

## MEALTIMES

### 19.1. Vocabulary

*Ex. 1. Match the words with their definitions.*

1. cafeteria	a. the first meal of the day, usually eaten in the morning.
2. breakfast	b. a midday meal typically eaten around noon.
3. utensil	c. a small amount of food eaten between meals.
4. escort	d. a place where you can buy and eat food, often at schools or workplaces.
5. healthy	e. a way of serving food where dishes are placed on the table for everyone to share.
6. lunch	f. tools used for eating, such as forks, knives, and spoons.
7. in-class	g. good for your body and overall well-being.
8. finish	h. to accompany someone as a guide or for protection.
9. junk food	i. unhealthy snacks that are high in calories, sugar, and fat.
10. family style	j. happening inside a classroom or related to activities within a class.
11. snack	k. to complete something or reach the end of an activity.
12. hot lunch	l. a meal served warm during the middle of the day.

*Ex. 2. Translate the sentences into Russian. Write the translations in your notebook.*

1. I enjoy eating breakfast in the cafeteria with my friends before class starts.
2. The students take turns being the escort for the younger children during lunch.
3. Our school serves lunch family style, where we pass the dishes around the table.
4. Don't leave the cafeteria until you finish your healthy lunch.
5. Every student is provided with a hot lunch in-class during the school day.

6. Avoid junk food and opt for a healthier lunch option at school.
7. I always make sure to pack a nutritious snack for school to keep me energized.
8. Remember to grab a utensil before going to the cafeteria for lunch.

*Ex. 3. Close the workbook and look at your translations of the sentences in Ex. 2. Try to translate them back into English exactly the same as they were originally written.*

## **19.2. Reading**

*Ex. 1. Read the text.*

At my school, there are three main meal times: breakfast, lunch, and snack. We eat breakfast at our houses before we come to school. Some students eat a lot for breakfast, but some don't eat anything. In the cafeteria, they have a lot of different things for breakfast like cereal, fruit, and yogurt. I usually eat something small like a banana or a yogurt. Some students eat their breakfast in early care. For lunch, we go to the cafeteria with our classes. Our teachers take us to the cafeteria and then they sit with us and eat lunch. It's kind of weird because in Korea, the teachers don't eat with the students. The food is served family style, so we share and pass the food. There is always rice and soup and then two or three other dishes. After we finish eating, we clean up after ourselves. Sometimes we bring our own lunches from home. I usually bring my lunch on Wednesdays because the hot lunch is really bad. On Wednesdays, I bring a sandwich and fruit. On the other days, I eat the hot lunch. It's really healthy and it tastes good. For snack, we eat something in the afternoon. Usually, it's just a small snack like a piece of fruit or some crackers. Sometimes, we get a special snack like cookies or ice cream. I like the special snacks. My favorite snack is ice cream. I usually eat my snack in class. I think that all kids should have to eat healthy food at school. Some people say that if you make kids eat healthy food, then they will want to eat junk food more. But I don't think that's true. I think that if you give kids healthy food and teach them about why it's important, then they will grow up to be healthy adults.

*Ex. 2. Answer the questions.*

1. What are the three main meal times at the author's school?
2. Where do students eat breakfast before coming to school?
3. What kind of food is available for breakfast in the cafeteria?
4. How do students usually eat lunch at the author's school?

5. Why does the author bring their own lunch on Wednesdays?
6. What kind of snack do students typically have in the afternoon?
7. What does the author think about kids eating healthy food at school?

### **19.3. Communication**

*Ex. 1. Make sentences using the following words:*

1. usually/eat/lunch
2. like/food/school
3. Breakfast/favorite/mealtime
4. bring/snacks/recess
5. Lunchtime/great/socialize
6. special/meals/school
7. enjoy/balanced/dinner
8. favorite/dish/school
9. Snack/fun/break
10. allowed/bring/homemade