Mealtimes in Spanish-speaking countries

In Spanish-speaking countries, people tend to eat breakfast early, around 7:00 a.m. However, in many countries it is common to eat the heaviest meal of the day between 2:00 and 4:00 p.m. Mexicans will then eat a lighter dinner between 8:00 and 10:00 p.m. and Spaniards will eat dinner between 9:00 and 11:00 p.m. In contrast, in Cuba, Puerto Rico and the Dominican Republic, people will eat *almuerzo* around noon and will have dinner around 6:00 p.m., as is done in the United States. In most Spanish-speaking countries, *almuerzo* is the heaviest meal of the day.

– Text translated and adapted from *Sol y viento* p. 120

1. Based on the previous text, how would you define the word “almuerzo”?
2. How would having a heavier meal in the middle of the day impact your schedule here in the United States? What effect do you think this meal distribution has on the daily lives and on the schedules of people in Spanish-speaking countries?
3. What does this custom of eating a heavier meal in the middle of the day tell you about the culture of the countries that follow this practice?