



# What's For Breakfast?

## Breakfast Around the World

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People across the United States and around the world eat many different things for breakfast. Have you ever wondered what your neighbor, teacher or best friend had for breakfast this morning? Your parents or relatives might have told you: "Breakfast is the most important meal of the day." Breakfast is essential to giving our body the nourishment it needs to start the day.

### Breakfast in the U.S.

A traditional American breakfast can include eggs, toast, juice or coffee, bacon, cereal and fruit. Popular breakfast fruit includes bananas, melons and grapefruit. Of course, you don't have to eat everything listed above! Lots of people choose their favorites and mix and match items throughout the week.

### Breakfast in Mexico

If you were to eat breakfast in Mexico, you'd most likely have corn tortillas with beans, rice, green or red peppers and eggs. The tortilla is used to wrap all the ingredients together. A popular breakfast dish is called, "chilaquiles." It consists of tortilla chips topped with red

and green salsa with cheese, onions, and an egg served on the side.

### Breakfast in Japan

Breakfast in Japan is traditionally a savory meal. Instead of one larger dish, there are many small plates. White rice is normally the focus of the meal, and smaller side dishes include fried fish, pickled vegetables, miso soup, and tofu. Green tea accompanies a traditional Japanese breakfast. Although now it is not uncommon to see many younger people in Japan consuming a more American style breakfast of eggs, toast, orange juice and cereal.

### What About You?

If you could eat anything for breakfast, what would it be?

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# Create Your Own!

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Now that you know what different people around the world have for breakfast, you can create your own! Cut out the different food items below to assemble the breakfast you'd like to eat in the morning.



