

LESSON 1 本文の内容をパートごとに再構成してみよう。

Part 1



- Many students in this class sometimes don't (1) (2) for some reason.
- About 13% of Japanese people (3) (2), but breakfast is very important.
- If you do not have breakfast, you cannot do well at (4) and you will have (5) problems in the future.

Part 2



- A (1) (2) or bread for breakfast provides only carbohydrates.
- In a hotel, I had a well-balanced breakfast with various foods, but you (3) have it every day.
- Some schools offer a (4) but balanced breakfast, but our school doesn't.
- Let's find breakfast recipes on the (5).

Part 3



 Prep: 3 mins
Cook: 5 mins
 Servings: 1



- It (1) three minutes to prepare the ingredients for one serving of (2) porridge with chicken.
- You need *yakitori*, ginger, boiled (3), consommé cubes, dried *wakame*, salt, and pepper.
- It (1) five minutes to cook the ingredients in a (4).

Answer

Part 1 1. have 2. breakfast 3. skip 4. school 5. health

Part 2 1. rice 2. ball 3. cannot 4. simple 5. Internet

Part 3 1. takes 2. milk 3. rice 4. saucepan