

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

**Level:** Intermediate

### 1 Warmer

a. Share your answers to these questions.

What did you have for breakfast this morning?

Where did you eat it and at what time?

What did / will you have for lunch?

Why did you decide to eat these things?

### 2 Key words

a. Find words in the article that match the definitions below. The paragraph numbers are given to help you.

1. not do something even though others do it \_\_\_\_\_ (para 2)
2. the fact that something consists of different things, usually in a way that makes it interesting or enjoyable \_\_\_\_\_ (para 2)
3. a condition that makes it easier to do something and helps you to avoid wasting time \_\_\_\_\_ (para 3)
4. a mixture of flour, water, fat, etc. that is baked to make bread or pastry \_\_\_\_\_ (para 6)
5. the separate foods or liquids that you use in making a particular meal (para 11)  
\_\_\_\_\_
6. a feeling of happiness, enjoyment, or satisfaction \_\_\_\_\_ (para 11)
7. food that makes you feel full and satisfied \_\_\_\_\_ (para 12)
8. taking a break and clearing your mind to feel better \_\_\_\_\_ (para 13)
9. things that need to be done \_\_\_\_\_ (para 13)
10. change something so that you can deal with a new situation \_\_\_\_\_ (para 15)

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

1. Many people enjoy the pleasures and \_\_\_\_\_ of living in a city centre.
2. She gets great \_\_\_\_\_ from spending time in her garden.
3. He was always tired in the evening after the \_\_\_\_\_ of running the company.
4. The French market stand has a great \_\_\_\_\_ of different cheeses.
5. Mix all the \_\_\_\_\_ together and put them in a cake tin.

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### People who find relief, and even mindfulness, in eating the same dish over and over

**Celina Ribeiro**

**Thu 29 Apr 2021**

- 1 Every morning, while it is still dark, Anastasia Pollard is woken up by her dogs. She lets them out and immediately makes herself a coffee and toasts her home-made wholemeal seeded bread. She adds only butter. Honey if she's sick. Jam if she's feeling "greedy". She has done this every day for years and years and years.
- 2 The portrait artist is one of many people around the world who resists a food culture which sees variety as being good and important.
- 3 For some it is the convenience, or not needing to decide. For others, it is about connection and memories.
- 4 "There's a psychological association with morning, with getting up, with balancing myself for the day ahead," she says. "I always do that ... I know some people go to the shower first – but no. I have to have my toast and coffee absolutely first thing."
- 5 Pollard bakes her bread weekly. Baking your own bread, she says, feels like self-care.
- 6 "I make the dough the night before," she says. "It's a process. I have to be very organised about it. I don't feel as fed with someone's bread as with my bread."
- 7 The coffee has to be Lavazza. Pollard developed a love for it while living in Italy. Though she's been in the UK for a long time now, "it connects me with the time I spent in Italy."
- 8 Pollard does not have her breakfast with her young son and her husband. The meal is 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'

- 9 Curriculum coordinator Jane Newton, who lives in Sydney, decided eight years ago to eat a three part lunch every day.

- 10 "Protein, something green, and some carbs\* to get me through the day," she says. "I didn't research it much. I just said: "I'm going to put these three things in a bowl. "
- 11 Her daily lunch consists of a microwavable rice bowl, green vegetables (broccolini usually), and tofu. It used to be 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.
- 12 Newton does not enjoy cooking. She enjoys eating out. She says that having a substantial lunch in the middle of the day, she can be more imaginative in other meals.
- 13 Although she eats at her desk while working, the few minutes she takes to put her dish together – always at midday – has become a time to reset, a time without demands or decisions.

### 'It is good to be on autopilot'

- 14 "A lot has changed in my life," says medical researcher Sara Carrillo. Over the years she has lived in Spain, the UK, Sydney and now Melbourne. But her breakfast has remained constant. Every day she has coffee with milk and two slices of toast with butter and raspberry jam: "That is the one thing I keep the same."
- 15 Carrillo had to adapt her breakfast when she moved between countries. The jam had to change between the UK and Australia. The butter and bread had to change, too. It is now a wholemeal pane di casa: "Everything in this country is sourdough, and I don't like it."
- 16 Carrillo says that when growing up in Spain, her mother would rush her through breakfast. Now she takes it slower – but there's still a connection to history. When her mother was growing up after the war, it was natural that everyone would eat the same meals day in, day out: "All this variety that we have now is quite new."
- 17 With this endless choice, having the same breakfast each morning is, for Carrillo, about waking up slowly.
- 18 "It's almost like a meditation, really. Having that extra time to yourself without 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. Find information in the article to write under each of the categories in the box.

Names of the three women	Anastasia _____	Jane _____	Sara _____
Where they live			
Their jobs / professions			
The meal			
Where and when they eat it			
What the meal consists of			
Variations on the meal			
Changes they have made to their meal and reasons for these changes			
The benefits they get from eating the same meal every day			

**4 Language – expressions and phrases**

a. Match the basic forms of these multi-word phrases from the article to their meanings.

1. first thing
  2. develop a love for (something)
  3. eat out
  4. remain constant
  5. day in, day out
- a. every day for a long time, especially in a way that is boring or unpleasant
  - b. not change; stay the same
  - c. find out gradually how much you like something
  - d. early in the morning, directly after you get up
  - e. have a meal in a restaurant or cafe

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- b. Find and circle them in the article to read them again in context and to check your answers.
- c. Use them to talk about the article.
- d. Now use each one to talk about your own life.

### 5 Discussion

a. Discuss these questions.

- What is your morning routine / how do you start most days?
- How would your life be better if you ate the same thing for lunch every day?
- When during the day do you try to make time for yourself? How do you do this?

### 6 In your own words

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

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_