

6TH GRADE | INFORMATIONAL TEXT ▾

# Breakfast Around the World

Everyone has a different routine in the morning. Some jump up out of bed quickly; others press snooze a few times. Some walk their dogs, others watch TV or scan social media to find out what is happening in the world. Some sit down to eat breakfast by themselves or with their family; others may wait to eat until they get to school or work. What’s the first thing you do when you wake up in the morning? What is your morning routine like?

Most countries around the world have breakfast **customs**. In the United States, people eat a wide variety of breakfast foods — from oatmeal to eggs to fruits — in many different settings. No matter where people eat, a good healthy meal is a smart way to start the day.

**Breakfast is an important meal. A balanced, nutritious breakfast can help you:**

- \* Have energy (which allows you to move and be active)
- \* Concentrate in class (it’s hard to pay attention when you’re hungry!)

Vocabulary words are in **bold** and underlined

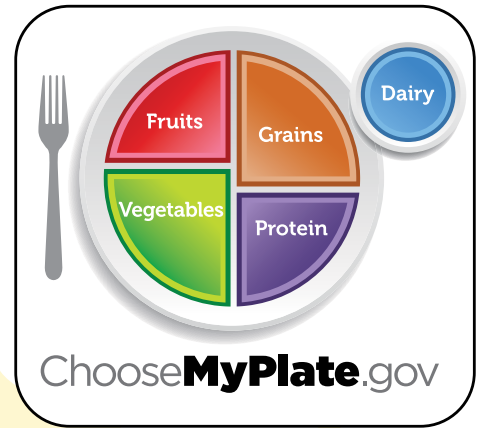
Eating breakfast at school is a great way to start your day!

**School Breakfast Program**  
 In the United States, the USDA **School Breakfast Program** offers breakfast to millions of children every day. School breakfasts are a great way to get a balanced meal.



## Eating a Balanced Breakfast

MyPlate shows the food groups that are building blocks to a healthy eating style. Choose nutritious foods from the food groups to build a balanced breakfast.



**Make half of the grains you eat whole grains.**

Start your day with whole grains. Choose grain that has whole wheat or whole grain as the first ingredient.



**Move to low-fat or fat-free dairy.**

Low-fat milk (1% or less) has the same amount of calcium and vitamin D as whole milk.



**Make half your plate fruits and vegetables.**

Make a fruit smoothie, add veggies to your eggs, or top your cereal with berries or bananas. Many kids in the United States do not eat enough fruits and vegetables.<sup>1</sup> Breakfast provides a way to include more of these foods in your routine.

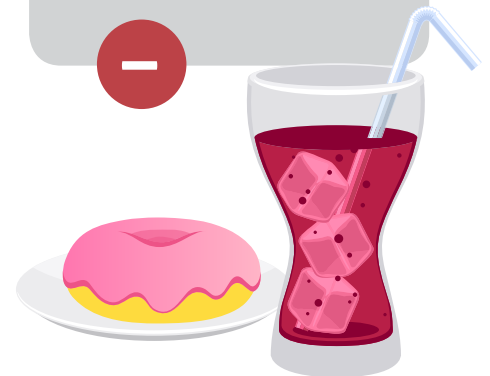


**A balanced breakfast contains at least three of the five food groups.**



**A balanced breakfast is low in sodium, saturated fat, refined grains, and added sugars.**

Sugary foods may make you feel energized for a brief moment, but it won't last long. Plus you may not get the nutrients you need to be your best.

