

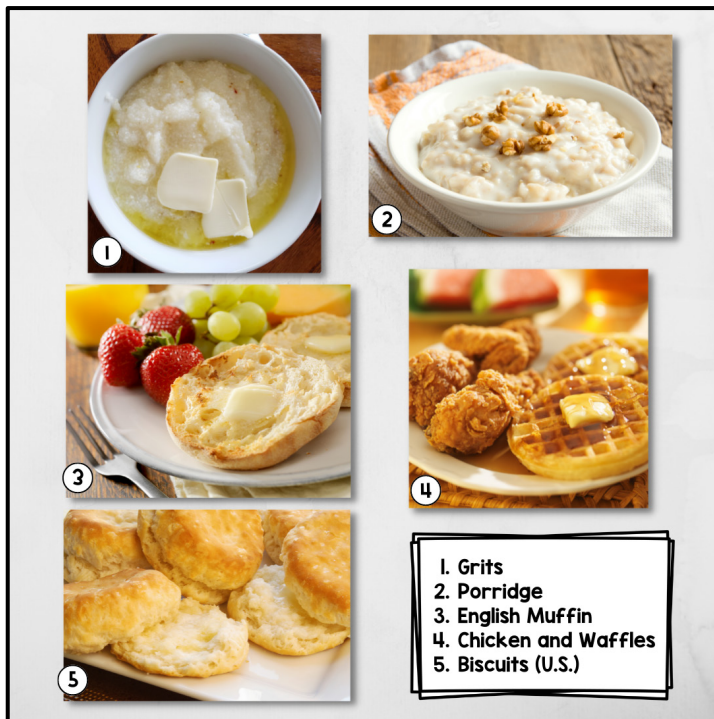


Episode 8: Breakfast Foods

Hi! If this is your first time listening to our podcast, this is an opportunity for upper level English learners to practice listening skills and learn new vocabulary by listening to authentic conversations. For more information about ways to use this podcast, download notes for [students](#) or [teachers](#).

If there's one thing Donielle and Khrystyna love as much as coffee, it's breakfast foods! In this episode we talk about our favorite things to have for breakfast and discuss some common breakfast foods in the United States and other regions.

Here are a few breakfast items that were mentioned in the episode:



- 1. Grits:** Also called hominy grits. (especially in Southern cooking) coarsely ground hominy, or white corn, boiled to a thick consistency and then sometimes fried, eaten as a breakfast dish or as a side dish with meat.
- 2. Porridge:** a food made of oatmeal, or some other meal or cereal, boiled to a thick consistency in water or milk.
- 3. English Muffin:** a rather flat muffin made from yeast dough, typically baked on a griddle, and then split and toasted before being eaten. Note: Despite the name, they did not originate in England, and actually are not as popular as they are in the U.S. In fact, in the UK, they are sometimes referred to as "American Muffins."

- 4. Chicken and Waffles:** This sweet and savory combination of fried chicken and waffles is uniquely American. There are several U.S. cities and regions that claim to be the origin of this recipe, but one thing that is certain is that that Black Americans were the creators of this iconic dish.
- 5. Biscuits:** Small quick breads made with baking powder and buttermilk, and are very popular in the American South. They are crusty on the outside, but soft and fluffy on the inside and are mostly eaten for breakfast.

For more examples of common breakfast foods in the U.S., see [this blog post](#).

See the following pages for vocabulary and language focus from this episode.



