

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?**

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**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!

Write down a fun fact about porridge!

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**tip**

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