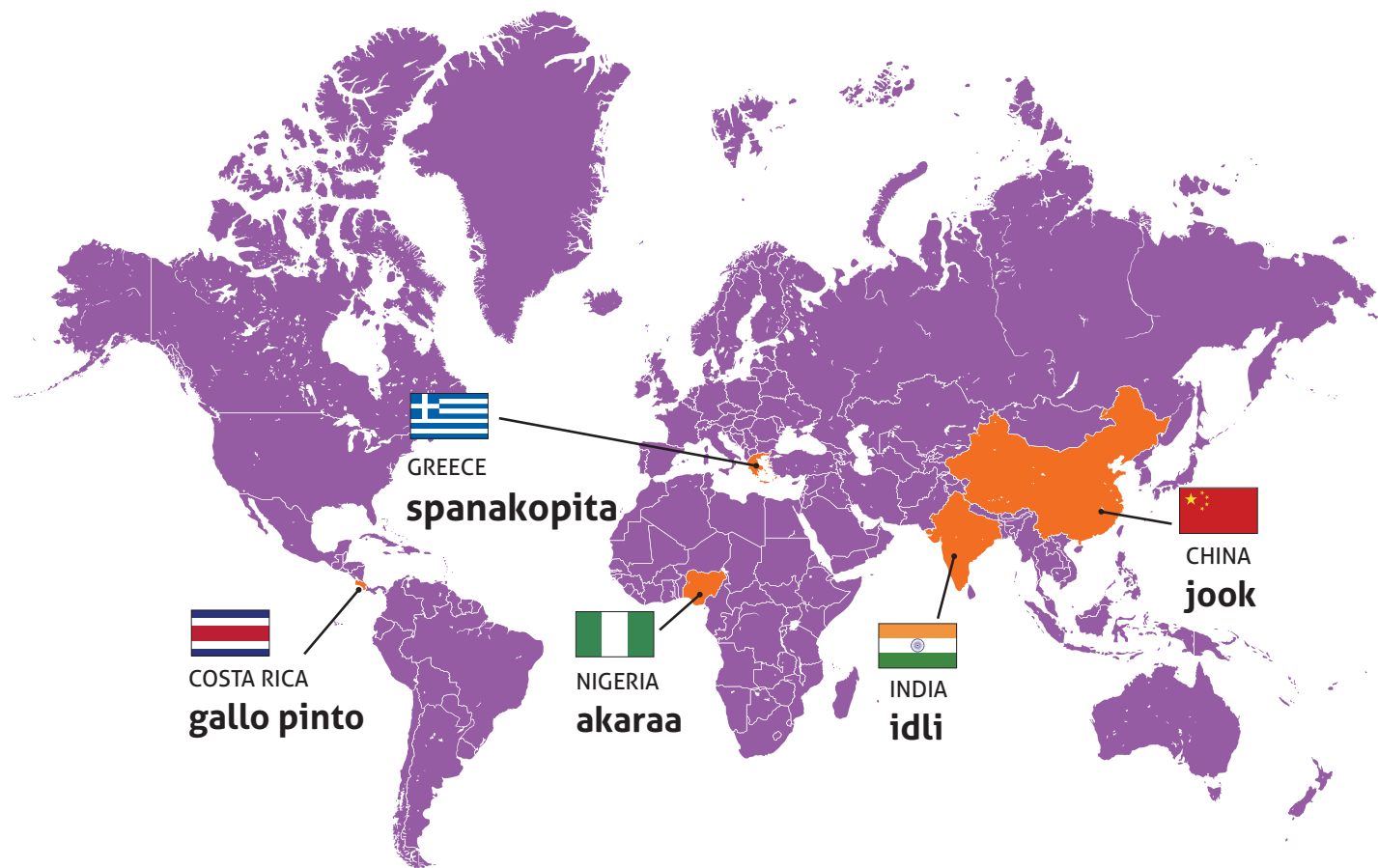




There are many ways to create a balanced breakfast that is nutritious and includes foods you love. Have you ever wondered what people your age in other places eat to start their days? Read on to learn about some of the breakfasts eaten around the world.

1. "Progress on children eating more fruit, not vegetables." CDC Vital Signs. National Center for Chronic Disease and Prevention and Health Promotion. August 2014. <https://www.cdc.gov/vitalsigns/pdf/2014-08-vitalsigns.pdf>.

