

## 14 What do you have for breakfast?

- Presenter:** Hello everybody, welcome to *What we eat and drink*. With us today are Lisa and Ben. Hi. What do you eat for breakfast?
- Lisa:** Hi. I don't eat breakfast before school.
- Presenter:** Really? Why not?
- Lisa:** I'm never hungry. A cup of tea is enough and I don't like muesli.
- Presenter:** OK, I see. You aren't a breakfast person. So, what about you, Ben? Do you eat breakfast?
- Ben:** Yes, I do. I'm always hungry. I have one or two sandwiches, with ham and cheese or some toast with jam.
- Presenter:** No English breakfast?
- Ben:** You mean a cooked breakfast? With bacon and eggs? Well, we do have an English breakfast, but only on Sundays. Sometimes I eat what we had for dinner the day before. Yesterday I had curry for breakfast. It was great.
- Lisa:** Ben, you eat curry early in the morning. Yuck!
- Ben:** Well, I like it. I can't understand why you don't eat breakfast. My dad says it's the most important meal of the day.
- Presenter:** I agree, it's healthy to eat breakfast. But if you don't feel like eating in the morning, you just eat later. When do you eat first, Lisa?
- Lisa:** I usually have an apple in the morning break and then lunch in the cafeteria.
- Presenter:** What do you normally have for lunch?
- Lisa:** I'm a vegetarian, so I eat lots of vegetables. I really like Indian food, too.
- Presenter:** And you, Ben?
- Ben:** I also have a snack before lunch and I like fast food, like hamburgers or chips. That's what I normally have for lunch. I know it's not very healthy, but I just like it so much.
- Presenter:** Thanks very much for talking to us this morning.