. What does 'asa gohan' mean in Japanese?**

- A) Good morning food
- B) Before coffee
- C) Morning rice
- D) Hot soup

**3. What do Turkish people drink with breakfast?**

- A) Coffee
- B) Orange juice
- C) Green tea
- D) Tea

**4. What is in a 'Full English' breakfast?**

- A) Rice, fish, and soup
- B) Eggs, sausages, beans, and toast
- C) Tortillas, eggs, and beans
- D) Cheese, olives, and bread

**5. What are 'chilaquiles'?**

- A) A Japanese rice dish
- B) A Mexican dish with tortilla chips and sauce
- C) A Turkish egg dish
- D) An English tea

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**Answer Key**

1. B 2. C 3. D 4. B 5. B