

Morning Foods From Around the World

Here are examples of morning foods in 2 countries. Talk about the different foods. Share some of the morning foods you eat. The teacher will write your breakfast foods under For You.

<u>Korea</u>	<u>Russia</u>	<u>For You</u>
rice	tea	
soup	bread and butter	
kimchi*	cheese	
fish	kasha*	
meat	fish	
vegetables	ham	
fruit	eggs	

***Kimchi** is a vegetable dish, usually with cabbage, red pepper, garlic, green onion and ginger.

***Kasha** is cooked cereal with milk, sugar and/or butter.

Student A 10 Tips for Morning Foods

Directions: Read #1 to your partner slowly. Your partner will fill in the missing (underlined) words.

#1.

1. Eat food from yesterday for breakfast. For example, eat leftover rice with vegetables from lunch, or eat leftover meat from dinner.
2. Drink your breakfast. Add milk to yogurt and drink in a glass, or put a lot of milk in hot cereal to drink in a cup.
3. Have foods that are quick to make, for example, cereal and milk, some fruit and toast.
4. Cut raw fruits and vegetables (apples, carrots). Put them in plastic bags in the refrigerator.
5. Ask your family to help.

Now listen to your partner and write the words.

#2. Quick and Easy Foods

6. Put blender _____ in the refrigerator at _____. Use different color _____ for each person in the family.
7. Make food the night _____. For example, _____ a tortilla with _____ and vegetables in the refrigerator. Heat in the microwave in the _____.
8. Make food for the _____. For example, make _____ cooked _____ and put _____ in the refrigerator.
9. Make _____ food. For example, make _____ hot cereal with _____ and dried fruit. _____ in the microwave in the morning.
10. Get up _____ so you have _____ to eat.

Student B ***10 Tips for Morning Foods***

Directions: Listen to your partner and write the missing words. Ask questions if you don't understand. Don't copy!

#1.

1. _____ food from _____ for breakfast. For example, eat leftover _____ with vegetables from _____, or eat leftover meat from _____.
2. _____ your breakfast. Add _____ to yogurt and drink in a glass, or put _____ milk in _____ cereal to drink in a cup.
3. Have foods that are _____ to _____, for example, cereal and milk, some _____ and toast.
4. _____ raw fruits and vegetables (apples, carrots). Put them in plastic _____ in the refrigerator.
5. _____ your family to _____.

Now, read #2 slowly to your partner. Your partner will write.

#2.

6. Put blender drinks in the refrigerator at night. Use different color cups for each person in the family.
7. Make food the night before. For example, put a tortilla with beans and vegetables in the refrigerator. Heat in the microwave in the morning.
8. Make food for the week. For example, make hard cooked eggs and put them in the refrigerator.
9. Make extra food. For example, make a lot of hot cereal with nuts and dried fruit. Reheat in the microwave in the morning.
10. Get up early so you have time to eat.

10 Tips for Morning Foods

(The ideas are from adult students in Los Angeles and in Sacramento.)

Part A

1. Eat food from yesterday for breakfast. For example, eat leftover rice with vegetables from lunch, or eat leftover meat from dinner.
2. Drink your breakfast. Add milk to yogurt and drink in a glass, or put a lot of milk in hot cereal to drink in a cup.
3. Have foods that are quick to make - for example, cereal and milk, some fruit and toast.
4. Cut raw fruits and vegetables (apples, carrots). Put them in plastic bags in the refrigerator.
5. Ask your family to help.

Part B

6. Put blender drinks in the refrigerator at night. Use different color cups for each person in the family.
7. Make food the night before. For example, put a tortilla with beans and vegetables in the refrigerator. Heat in the microwave in the morning.
8. Make food for the week. For example, make hard cooked eggs and put them in the refrigerator.
9. Make extra food. For example, make a lot of hot cereal with nuts and dried fruit. Reheat in the microwave in the morning.
10. Get up early so you have time to eat.

Quiz: Quick and Easy Healthy Morning Meals

Listen to your teacher. Fill in the missing words.

