

'There is a pleasure to it': the simple joy of eating the same meal every day

Level: Elementary

1 Warmer

a. Answer these questions.

What did you have for breakfast this morning?

When did you eat it - at what time?

Where did you eat it?

What did / will you have for lunch?

2 Key words

a. Write the words from the wordpools next to the definitions below. Then find and highlight them in the article to read them in context.

gently

greedy

protein

self-care

wholemeal

1. containing the entire wheat grain _____
2. when you want to eat or drink more food than you need _____
3. when you look after yourself by eating well, sleeping and exercising _____
4. slowly, not suddenly _____
5. a basic chemical substance in food such as meat, eggs, beans, and milk _____

autopilot

demands

ingredients

pleasure

reset

6. the separate foods that you use in a meal _____
7. a feeling of happiness or enjoyment _____
8. when you take a break so you feel fresh and ready for work again _____
9. things that need to be done _____
10. when you don't have to think about what you are doing _____

b. Use some of the key words above to complete these sentences.

1. The trees moved _____ in the wind.
2. She gets great _____ from her garden.
3. He is always tired in the evening after the _____ of his work.
4. The _____ boy ate all the chocolate biscuits.
5. Mix all the _____ together and put them in a cake tin.

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- 1 Every morning, while it is still dark, Anastasia Pollard makes herself a coffee and toasts her home-made wholemeal seeded bread. She puts butter on her toast. Honey if she feels ill. Jam if she's feeling "greedy". She has done this every day for years and years and years.
- 2 Anastasia is one of many people around the world who eats the same meal every day. She bakes her bread every week. Baking your own bread, she says, feels like self-care.
- 3 The coffee has to be Lavazza. Though she's been in the UK for a long time now, she says "it connects me with the time I lived in Italy."
- 4 Anastasia does not have her breakfast with her young son and her husband. The meal is her time alone. "I like getting up while it's still dark. I like how it gently gets lighter and lighter ... I really love sitting in the kitchen with the quiet and looking at the garden with my coffee and my toast. I love having this little time to myself."

'Three things in a bowl'

- 5 Eight years ago, Jane Newton, who lives in Sydney, decided to eat a three-part lunch every day.
- 6 "Protein, something green, and some carbs* to get me through the day," she says. "I didn't think about it much. I just said: 'I'm going to put these three things in a bowl.'"
- 7 Her daily lunch is rice, green vegetables (broccolini usually), and tofu. She used to add tinned tuna before she went vegetarian a few years ago: "Although it's the same basic three ingredients every day, there is a pleasure to it."
- 8 Although she eats at her desk while working, the few minutes she takes to put her dish together – always at midday – is a time when she can reset, a time without demands or decisions.

'It is good to be on autopilot'

- 9 "A lot has changed in my life," says Sara Carrillo. She has lived in Spain, the UK, Sydney and now Melbourne. But her breakfast is always the same. Every day she has coffee with milk and two slices of toast with butter and raspberry jam.
- 10 Having the same breakfast each morning is, for Sara, about waking up slowly.
- 11 "It's like a meditation, really. Not having to think about anything. "Sometimes it's good to be on autopilot."

*carbs – short for carbohydrates

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3 Find the information

a. Put a cross X in the table to show who does what.

Who ...	Anastasia	Jane	Sara
lives in Australia?			
lives in the UK?			
eats the same things for one meal every day?			
bakes her own bread?			
eats toast with jam every day?			
only puts jam on her toast sometimes?			
Changed her meal when she became a vegetarian			
Likes to wake up slowly			
Uses the time she saves to reset			
Gets up early so she can eat on her own			
Says that eating the same meal every day is good for their mental health			

4 Language – phrases

a. Put these words in the right order to make phrases from the article.

- bread my bake own _____
- up dark while get it's _____
- desk eat my at _____
- up slowly wake _____
- breakfast alone have _____

b. Now use the sentence beginnings and the phrases to talk about your life.

I like to / I don't like to

I never / always / sometimes / often

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5 Discussion

a. Discuss these questions.

- What is your morning routine?
E.g. I wake up at xxxxx, and then I xxxxx
- When do you find quiet time for yourself?
E.g. After lunch before I start work again.
- How do you do this?
E.g. I sit on my balcony for ten minutes and look at the sky.

6 In your own words

a. Write the ingredients for these two meals that you could eat every day for a year:

Breakfast _____

Lunch _____