

Students of the Catholic Institute of Paris can eat in the cafeteria of the University. As Elena is in a hurry, she prefers to eat light. So she eats on the go.

So for breakfast she has bread with butter and jam. Sometimes she eats croissants. And then she drinks a cup of black coffee or hot chocolate.

At lunch, between 12:30 p.m. and 1:30 p.m., she eats a quick and light meal. So she prefers a baguette with cheese and a green salad. At snack time around 4 p.m., she takes tea with aperitif cakes.

At dinner, she has a full meal. She eats chicken, a mixed salad with fruit juice. And for dessert, she has a cake, or cheese. She loves spicy food and seafood and pastries. She also eats it on weekends. Sometimes, when she has time, she makes pasta. She likes to cook a lot.