

LESSON 1 Have a Good Day with a Good Breakfast

Part 1

Easy Version

Many students in this class sometimes don't have breakfast for some reason. About 13% of Japanese people skip breakfast, but breakfast is very important. If you do not have breakfast, you cannot do well at school and you will have health problems in the future.

Part 2

Easy Version

A rice ball or bread for breakfast provides only carbohydrates. In a hotel, I had a well-balanced breakfast with various foods, but you cannot have it every day. Some schools offer a simple but balanced breakfast, but our school doesn't. Let's find breakfast recipes on the Internet.

Part 3

Easy Version

It takes three minutes to prepare the ingredients for one serving of milk porridge with chicken. You need *yakitori*, ginger, boiled rice, milk, consommé cubes, dried *wakame*, salt, and pepper. It takes five minutes to cook the ingredients in a saucepan.