

LESSON 4 It's breakfast time

无忧英语

In this lesson, you will learn to say what you eat for breakfast.



Warm-up What do you usually have for breakfast?







steamed stuffed buns



bread with butter



cereal



New words and expressions Matching game



2.



3.



4.



5



health [helθ]
bread with butter
['bʌtə(r)]

bowl [bəʊl]
cereal ['sı(ə)rıəl]
prepare breakfast
[prı'peə(r)]

cereal

Let's go through the sentences. Pay attention to the words in red.

- a. Eating plenty of vegetables is good for your health.
- b. **Bread with butter** is the most common breakfast.
- c. Jennifer only had a **bowl** of soup for lunch.
- d. Jasmine likes milk and sugar on her **cereal**.
- e. Let me show you how fast and easy it can be to prepare breakfast.



Speaking naturally1. Conversation and activity

(Cathy and her colleague Kim are talking about breakfast.)

Cathy: Morning, Kim! Did you eat breakfast?

Kim: No, I didn't. I always sleep late in the morning.

Cathy: Oh, not eating breakfast is bad for your health.

Kim: I know, but I never have time for breakfast. What about you? What do you usually eat for breakfast?

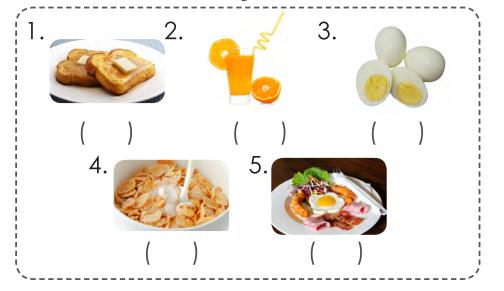
Cathy: I usually have bread with butter and a bowl of cereal.

Kim: How do you have time to **prepare breakfast**?

Cathy: It's fast and easy. It only takes five minutes.

Kim: OK, I'll try that tomorrow morning.

What does Cathy eat for breakfast?





Speaking naturally2. Conversation and comprehension

Cathy: Morning, Kim! Did you eat breakfast?

Kim: No, I didn't. I always sleep late in the morning.

Cathy: Oh, not eating breakfast is bad for your health.

Kim: I know, but I never have time for breakfast. What about you? What do you usually eat for breakfast?

Cathy: I usually have bread with butter and a bowl of cereal.

Kim: How do you have time to prepare breakfast?

Cathy: It's fast and easy. It only takes five minutes.

Kim: OK, I'll try that tomorrow morning.

Answer the questions:

- I. What is bad for one's health?
 - ... is bad for one's health.
- 2. How long does it take Cathy

to make breakfast?

It takes her ...



Speaking naturally 3. Practice

Cathy: Morning, Kim! Did you eat breakfast?

Kim: No, I didn't. I always sleep late in the morning.

Cathy: Oh, not eating breakfast is bad for your ______

Kim: I know, but I never have time for breakfast. What about you? What do you usually eat for breakfast?

Cathy: I usually have _____ and a bowl of _____.

Kim: How do you have time to _____?

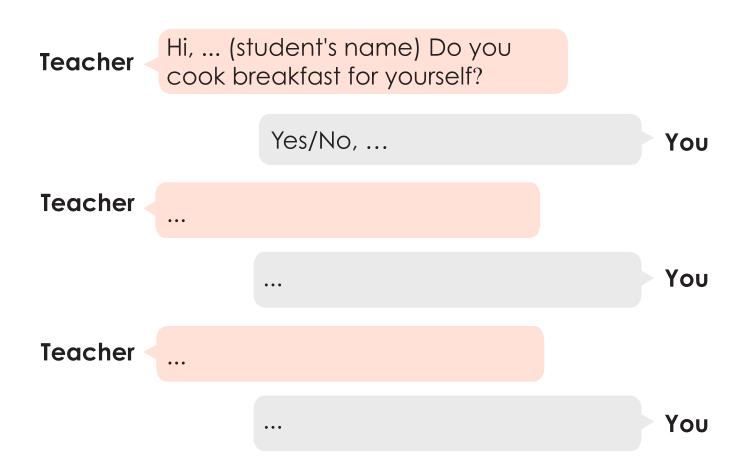
Cathy: It's fast and easy. It only takes five minutes.

Kim: OK, I'll try that tomorrow morning.









Word tips

- prepare breakfast
- (not) have time to cook
- bread with butter/cereal/soy milk
- a bowl of
- be good for health



Summary What did you learn in this lesson?

Words and phrases:



Sentences:

Let's check the next page!



Summary

You have learned the following vocabulary and sentence pattern to say what you eat for breakfast.

Words and phrases:

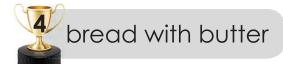


health



bowl







prepare breakfast

Sentence pattern:



... is bad for your health.

(Make a sentence)

