

Name:

porridge

What is porridge - and why do we love it so much?

Task: Watch the video and answer the question!



[video](#)

Why do people for hundreds of years eat porridge?

Task: Read the text and highlight important information.

Porridge – A Traditional and Healthy Meal

Porridge is a warm and soft food made by cooking grains like oats in water or milk. People often eat it for breakfast, but it can also be eaten at other times of the day. You can make porridge sweet by adding sugar, honey, or fruit. You can also make it savory with spices, vegetables, or even meat. Porridge is usually eaten hot in a bowl with a spoon.

In the UK and Ireland, porridge usually means oatmeal. Oatmeal is made by slowly cooking oats in water or milk. Other grains can also be used to make porridge, such as rice, corn, wheat, and barley. Different types of porridge have special names. For example, rice porridge is called *congee*, corn porridge is called *polenta*, and taro porridge is called *poi*.

Porridge is not only tasty, but also very healthy. It gives your body energy and contains important nutrients like fiber, protein, and some fat. It also has minerals such as manganese, phosphorus, and zinc. Eating oatmeal regularly can help lower cholesterol, which is good for your heart. That's why porridge is a great food to start your day with!



tip

If you don't understand a word, look it up in the dictionary or ask your guide!

Name: porridge

A breakfast lover all over the world

Task: Find 5 interesting or difficult words in the text.

For each word:

- Write down the translation (e.g. with help of a dictionary)
- Use the word in a sentence

Task: Read the statements and choose true or false. After that translate the false statements.

Write T (true) or F (false)

T / F

- | | |
|---|-------|
| 1. People only eat porridge for breakfast. | _____ |
| 2. Porridge can be made sweet or savory. | _____ |
| 3. Oatmeal is a type of porridge eaten in the UK and Ireland. | _____ |
| 4. Corn can be used to make porridge. | _____ |
| 5. Rice porridge is called congee. | _____ |
| 6. Oatmeal can help lower cholesterol. | _____ |
| 7. Taro porridge is called polenta. | _____ |