

Lesson 10: What's for Breakfast

Lesson Objective

By the end of this lesson, you will be able to:

- ✓ Talking about meals of the day
- ✓ Talking about basic and popular international cuisine

What is a **meal**? A **meal** is any of the regular occasions in a day when a reasonably large amount of food is eaten, such as **breakfast**, **lunch**, or **dinner**.

So, what do you usually eat for each meal?

Breakfast is the first meal you have in the morning. In Indonesia, we have some common breakfast meal, such as:



Bubur ayam



Nasi goreng



Lontong sayur

However, when we stay at a hotel, abroad or in the country, there are possibilities that they serve these kinds of breakfast:



Continental Breakfast: a light breakfast in a hotel, restaurant, etc., that usually includes baked goods (toast, pastries), jam, fruit, and coffee.

Full English Breakfast: a breakfast consisting of cooked food such as bacon, eggs, sausages, tomatoes, and sometimes, hash browns. It also includes toast and tea or coffee.



Pancakes and waffles

Omelette

Croissant

Lunch is the meal that you eat in the middle of the day. There are various meal menu that people eat all over the world like **pasta, salad, steak, burger, sushi, noodles, rice, etc.**

Dinner is the last main meal of the day, usually consumed in the evening after a day full of activity. Food consumed during dinner is quite similar with the food during lunch.

Other vocabularies related to meal:

Appetizer (noun): food served before the main course.

Aroma (noun): a nice smell, especially from food, wine, coffee, etc.

Bake (verb): to cook in an oven.

Bland (adjective): having little taste; tasteless.

Bitter ((adjective): with an unpleasantly sharp taste.

Course (noun): one part of a meal.

Cuisine (noun): a country or region's style of cooking.

Cutlery (also silverware) (noun): knives, forks, and spoons used for eating.

Dairy product (noun): a food made from milk, like butter, cheese, yoghurt, etc.

Delicious (adjective): tasting very good -

Dessert (noun): usually includes sweet things such as cake, pie, fruit, pudding, ice cream, chocolate, etc., that we eat after having a big meal (lunch or dinner).

Diet (noun): all the foods a person or animal usually eats.

Dish (noun): 1. A deep plate for cooking or serving food; 2. Food prepared and cooked in a particular way.

Fast food (noun): quickly served food like burgers, French fries, fried chicken, etc.

Flavour (or **flavor** in US spelling) (noun): the taste of food or drink.

Fry (verb): to cook something in hot oil or fat.

Grain (noun): seeds used as food like wheat, rice, lentils, etc.

Grill (verb): to cook something just above or below a heat source.

Ingredients (noun): all the foods used to make a dish or meal.

Junk food (noun): foods and food products that are unhealthy because of all the fat, salt or sugar they contain.

Kitchenware (noun): things used for preparing food like knives, spoons, pots, dishes, etc.

Menu (noun): the list of foods and drinks served in a restaurant, café, pub, etc.

Nutritious (adjective): having nourishing substances we need in order to be healthy.

Poultry (noun): Birds that people eat, like chickens, ducks, geese, etc.

Recipe (noun): instructions for cooking a dish or a meal.

Seafood (noun): anything from the sea that can be eaten.

Snack is a small amount of food that we eat between meals. We usually eat snack while we're doing our activities.

Sour (adjective): having a sharp, sometimes unpleasant, taste or smell, like a lemon.

Tableware (noun): things used for serving or eating a meal such as knives, forks, plates, glasses, etc.

Tasteless (adjective): having very little flavour.

Exercise

1. Apples and oranges are two kinds of _____.
A. drink
B. meat
C. fruit
D. vegetable
2. Many people like to get up early in the morning and have _____.
A. lunch
B. breakfast
C. dinner
D. supper
3. Many people like to add sugar and _____ to their coffee.
A. salt
B. tea
C. candy
D. milk
4. I eat _____ at about six or seven p.m.
A. breakfast
B. lunch
C. dinner
D. brunch
5. Steak is food that is made of _____.
A. meat
B. flour
C. duck
D. veggie