

UNIT 3

Reading and listening extension

1 READING

a Read about meals in Italy. Underline the correct words to complete the sentences.

- 1 In Italy, people eat / don't eat a lot of fruit and vegetables.
- 2 Italians drink a lot of tea / coffee.
- 3 They like / don't like meat and fish.
- 4 They usually have three / four meals every day.
- 5 Italian people have / don't have pasta every day.
- 6 For a lot of people, the big meal is in the afternoon / evening.

b Read the text again. Are the sentences true or false?

- 1 Breakfast is at 9:00.
- 2 Maria and her family have coffee and cereal for breakfast.
- 3 On work days, Maria and her friends have lunch in the office.
- 4 At weekends, Maria has lunch with her family.
- 5 A *panino* is a pizza.
- 6 Dinner is at 8:30.
- 7 They sometimes have pasta for dinner.
- 8 They often have cake in the morning.

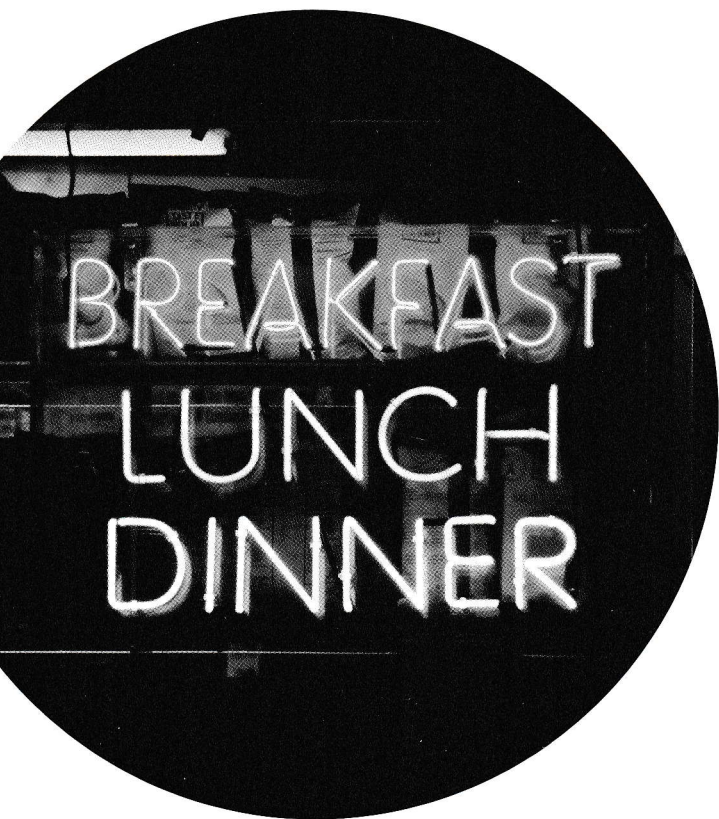
Meals in ITALY

My name is Maria and I'm Italian. In Italy, people eat different foods. We like pasta and pizza, but we don't eat them every day. We like a lot of different meat and fish. And we eat a lot of fruit and vegetables.

In my family, we have three meals a day. Breakfast is at eight o'clock. We eat *fette biscottate*, a type of breakfast bread, and have coffee with milk. Italian people usually drink a lot of coffee!

On work days, my lunch is always at one o'clock. I never have lunch in my office. I usually have a *panino* (that's a sandwich) or a slice of pizza with my friends in a café near the office. At the weekend I have lunch at home with my family.

Dinner is the big meal of the day for a lot of Italians. In my family, we always have dinner at half past eight. We have rice or pasta, then fish with vegetables. We don't eat a lot of meat. After dinner, we usually have fruit and coffee, but at the weekend we sometimes have cake.



c Write about the meals you have every day. Think about these questions:

- How many meals do you have?
- What time do you have your meals?
- What do you usually have for breakfast, lunch and dinner?

