

Breakfast



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October 21, 2011

Is Breakfast a Part of Your Day?



Retrieved from <http://cooking724.files.wordpress.com/2010/04/breakfast2.jpg>

Overview



I. The History of Breakfast

II. Breakfast Around the World

III. The Benefits of eating Breakfast

The History of Breakfast

- First recorded use of the word “breakfast” in English was in 1463 AD
- The word “breakfast” literally means “breaking the fast” of the night prior, when one forgoes food to sleep
- Breakfast as we know it today took shape in the early nineteenth century, when middle class men began working regular hours in offices
- Breakfast would consist of a 2 course meal: First porridge, followed by toast and eggs with bacon or fish
- 1861 – Isabella Beeton writes her famous *Book of Household Management*, suggests daily breakfast buffet of meat, game pies, broiled mackerel, sausages, bacon and eggs, muffins, toast, marmalade, butter, jam, coffee and tea: what became known as “full English”
- At the turn of the 20th century, ready-to-eat breakfast cereals became popular, thanks to pioneers like John Kellogg and C.W. Post

(<http://www.breakfastpanel.org/history-of-breakfast/>)

The History of Breakfast

Before the 19th century:

- Around 7000 B.C. - The first cereals (wheat and barley) are cultivated in the Middle East.
- Around 100 A.D. - Roman soldiers add porridge to their diets; they call it “**pulmentus**”
- 1463 - First use of the word ‘breakfast’ in English.
- 1500s - First shipments of coffee to Venice

(<http://www.breakfastpanel.org/history-of-breakfast/>)

“FULL ENGLISH”



Retrieved from <http://www.flickr.com/photos/markdodds/82132809/>

Breakfast Around the World

Asia



China

Rice, noodles, chicken, and fried vegetables



Korea

Small plate of kimchi, bowl of rice, vegetable soup, and a slice of toast



Japan

Tofu soaked in soy sauce, with fish and rice

Breakfast Around the World

Middle East



Egypt

“Foul Madamas” : fava beans, chickpeas, garlic, and lemon, topped with olive oil, cayenne, a hard boiled egg, and diced green vegetables



Iran

“Halim” : a mixture of wheat, cinnamon, butter, and sugar cooked with shredded meat in large pots



Pakistan

“Aloo Paratha” : pan fried flat bread stuffed with vegetables, served with butter

<http://blog.hostelbookers.com/travel/best-breakfast/>

Breakfast Around the World

Africa



Uganda

“Katogo” : bananas mixed in a beef stew or in a vegetable sauce



Ghana

“Waakye” : riced cooked with beans



Morocco

“Baghir” : Semolina pancake bread served with jam, cheese, and butter

Breakfast Around the World

Europe



Germany

Sausage, cheeses, and bread



France

Croissants, served with crushed almonds, butter, chocolate, or cream



Sweden

“Pannkakor” : Swedish pancake

Breakfast Around the World

South America



Venezuela

“Empanadas” : pastries filled with fresh cheese, minced meat, or any combination of vegetables or beans



Peru

“Ceviche” : sea food dish, fresh raw fish marinated in citrus juices such as lemon or lime, and spiced with chili peppers



Brazil

Assorted meats, cheeses, and breads

Breakfast Around the World

North America



Canada

“Perogies” : fried dumplings stuffed with potato, sauerkraut, ground meat, cheese, and fruit, served with sausage and toast



Mexico

Beef tips, cheliques, cheese, and beans, served with nachos



America

Pancakes, eggs, and bacon

What are the Benefits of Eating Breakfast?



Retrieved from <http://familyfood.hiddenvally.com/important-eat-breakfast-before-test-1956.html>

Benefits of eating Breakfast

Benefits for Children

According to the American Dietetic Association, children who eat a healthy breakfast are more likely to:

- Concentrate better
- Have better problem-solving skills
- Have better hand-eye coordination
- Be more alert
- Be more creative
- Miss fewer days of school
- Be more physically active
- Meet daily nutrient requirements

(<http://www.mayoclinic.com/health/food-and-nutrition/NU00197>)

Benefits of Eating Breakfast

Benefits for Adults

- Eat more vitamins and minerals
- Eat less fat and cholesterol
- Have better concentration and productivity throughout the morning
- Control your weight
- Have lower cholesterol, which may reduce your risk of heart disease

(<http://www.mayoclinic.com/health/food-and-nutrition/NU00197>)

Breakfast is the Most Important Meal of the Day !

- <http://www.youtube.com/watch?v=I9KaZ7eViF0&feature=related>

In Conclusion, We have learned about...

The History of Breakfast

Breakfast Around the World

Benefits



<http://theendofthought.wordpress.com/2008/05/02/a-salute-to-bacon/>

Q & A

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References

Sites

- <http://blog.hostelbookers.com/travel/best-breakfast/>
- <http://www.mayoclinic.com/health/food-and-nutrition/NU00197>

Pictures

- Picture from <http://chefmom.sheknows.com/articles/822467/the-best-kid-friendly-breakfast-recipes/page:2>
- Picture from <http://cooking724.files.wordpress.com/2010/04/breakfast2.jpg>
- Picture from <http://www.seattlemet.com/blogs/nosh-pit/toulouse-emmer-breakfast-020410/>
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- Picture from <http://familyfood.hiddenvalley.com/important-eat-breakfast-before-test-1956.html>
- Picture from <http://theendofthought.wordpress.com/2008/05/02/a-salute-to-bacon/>