Vocabulary: Words and Phrases Used in the Conversation

hearty	Describing a meal that is large and substantial enough to satisfy hunger <ul style="list-style-type: none"> We generally have a more <u>hearty</u> breakfast on weekends.
a good spread	In this context, a <i>spread</i> is an abundance of food set out on a table; a feast. <ul style="list-style-type: none"> I like going to brunch because I enjoy <u>a good spread</u>.
brunch	a combination of breakfast and lunch, often served buffet style with a wide assortment of breakfast and lunch foods.
savory	having a spicy or salty quality without being sweet <ul style="list-style-type: none"> Do you prefer a <u>savory</u> or sweet breakfast?
left over (adv.) leftovers (n.)	relating to uneaten food from a previous meal. - Is there any rice <u>left over</u> ? the food that is left over - I don't feel like cooking tonight; let's have <u>leftovers</u> .
sticks out in my mind	something that I have a clear memory of
fix [food]	Often used instead of prepare when talking about a meal <ul style="list-style-type: none"> One thing that <u>sticks out in my mind</u> is when my father would <u>fix</u> us breakfast on the weekends.
staple	an important food that is eaten very often <ul style="list-style-type: none"> Cereal is a <u>staple</u> with most American families.
growl	Most commonly the deep threatening sound an animal makes when angry or scared, but it is also used to describe the sound an empty stomach makes. <ul style="list-style-type: none"> I hope my stomach doesn't <u>growl</u> during this podcast.
whip up [something]	produce or prepare something very quickly <ul style="list-style-type: none"> We don't have time to <u>whip up</u> pancakes and omelets every day.
to be good to go	informal: all prepared and ready for action. <ul style="list-style-type: none"> I have a quick English muffin with peanut butter and jam, and <u>I'm good to go</u> for a few hours.
soggy	completely soaked and filled with water (negative connotation) <ul style="list-style-type: none"> I don't like <u>soggy</u> cereal.
frosting, icing, & glaze	These are all types of sugary toppings for breads and desserts. For a good explanation of the differences, including pictures, see this blog post .
weirdo	informal: a strange or unusual person, often used affectionately or humorously, especially when referring to oneself (e.g. I'm a <u>weirdo</u>)
freaking (freakin', fricken)	slang, informal: used for emphasis or to express strong emotion. Note: some consider it a substitute for profanity, so it is only used very informally. <ul style="list-style-type: none"> If I go to New York, the first thing I want to do is get a <u>freakin'</u> bagel.
cold cuts	a variety of thinly sliced meats that are served cold and used to make sandwiches or appetizer trays.
schmear	a Yiddish word meaning cream cheese spread that is served on bagels.

Vocabulary: Words and Phrases Used in the Conversation

set the bar high/low	<p>set a high or low standard in terms of what to expect in the future</p> <ul style="list-style-type: none"> • My first experience eating a bagel was at a New York deli, so that <u>set the bar</u> pretty high for me.
old-timey	<p>old-fashioned or reminiscent of the past</p> <ul style="list-style-type: none"> • an <u>old-timey</u> restaurant
shed a tear	<p>a way to say cry, for humorous or dramatic effect</p> <ul style="list-style-type: none"> • When the deli closed, I think I <u>shed a tear</u>.
coarse	<p>made up of larger particles, not fine</p> <ul style="list-style-type: none"> • Semolina is a type of <u>coarse</u> flour that's made from durum wheat
go off on a tangent	<p>to start talking about something that is only slightly or indirectly related to the original subject</p>
I'm here for it	<p>enthusiastic, excited about, or supportive of something</p> <ul style="list-style-type: none"> • A: They have a wide variety of tasty pastries. B: <u>I'm here for it</u>.
drool	<p>have saliva drip from the mouth; often used figuratively to say that something sounds delicious and is making them hungry</p> <ul style="list-style-type: none"> • Hearing about all these delicious foods is making me <u>drool</u>.
stack	<p>a group of things that are put one on top of the other</p> <ul style="list-style-type: none"> • a large <u>stack</u> of pancakes
spread (n.)	<p>In contrast to the first definition given in this vocabulary list, this is the more common meaning of the word, which means any type of condiment that you might spread on something, such as bread (e.g. butter, jam, peanut butter)</p> <ul style="list-style-type: none"> • They served a variety of breads, olives, cheese, and <u>spreads</u>.
taste buds	<p>one of many small spots on your tongue that give you the ability to taste things</p> <ul style="list-style-type: none"> • I like little bites of different things, just to keep my <u>taste buds</u> confused.
side hustle	<p>employment or freelance work done in addition to one's full-time job</p> <ul style="list-style-type: none"> • I do photography work as a <u>side hustle</u>.
brag	<p>to talk about yourself, your achievements, your family, etc., in a way that shows too much pride; boast</p> <ul style="list-style-type: none"> • He always <u>brags</u> that he is a great cook.
put [someone] to work	<p>Give someone a task to do</p> <ul style="list-style-type: none"> • When you come over, we'll be cooking together, I'll <u>put you to work</u>.

