

Meals

Eating is supposed to be one of the most pleasant things in life. Sometime, we are not sure if we eat to live or live to eat. However, these days, many people are being deprived of regular meals. Some folks claim they are too busy to take the time, or they skip a meal because they are dieting. The meal that is most often missed is breakfast, because the eater either stays in bed longer, even though health experts usually insist this is the most important meal of all. In some cases, this phenomenon is because wives are working outside the home while others because husbands do not insist on breakfast. More convenient Western ideas about breakfast are becoming popular, such as eggs, toast, cereals and coffee. Later in the day, lunches are also becoming more problematic, especially for salaried workers. The variety and quality of food seems to be declining, even as the restaurants themselves become more crowded and expensive. After work, it is usually an informal requirement to join co-workers for a meal and drink, so a family meal at home is out of the question for a lot of mall workers.

Vocabularies

Deprive: take something from someone, especially something they needed or want.

Skip : not do something that you usually do or that you should do.

Fix : make ready, prepare

Out of the questions: not possible

Questions for discussion:

1. Which meal is considered the easiest to skip?
2. How many reasons are given for not eating?
3. What does a Western breakfast consist of?
4. Do you usually eat breakfast?
5. What do you think about "Dutch treat"?
6. Do you maintain a balance diet?
7. Do you think one hour is enough time for lunch?
8. What do you think about having a modest Western-style breakfast?