FACT FILE

BREAKFAST AROUND THE WORLD

Breakfast is eaten in most parts of the world. Read about some very different kinds of breakfast from different countries.

‘The little lunch’
Breakfast in France is called *le petit déjeuner* (‘the little lunch’). It is usually a piece of the traditional French bread stick with butter, jam or chocolate spread. To drink, people usually have a small black coffee, or sometimes a hot chocolate.

Rice porridge
In many parts of China they eat a special rice porridge called congee, often flavoured with meat, fish or eggs. Many people drink tea for breakfast (and at their other meals too).

Did you know?
In the twelfth and thirteenth centuries, some European churches said that people shouldn’t eat breakfast. Why? Because it was a bad thing to be greedy. Many rich people waited as long as they could before they ate. Poor people had to wake up early and work hard, however. They usually had a bit of bread for breakfast, even if their church didn’t like it!

Did you know?
Cornflakes are one of the world’s favourite breakfast cereals, and one of the oldest too. They were made by mistake in 1877, when an American doctor called John Harvey Kellogg was trying to cook healthy biscuits for the vegetarian patients at his hospital. The recipe went wrong and cornflakes were the result!

600 types of bread
In Germany, a traditional breakfast is bread with butter, jam, cold meat or boiled egg, and a drink of coffee. There are six hundred different types of bread in Germany!

Soup in the morning
In Korea, a traditional breakfast is a bowl of rice with side dishes such as a small plate of vegetables called *kimchi* and a bowl of soup.

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So sweet!
In Canada, sweet breakfasts are popular, for example, pancakes with maple syrup or fruit.

What do these words mean?
You can use a dictionary.
biscuit chocolate spread pancake maple syrup

Which of these breakfasts do you prefer? Why?