Informal Speech: Intensifiers

During the conversation, Donielle said the following sentences:

I love me a good spread. I love me some carbs.

If you were wondering why the word “me” is added in these sentences, it is to add emphasis. When someone says, “I love me a/some...” they are saying that they really love that thing.

Another way to add emphasis to something is by adding a preposition (usually **up**) to add the idea of urgency or speed. For example, if we tell our kids to clean up the room, we are probably annoyed that it is such a mess. If someone says to hurry up, it probably means the speaker feels that the person is taking too long. If I say I want to finish up the project I’m working on, I’m hoping to complete it quickly.

During the conversation, there were a few times we talked about preparing food and said things like “chop up an onion” or “cook up the rice.” It is definitely not necessary to add up in these situations, but we often do this when talking about food preparation to make the steps sound quick and casual.

Breakfast Phrases and Idioms

continental breakfast	light breakfast option typically consisting of pastries and baked goods, fruits, toast, and coffee.
bring home the bacon	to earn money for a family to live on • I don’t like my job, but I have to <u>bring home the bacon</u> .
Wake up and smell the coffee	become aware of the reality of a situation; pay attention to what’s going on • You’d better <u>wake up and smell the coffee</u> before it’s too late.
have egg on your face	be very embarrassed because of something you said or did
eat someone for breakfast	be able to very easily control or defeat someone • Don’t challenge him to a fight, he will <u>eat you for breakfast</u> !

Join the Conversation

- It’s often said that breakfast is the most important meal of the day. Do you agree with this?
- What are some typical things you ate for breakfast when you were growing up? What do you normally eat for breakfast now?
- If you go to a restaurant for breakfast or brunch, what do you like to have?
- Do you like to cook breakfast? If so, what is your favorite breakfast food to make at home?
- Think about the breakfast foods mentioned in the conversation, and also take a look at the blog post in the link on the first page of the vocabulary. Were there any that you were not familiar with? Which ones have you tried? Which would you like to try (or not like to try)?
- There is a proverb that states, “Hope is a good breakfast, but it is a bad supper.” What do you think this means?

Thanks for checking out our podcast!

We are enjoying these discussions, and we hope that you are finding them helpful!



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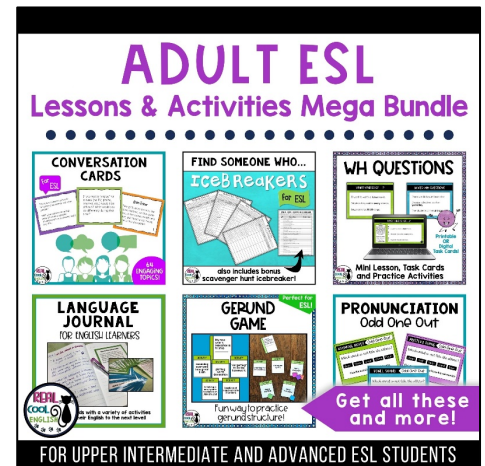
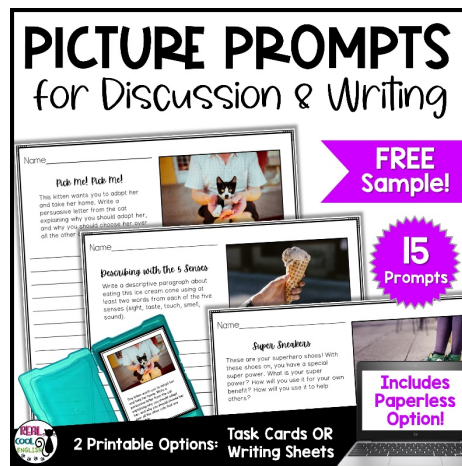
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