**The Big Breakfast.**

**Breakfast:**

* *Breakfast* means “break the fast” after sleeping.
* It helps improve alertness and performance.
* One quarter of a child’s daily nutrition should come from breakfast.
* Breakfast varies depending on location.
* This text presents breakfast favourites from the English-speaking world.

**Scotland – Porridge:**

* Traditional breakfast made with dried oats and hot water or milk.
* Often served with sugar, honey or fruit.
* Rich in vitamins and minerals that help maintain energy until lunchtime.
* Porridge oats were found in the stomachs of 5,000-year-old Neolithic bodies.

**England – Buttered Toast and Marmalade:**

* Traditional British breakfast includes fried tomatoes, eggs, mushrooms and bacon.
* It takes a long time to cook and is not common during the week.
* Typical weekday breakfast: cold cereal and milk or buttered toast and marmalade.
* *Marmalade* refers only to jam made from citrus fruits (oranges, lemons).
* *Jam* refers to jam made from all other fruits (non-citrus).
* *Melba toast*:
  + Named after Nellie Melba, an Australian opera singer who stayed in England.
  + During an illness, she needed light and easily digestible food.
  + Her chef, Auguste Escoffier, created a twice-toasted bread: very thin and crunchy, often served with jam.
  + He named it “Melba toast” in her honour.

**America – Cold Pizza and Doughnuts:**

* Popular breakfast foods: waffles, bagels, cereal, peanut butter and banana sandwiches, doughnuts.
* *Waffles*:
  + Made from leavened batter cooked between two plates.
  + Crispy on the outside, soft on the inside.
  + Originally from the Netherlands; popular in the USA.
* *Doughnuts*:
  + Small fried ring-shaped pastries with a hole in the center.
  + Topped with sugar, cream, chocolate or decorative sprinkles.
* *Bagels*:
  + Similar in shape to doughnuts.
  + Boiled and then baked: crispy outer crust, soft interior.
* *Doggy bag*:
  + A container or bag used to take leftover food home from a restaurant.
  + Originally meant “for the dog,” now used to reduce food waste and save leftovers for later.
* Many people eat leftovers cold for breakfast the next day (e.g. cold pizza or spaghetti).
* Cold milk and cereal remain America’s top breakfast food.

**India – Appam:**

* Breakfast is similar to lunch and dinner.
* Common items: flat bread (*roti*, *chapatti*) with light vegetable dishes or spiced potatoes.
* *Appams* (or *hoppers*): pancakes made with rice flour and coconut milk.