## Breakfasts From Around the World

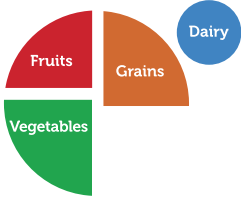

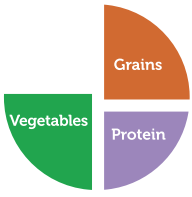

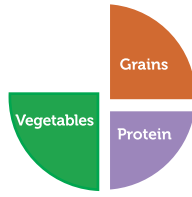

People from **cultures** around the world eat breakfast. Breakfasts in other countries reflect cultural traditions of the people that live there. You can eat a healthy breakfast that includes foods from the food groups that reflect your traditions and tastes. Take a look at some breakfasts kids might eat in other countries. Notice what food groups are included in these popular meals.



Food Groups	Breakfast in Different Countries
	 <p><b>China:</b> A favorite breakfast in China is jook, a rice dish (Grains) topped with greens and mushrooms (Vegetables) and tofu, and strips of meat or egg (Protein Foods).<sup>2</sup></p>
	 <p><b>Costa Rica:</b> A typical breakfast in Costa Rica includes Gallo Pinto — a mix of black beans (Vegetables and Protein Foods) with rice (Grains), spiced with cumin, pepper, and garlic. It is usually served with eggs but sometimes with chopped beef (Protein Foods) or plantains (Vegetables) as well. Gallo Pinto is often accompanied by an assortment of fruits like pineapple, watermelon, and papaya (Fruits).<sup>3</sup></p>

2. Food and Agriculture Organization of the United Nations. (2007) Food-based dietary guidelines - China. Retrieved from: <http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/china/en/>

3. Mattei, J., Malik, V., Wedick, N. M., Hu, F. B., Spiegelman, D., Willett, W. C., et al. Global Nutrition Epidemiologic Transition Initiative. (2015). Reducing the global burden of type 2 diabetes by improving the quality of staple foods: The Global Nutrition and Epidemiologic Transition Initiative. *Globalization and Health*, 11, 23. <http://doi.org/10.1186/s12916-015-0231-4>

Food Groups	Breakfast in Different Countries
	 <p><b>Greece:</b> If you woke up in Greece tomorrow morning, your balanced breakfast might consist of spanakopita (Grains, Vegetables, Dairy), a tangy spinach pie made with feta cheese, and a small glass of fresh orange juice (Fruits), as well as pancakes (Grains) with tahini, which is a paste made from sesame seeds and honey.<sup>4</sup></p>
	 <p><b>India:</b> In addition to geography, cultural values influence what people eat for breakfast. The breakfast options in India are as diverse as its 1.2 billion people. In southern India, breakfast can include idli, a warm patty made from fermented lentils (Protein Foods) and rice (Grains), and different vegetable dishes like tomato chutney (Vegetables).<sup>5</sup></p>
	 <p><b>Nigeria:</b> Vegetables might seem like an uncommon choice for breakfast, but they are often a part of the first meal of the day in Nigeria. Nigeria is known for its root vegetables, like yam and cassava. Breakfast might include yam porridge (Vegetables), rice (Grains), and akaraa, a bean cake (Vegetables and Protein Foods).<sup>6</sup></p>

## Conclusion

Breakfast plays an important role in giving people the energy they need to play and learn throughout the day. There are many ways to eat a balanced breakfast. Don't be afraid to explore other cultures and try new foods in all of the five food groups as part of your breakfast routine.

### VOCABULARY

**Culture:** The beliefs, customs, arts, and ways of life of a particular group.

**Custom:** A way of behaving that is usual among the people in a particular group.

**Refined Grains:** Grains that have been milled, which removes the bran, germ, and important nutrients. Examples include white flour, white bread, and white rice.

**Saturated Fat:** Fats that are usually solid at room temperature. The amount of saturated fat in a food is shown on the Nutrition Facts Label, which is located on the food package. Eating too much saturated fat can raise blood cholesterol levels and increase the risk of heart disease.

