

Reading: What do kids around the world eat for breakfast?

Directions:

- Choose one of the readings, which each represent breakfast in a different country.
 - Circle the location on the title of the reading you've selected.
 - Read the text to learn about the foods in a typical breakfast meal in the country you selected. As you read, take care to highlight each breakfast food that is included.
 - Complete the questions based on what you've read.
1. Complete the table based on the location you chose. Write down all of the foods that were mentioned as being a part of the breakfast meal in your selected country, adding them either to the "100% from plants," "Mixture/Not Sure/Other," or "100% from animals category."

Location:		
100% from plants	Mixture/Not Sure/Other	100% from animals

2. Choose 2 of the foods from plants from your t-chart, above. For each food, list the food molecules that you predict you would find inside that food.

Name of food (from plants)	Food molecules you predict you'd find

3. Look over all of the breakfasts from different countries. Which one do you most connect to and why?

4. Are there any foods that you eat in your family that you think other students might be curious about what food molecules are in them?

Tokyo, Japan: Saki Suzuki, 2¾ years old

The first time Saki ate the fermented soybean dish called natto, she was 7 months old. She promptly vomited. Her mother, Asaka, thinks that perhaps this was because of the smell, which is vaguely suggestive of canned cat food. But in time, the gooey beans became Saki's favorite food and a constant part of her traditional Japanese breakfasts. Also on the menu are white rice, miso soup, kabocha squash simmered in soy sauce and sweet sake (kabocha no nimono), pickled cucumber (Saki's least favorite dish), rolled egg omelet (tamagoyaki), and grilled salmon.



Reprinted by permission of Hannah Whitaker



Reprinted by permission of Hannah Whitaker

Istanbul, Turkey: Doga Gunce Gursoy, 8 years old

The elaborate Saturday morning spread in front of Doga includes honey and clotted cream, called kaymak, on toasted bread; green and black olives; fried eggs with a spicy sausage called sucuk; butter; hard-boiled eggs; thick grape syrup (pekmez) with tahini on top; an assortment of sheep-, goat-, and cow-milk cheeses; quince and blackberry jams; pastries and bread; tomatoes, cucumbers, white radishes, and other fresh vegetables; kahvaltılık biber salcasi, a paste made of grilled red peppers; hazelnut-flavored halvah, the dense dessert; milk and orange juice. While certainly more elaborate than weekday fare, this Gursoy family meal is in keeping with the hodgepodge that is a typical Turkish breakfast.



Reprinted by permission of Hannah Whitaker



Reprinted by permission of Hannah Whitaker

Chitedze, Malawi: Emily Kathumba, 7 years old

Emily lives with her grandmother Ethel on the outskirts of Lilongwe, Malawi's capital. Because Ethel works in another family's home—doing cleaning, cooking, and child care—her extended family of nine rises before 6 a.m. to eat breakfast together before they disperse to work and school. Here, Emily is eating cornmeal porridge called phala with soy and groundnut flour; deep-fried fritters made of cornmeal, onions, garlic, and chiles, along with boiled sweet potato and pumpkin; and a dark red juice made from dried hibiscus flowers and sugar. (She is fortunate; half of the children in Malawi are chronically malnourished.) When she can, Emily likes to drink sweet black tea in the mornings, a common beverage for Malawian children.



Reprinted by permission of Hannah Whitaker



Reprinted by permission of Hannah Whitaker

São Paulo, Brazil: Aricia Domenica Ferreira, 4 years old, and Hakim Jorge Ferreira Gomes, 2 years old

Aricia's pink sippy cup is full of chocolate milk, but her brother Hakim's cup contains coffee (café com leite). For many Brazilian parents, coffee for kids is a cultural tradition that goes right along with tapioca crepes; the taste evokes their own earliest memories. Many also believe that coffee provides vitamins and antioxidants and that a small milky serving in the morning helps their children concentrate in school. Brother and sister are eating ham and cheese as well as pão com manteiga, bread with butter. Another popular breakfast is frozen smoothies made from acai, banana, and guaraná.



Reprinted by permission of Hannah Whitaker



Reprinted by permission of Hannah Whitaker

Reykjavik, Iceland: Birta Gudrun Brynjarsdottir, 3½ years old

Birta's oatmeal porridge is called hafragrautur, a staple breakfast in Iceland. The oatmeal is cooked in water or milk and often served with brown sugar, maple syrup, butter, fruit, or surmjolk (sour milk). Birta also takes a swig of lysi, or cod liver oil. For part of the year, when the sun barely clears Iceland's horizon, sunlight is a poor source of vitamin D—but the vitamin is plentiful in fish oils. (The word lysi is related to the Icelandic verb lysa, meaning "illuminate.") Birta's mother, Svana Helgadóttir, started giving her four children lysi when each was about 6 months, and now all of them gulp it down without complaint. Many day-care centers and preschools in Iceland dispense cod-liver oil as a regular part of the morning routine.



Reprinted by permission of Hannah Whitaker



Reprinted by permission of Hannah Whitaker