

BREAKFAST AROUND THE WORLD

Breakfast is eaten in most parts of the world. Read about some very different kinds of breakfast from different countries.

'The little lunch'

Breakfast in **France** is called *le petit déjeuner* ('the little lunch'). It is usually a piece of the traditional French bread stick with butter, jam, or chocolate spread. To drink, people usually have a small black coffee, or sometimes a hot chocolate.



Rice porridge

In many parts of **China** they eat a special rice porridge called *congee*, often flavoured with meat, fish or eggs. Many people drink tea for breakfast (and at their other meals too).



Did you know?

In the twelfth and thirteenth centuries, some European churches said that people shouldn't eat breakfast. Why? Because it was a bad thing to be greedy. Many rich people waited as long as they could before they ate. Poor people had to wake up early and work hard, however. They usually had a bit of bread for breakfast, even if their church didn't like it!



600 types of bread

In **Germany**, a traditional breakfast is bread with butter, jam, cold meat or boiled egg, and a drink of coffee. There are six hundred different types of bread in Germany!

So sweet!

In **Canada**, sweet breakfasts are popular, for example, pancakes with maple syrup or fruit.



Soup in the morning

In **Korea**, a traditional breakfast is a bowl of rice with side dishes such as a small plate of vegetables called *kimchi* and a bowl of soup.



Did you know?

Cornflakes are one of the world's favourite breakfast cereals, and one of the oldest too. They were made by mistake in 1877, when an American doctor called John Harvey Kellogg was trying to cook healthy biscuits for the vegetarian patients at his hospital. The recipe went wrong and cornflakes were the result!

Which of these breakfasts do you prefer? Why?



What do these words mean? You can use a dictionary.
biscuit chocolate spread
pancake maple syrup