1. Eat food from _____ in the morning. For example, eat leftover _____ with vegetables from _____, or eat leftover meat from _____.
2. _____ your breakfast. Add milk to yogurt and drink it in a _____, or put milk in hot cereal and drink it in a _____.
3. _____ raw _____ and vegetables. _____ them in plastic _____ in the refrigerator.

Fill in the blanks. Use these words:

eggs	time	drinks	family	colors
microwave	early	extra	cereal	
night	reheat	help	easy	

4. Have foods that are _____ to make, for example, cereal and milk, some fruit and toast.
5. Ask your _____ to _____.
6. Put blender _____ in the refrigerator the night before in cups of different _____ for each person in the family.
7. Make food the _____ before. For example, put leftover rice and vegetables in the refrigerator after dinner. _____ them in the microwave in the morning.
8. Make food for the week. For example, make many hard cooked _____ and keep them in the refrigerator for a quick meal.
9. Make _____ food. For example, make a lot of hot _____ with nuts and dried fruit. Reheat in the _____ in the morning.
10. Get up _____ so you have _____ to eat.

QUIZ

Teacher: Read the script slowly. Repeat each sentence three times.
Students will fill in the underlined words. Spelling does not count.

1. Eat food from yesterday in the morning. For example, eat leftover rice with vegetables from lunch, or eat leftover meat from dinner.
2. Drink your breakfast. Add milk to yogurt and drink it in a glass, or put milk in hot cereal and drink it in a cup.
3. Cut raw fruits and vegetables. Put them in plastic bags in the refrigerator.

Fill in the blanks. Use these words:










Eggs	time	Drinks	family	Colors
microwave	early	Extra	cereal	
night	reheat	Help	quick	

4. Have foods that are easy to make, for example, cereal and milk, some fruit and toast.
5. Ask your family to help.
6. Put blender drinks in the refrigerator the night before in cups of different colors for each person in the family.
7. Make food the night before. For example, put leftover rice and vegetables in the refrigerator after dinner. Reheat them in the microwave in the morning.
8. Make food for the week. For example, make many hard cooked eggs and keep them in the refrigerator for a quick meal.
9. Make extra food. For example, make a lot of hot cereal with nuts and dried fruit. Reheat in the microwave in the morning.
10. Get up early so you have time to eat.

My Goal: I want to try _____ tips for quick and easy healthy meals for my family or myself.

Directions:

1. Talk with your group and write three new "Tips".
2. Try the "Tips" at home.
3. Do your Report
4. Talk to a partner.

New tip for quick and easy healthy meal	I tried it	My family/I liked it:		
		No	Some	Yes
1.	Date: _____			
2.	Date: _____			
3.	Date: _____			

MY REPORT

DATE:

1. I tried _____ tips for quick and healthy meals.
2. The best tip for my family was: _____
3. The tip I will try again is: _____
4. The tip I will not try again is: _____ because

(Optional Additional Grammar Practice 1)

How Often...? Always, Sometimes, Never

For example: How often do you drink coffee in the morning?

How often do you eat bread in the morning?

How often...?	Always	Sometimes	Never
coffee			
bread			
rice			
leftovers			
donuts			
cheese			
fruit			

Talk to a partner.

Use the chart to say who eats quick and easy, **healthy** morning meals.

Student Survey:

Directions: Talk to 10 people. Ask a different question to each person. Write the answer and the person's name. Then, answer the question the person asks you. Use always, sometimes, never for answers. Then stand up and move around to ask the next person. Remember to be polite and ask polite questions when you don't understand.

Student Survey

Question	Answer (always, sometimes, never)	First Name
1. How often do you get up early?	Sometimes	Maria
2. How often are you too busy to cook?		
3. How often do you eat something in the morning?		
4. How often are you not hungry in the morning?		
5. How often do you cook in the morning?		
<i>(Questions 6-10 are in the morning or later.)</i>		
6. How often do you make food for your family?		
7. How often do you use a microwave?		
8. How often do you use a blender?		
9. How often do you use a toaster?		
10. How often do you eat leftovers?		

Write three sentences from the chart.

Example: Maria sometimes gets up early.

- 1.
- 2.
- 3.