

What do you feel like eating in the morning? Are you a breakfast eater, or do you just have a coffee or tea? There are so many things to choose from when it comes to the first meal of the day. Traditionally, in England, we have what is called the 'great British breakfast'. It is a substantial meal; if you happen to miss lunch, it doesn't matter because you will still be full with breakfast. Normally it includes: bacon (meaty not fatty), eggs, toast, stewed, skinless tomatoes, sausages, sometimes some black pudding (or blood sausage), orange juice, and coffee or tea. It's perfect if you are going to do lots of physical labor all day. Personally, I can't eat very much straight away after waking up. My stomach isn't ready. I need to be awake a good hour before having a heavy breakfast. A lighter, sweeter kind of breakfast would be french toast or waffles. They are two of my children's favorites. And, nowadays waffles are very conveniently found in the frozen breakfast aisle, in the supermarket. I do make them fresh sometimes, but I've found a brand that my kids like; it's fortified with vitamins, and they can pop them in the toaster themselves. Mind you, I have to supervise them, not just for safety either. They tend to go a little heavy on the syrup when they make their own waffles. As I say to them, "Do you want some waffle with your syrup, or syrup with your waffle?" I much prefer French toast; I find it more substantial and nutritious. It's quite a simple recipe: two eggs, about one cup of milk, beat together, and dip in the white French bread. Then fry in a little butter until both sides are light golden brown. Then you can put whatever you want on top. Syrup is the norm, but we like to put peanut butter, or jam, or sometimes even a piece of ham. It's up to you to choose what you want for a topping. Sometimes getting creative in the kitchen is worth it; it's just a little more interesting than a bowl of cornflakes.

Grammar notes.

Common expressions: to happen to, to pop (British), to go heavy/to go easy (American), the norm.

1. I happened to see an old college friend in town.
2. Pop over for a cup of tea this afternoon. OR I'll just pop to the butchers. OR My neighbor popped in to borrow some sugar. OR Spread the cream on the cake and then pop it in the fridge.
3. Go heavy on Peter's plate with the icecream, but go easy on mine.
4. The weather has been so different this year. Daily rain is the norm,

but it hasn't rained yet.

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