



Culturally Unique Breakfasts from Around the World

FILL THE GAPS

pastry *bites* *consists* *soy* *regions*
unique *classic* *taste* *recipes* *Thai's*

Out of the three meals a day, it is commonly argued that breakfast is your most important meal. Perhaps due to its high reputation or simply the fact that it's the first _____ of food that people have since their long night's sleep, breakfasts have taken up numerous and _____ forms across the world.



While one cannot generalize all people as eating the same meals, it is commonly known that an English breakfast _____ of beans, sausages, eggs, toast, hash browns, bacon, mushrooms, and a glass of juice or cup of coffee/tea, while many Americans eat flapjacks with syrup and the French indulge in a lovely bite of croissant or a similar _____. Although these breakfasts _____ may be of single origin, they are nevertheless enjoyed as much internationally as they are locally.

Breakfasts are also great because they give you a _____ of different cultures and traditions of various _____. For example, an Asian breakfast might look like the _____ traditional fish, pork, and rice meal or Japan's _____ sauce-soaked rice with fish and tofu. In Middle Eastern countries such as Turkey or Iran, breakfast might consist of cheeses, meats, eggs, fresh olives, tomatoes, and cucumber with jam or honey, or it may be _____ Naan bread with a dressing such as jam or butter.



TEACHER'S KEY

Unique Breakfasts from Around the World

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While one cannot generalize all people as eating the same meals, it is commonly known that an English breakfast **consists** of beans, sausages, eggs, toast, hash browns, bacon, mushrooms, and a glass of juice or cup of coffee/tea, while many Americans eat flapjacks with syrup and the French indulge in a lovely bite of croissant or a similar **pastry**. Although these breakfast **recipes** may be of single origin, they are nevertheless enjoyed as much internationally as they are locally.

Breakfasts are also great because they give you a **taste** of the different cultures and traditions of various **regions**. For example, an Asian breakfast might look like the **Thai's** traditional fish, pork, and rice meal or Japan's **soy** sauce-soaked rice with fish and tofu. In Middle Eastern countries such as Turkey or Iran, breakfast might consist of cheeses, meats, eggs, fresh olives, tomatoes, and cucumber with jam or honey, or it may be **classic** Naan bread with a dressing such as jam or butter.

Follow-up & Discussion Questions

1. It is commonly argued that breakfast is your (_____)
2. Breakfasts have taken up numerous and (_____)
3. An English breakfast consists of (_____)
4. How would you describe hash browns?
5. How would you describe flapjacks?
6. The French indulge in a lovely bite of (_____)
7. How would you describe Naan bread?
8. What is a dressing?

