

## 3.Meals

Eating is supposed to be one of the most pleasant things in life. Sometimes we are not sure if we eat to live or live to eat. However, these days, many people are being deprived of regular meals. Some folks claim they are too busy to take the time, or they skip a meal because they are dieting. The meal that is most often missed is breakfast, so the eater or fixer can stay in bed longer, even though health experts usually insist this is the most important meal of all. In some cases, this phenomenon is because wives are working outside the home, in others because husbands do not insist on breakfast. More convenient Western ideas about breakfast are becoming popular: eggs, toast, cereal, coffee.

Later in the day, lunches are also becoming more problematic, specially for workers. The variety and quality of food seem to be declining, even as the restaurants themselves become more crowded and expensive. After work, it is usually an informal requirement to join co-workers in meal and drinking session, so a family meal at home is out of the question for a lot of male workers.

### **Comprehension**

1. Which meal is considered the easiest to skip?
2. How many reasons are given for not eating?
3. What does a Western breakfast consist of?

### **Express Yourself**

1. Do you usually have breakfast?
2. Who prepares breakfast in your family?
3. What do you think about having a modest Western-style breakfast?
4. What do you usually eat for lunch?
5. What do you most look for in a lunch outside the home?





6. What do you think about carrying a lunch box to work?
7. What is your favorite dessert?
8. Do you usually volunteer to pay for your fellow workers' lunches?
9. What do you think about Dutch treat?
10. Do you think it's a good idea to take a nap after lunch?
11. Do you think one hour is enough time for lunch?
12. What is your favorite food?
13. Do you like Western food? If so, which?
14. Do you drink coffee after a meal?
15. How many cups of coffee do you drink a day?
16. Do you try to maintain a balanced diet?
17. Do you usually buy fruit in a department store, or in the market?
18. Are you worried about pesticides when you eat fruit?
19. Do you peel your apples?

