# German foods for breakfast, lunch and dinner

## Activity

Read the [Breakfast, Lunch, Dinner… and lots of Snacks](https://germanfoods.org/german-food-facts/breakfast-lunch-dinner-snacks/) article then answer the questions:

1. What is one of the most important meals in German households?
2. Which 3 hot beverages are mentioned at breakfast?
3. Which food is popular among German young people for breakfast?
4. Why does that article say that muesli is a good alternative to sugary cereals?
5. When is *Grosse Pause*/*Zweites Frühstück*/*Pausenbrot* eaten?
6. What does *Zweites Frühstück* mean?
7. Does *Pausenbrot* always include eating bread?
8. What is the word for ‘in-between meal’ in German?
9. How have lunch traditions changed in German families?
10. *Abendbrot* is a compound noun, which is a noun made up of 2 or more existing words. Which 2 words is the word *Abendbrot* made from? Can you think of 3 more examples of compound nouns in German?
11. What is the German expression for the event or time that brings families together to enjoy time together?
12. Which 3 well-known fast-food chains are mentioned?
13. What condiments are popular with French fries?
14. Who introduced *Döner Kebab* to Germany?
15. List the ingredients found in a *Döner Kebab*.
16. The article states that German children spend about 15 Euro per week on fast food. If 1 Euro = 1.65 Australian dollars (1 March 2024), how much per week are they spending in Australian dollars?
17. Complete the table below using words from the article:

|  |  |
| --- | --- |
| English | German |
| honey |  |
| bakery |  |
| dumplings |  |
| mineral water |  |
| scrambled egg |  |

1. How do your and your family’s eating habits differ from those in Germany? Choose any time of day to compare your eating habits with those in Germany. Which do you prefer, and why?
2. The website includes the phrase ‘*Iss dein Frühstück wie ein Kaiser, Mittagessen wie ein König und Abendessen wie ein Bettler’*(Eat your breakfast like an emperor, lunch like a king and dinner like a pauper). Explain this expression in your own words.

## For the teacher

Remove this section before sharing this resource with students.

1. breakfast
2. coffee, tea, hot cocoa
3. cereal
4. It is delicious and healthy too.
5. It is eaten between main meals.
6. second breakfast
7. no
8. *Zwischenmahlzeit*
9. Traditionally, German families eat their hot main meal during the day, between 12 and 2pm. Decades ago, it was still common that some office workers went home, had lunch and returned to work. However, many families now eat their hot meal in the evening.
10. evening, bread
11. *Kaffee und Kuchen*
12. McDonald’s, Burger King and Pizza Hut
13. mayonnaise, ketchup
14. Turkish immigrants
15. thinly sliced meat (veal, lamb or poultry), pita pocket or flatbread, lettuce, onion, cucumber, tomatoes and a yogurt sauce
16. $24.81
17. Complete the table using words from the article.

|  |  |
| --- | --- |
| English | German |
| honey | *Honig* |
| bakery | *Bäckerei* |
| dumplings | *Knödel* |
| mineral water | *Mineralwasser* |
| scrambled egg | *Rührei* |

1. Sample response – unlike breakfast being one of the most important meals in German households, only my younger brother eats breakfast regularly at my house. Usually, I sleep too much and have no time for breakfast. My parents only drink a coffee. I prefer our food, because it’s more multicultural, including foods like spaghetti, sushi, and Thai and Lebanese cuisines.
2. Sample response – this phrase emphasises the importance of having a substantial and hearty breakfast, a good-sized lunch, and a lighter and smaller dinner. I think this means that your largest meal should be in the morning to provide you with energy for the day, followed by a moderately sized lunch, and a light dinner to aid in digestion and promote better sleep. This aligns with German eating habits so I think this is why they say this about Germans.

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