



Breakfast Around the World

Names of everyone in group:

1.
2.
3.
4.
5.



People from different cultures, and people in different countries, eat different kinds of breakfasts. What is a normal breakfast food to you may be very different to other people around the world. Your assignment is to:

1. Locate a different country on the map. Indicate your choice with an X or a circle.
2. Research typical breakfast foods that represent the culture of the country.
3. Use the information you collect to complete the chart below.

Name of Country	A Typical Breakfast Food	Food Groups (Circle)	Does it fit the "3 out of 5" model?	Why or why not?
1.		G V F D P		
2.		G V F D P		
3.		G V F D P		
4.		G V F D P		
5.		G V F D P		

Ask older family members or friends to talk about and share some breakfast foods from their family.

Name	Culture / Country / Region	Breakfast Foods
1.		
2.		
3.		
4.		
5.		