**Sodium:** A mineral generally present in the form of salt (sodium chloride) that your body needs in small amounts to work properly. However, when consumed in excessive amounts, sodium may raise the risk of high blood pressure (hypertension).

**Whole Grains:** Grains that contain the entire grain kernel — the bran, germ, and endosperm — and have more health benefits than refined grains.

org/10.1186/s12992-015-0109-9

4. Marketing Greece SA. (n.d.). Discover Greece. Retrieved from <http://www.discovergreece.com/en/gastronomy/greek-breakfast>

5. FAO. (2011) Food-based dietary guidelines - India. Retrieved from: <http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/india/en/>

6. FAO. (2001) Food-based dietary guidelines - Nigeria. Retrieved from: <http://www.fao.org/nutrition/education/food-based-dietary-guidelines/regions/countries/nigeria/en/>

# Breakfast Around the World

Follow the directions to answer the questions below.

**IF YOU ARE USING ADOBE ACROBAT X OR PRO:**

1. Open the form
2. Fill the form out
3. Go to File, Save As, choose where you would like to save the file, and then press Save

**IF YOU WANT TO SAVE IN ADOBE READER:**

1. Select File, Save As, Reader Extended, Enable Additional Features
2. This will allow users with the free Reader to save form data in an existing fillable PDF form
3. Click Save Now
4. Go to File, Save As, choose where you would like to save the file, and then press Save

1. What is the theme or central idea of this article? Cite evidence from the article to support your answer.

---

---

---

2. What are three qualities of a balanced breakfast? Cite evidence from the article to support your answer.

1. \_\_\_\_\_

2. \_\_\_\_\_

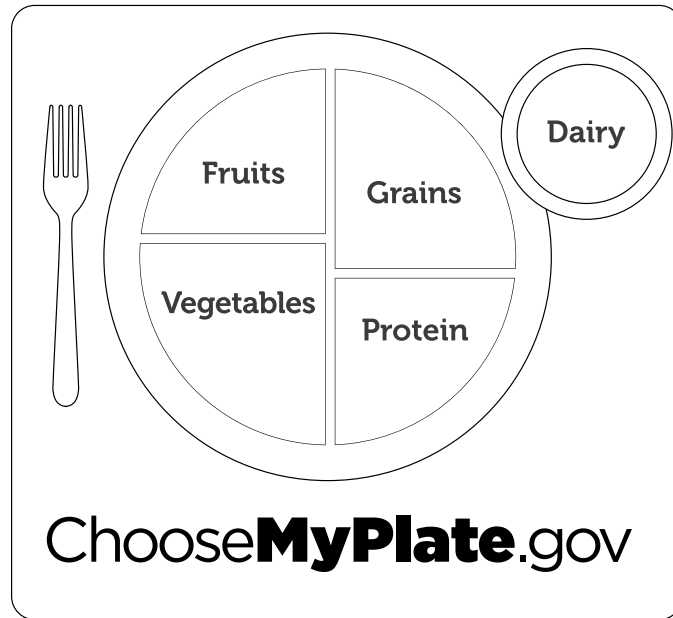
3. \_\_\_\_\_

3. What are two benefits of eating a balanced breakfast? Cite evidence from the article to support your answer.

1. \_\_\_\_\_

2. \_\_\_\_\_

4. Your friend is looking for ideas for balanced breakfasts. Create an example of a balanced breakfast using MyPlate as a guide. Include foods from at least three food groups.



5. Your friend says they don't like to eat breakfast. How would you convince them to try eating a balanced breakfast?

---

---

---

6. What does the word "custom" mean in this sentence from page 1: "Most countries around the world have breakfast customs"?

---

---

7. Which breakfast from around the world do you prefer? How could you include foods from this example in your breakfasts in the future?

---

---

---

8. What does the word “culture” mean in this sentence from page 3: “People from cultures around the world eat breakfast”?

---

---

9. A place’s culture affects what people eat there. Think about where you live or where your family is from. Describe one food from your culture. Why is this food important in your culture?

---

---

---

---

