



## Unit 8 Daily activities

### LESSON 4 **It's breakfast time**

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



**51Talk**  
无忧英语



# 1 Warm-up

What do you usually have for breakfast?



eggs



milk



steamed stuffed buns



bread with butter



cereal

## 2 New words and expressions

### Matching game

1.



cereal

2.



3.



4.



5.



health [helθ]

bread with butter  
[ˈbʌtə(r)]

bowl [bəʊl]

cereal [ˈsi(ə)rɪəl]

prepare breakfast

[prɪˈpeə(r)]

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

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

## 3 Speaking naturally

### 1. 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?

1.   
(   )
2.   
(   )
3.   
(   )
4.   
(   )
5.   
(   )

## 3 Speaking naturally

### 2. 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:

1. 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 ...*

## 3 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.



## **4** Task Speak out

**Teacher** Hi, ... (student's name) Do you cook breakfast for yourself?

Yes/No, ...

**You**

**Teacher** ...

...

**You**

**Teacher** ...

...

**You**

### Word tips

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



## 5 Summary

What did you learn in this lesson?

Words and phrases:



Sentences:

**Let's check the next page!**



## 5 Summary

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

### Words and phrases:



health



bowl



cereal



bread with butter



prepare breakfast

### Sentence pattern:



... is bad for your health.

(Make a sentence)

