



BREAD AND BUTTER

dessert	plus	filling	oven	versatile
go-to		carbs	cooking	bite
				top

Regardless of whichever new diet we're on, whether it's low-carb or banting, bread remains an inescapable part of our lives. Time and time again, across every part of the globe, we have come back to bread as a reliable food source and have loved every guilt-packed _____ of it.

For literally thousands of years since the Stone Age, bread has been a _____ food for us. It is _____, cheap, has a few health benefits, and is extremely delicious. Thus due to its accessibility and dependability, bread has been ingrained into various cultures and many people's lives. Although this might mean a few too many _____ for some of us, one huge _____ about bread at least is that it is extremely _____. You can enjoy it as a French baguette, Chinese mantou, hamburger, hotdog, ciabatta, or sourdough; the list goes on.

On _____ of all these different types of bread that you get, there are also so many various ways of _____ it. One can toast it; fry it; steam it; boil it; enjoy it freshly out of the _____ or even as part of a _____ — whatever you're feeling like and whatever seems culturally apt for wherever you are in the world. It doesn't matter, because bread is here to stay. Not only as a staple food but also as a comfort food.

Followup Questions

1. Have you ever been on a low-carb or banting diet?
2. The article mentions 'every guilt-packed bite of it' ... what do you think this means?
3. Do you eat less or more than one loaf a week?
4. If you could, which bread would you like to eat most often?
5. Have you ever eaten/heard about 'bread pudding'?
6. Bread is sometimes referred to as a 'comfort food'. Is it also your comfort food or do you have a different 'comfort food'?

Teacher's Key

Regardless of whichever new diet we're on, whether it's low-carb or banting, bread remains an inescapable part of our lives. Time and time again, across every part of the globe, we have come back to bread as a reliable food source and have loved every guilt-packed **bite** of it.

For literally thousands of years since the Stone Age, bread has been a **go-to** food for us. It is **filling**, cheap, has a few health benefits, and is extremely delicious. Thus due to its accessibility and dependability, bread has been ingrained into various cultures and many people's lives. Although this might mean a few too many **carbs** for some of us, one huge **plus** about bread at least is that it is extremely **versatile**. You can enjoy it as a French baguette, Chinese mantou, hamburger, hotdog, ciabatta, or sourdough; the list goes on.

On **top** of all these different types of bread that you get, there are also so many various ways of **cooking** it. One can toast it; fry it; steam it; boil it; enjoy it freshly out of the **oven** or even as part of a **dessert** -- whatever you're feeling like and whatever seems culturally apt for wherever you are in the world. It doesn't matter, because bread is here to stay. Not only as a staple food but also as a comfort food.

Followup Questions

1. Have you ever been on a low-carb or banting diet?
2. The article mentions 'every guilt-packed bite of it' ... what do you think this means?
3. Do you eat less or more than one loaf a week?
4. If you could, which bread would you like to eat most often?
5. Have you ever eaten/heard about 'bread pudding'?
6. Bread is sometimes referred to as a 'comfort food'. Is it also your comfort food or do you have a different 'comfort food'?