

30 Day English Speaking Challenge: Family

Week 4: Food – Day 23: Lunch

Question: What do school age children typically eat for lunch?

Vocabulary:

1. Hard-and-fast rule: *a strict rule that doesn't change*

In some schools, wearing a uniform is a **hard-and-fast rule**.

2. Lunch box: *a portable container used to carry a packed lunch*

I asked my mom to buy me a bigger **lunch box** because I'm starting to eat more than I used to.

Vanessa's answer:

In the US the most common lunch to eat is a sandwich. This is what I ate every day as an elementary school and junior high and high school student. A sandwich with a couple other things on the side, like a piece of fresh fruit, maybe some cut up vegetables, a bag of chips, or a cookie or a granola bar. This isn't a **hard-and-fast rule** that you have to eat this for lunch, but these items are really easy to pack in a **lunchbox**, and so that's why they're common. There are students who eat at the school cafeteria, but it's not required and not always the majority of students choose to do that either.