

Podcast 164 – A Typical Australian Breakfast

Learn English while learning about daily life in Australia,
with Rob McCormack

Podcast Number 164 – A Typical Australian Breakfast

(This podcast is 12 minutes and 4 seconds long.)

Hi,

Having done a lot of travel in Europe and some in America, I always find it interesting to experience the different types of food eaten in other countries. In particular, I find there are interesting differences in what people eat for breakfast. In this podcast, I would like to talk about what Australians typically eat for breakfast, which some people say is the most important meal of the day.

I should start by saying that there is great variety in what people eat for breakfast in Australia. This is because we are a multicultural nation, with immigrants from just about every country in the world. Therefore, it is to be expected that you will find much variation in breakfast foods in our population. In this podcast however, I will describe my personal breakfast choices during my life, along with those I have observed and learnt from my family, friends and acquaintances.

On week days, when most adults and children are heading to work or school, an Aussie breakfast will typically be quick and simple. For most people, that means either cereal with milk in a bowl, or toast with butter or margarine, plus a favourite topping. Added to that will be a drink of some kind, such as tea (mostly with a dash of milk), coffee with a

dash of milk (often instant coffee or coffee made using capsules), perhaps a drink of Milo (which I talked about in Podcast 92 <https://slowenglish.info/podcast-92-milo/>) or a fruit juice. I would say that most fruit juice would be out of a carton or bottle, rather than freshly squeezed. On week days, with everybody rushing to get ready for the day, most people don't have the time to make freshly squeezed fruit juice.

My personal breakfast favourite for most of my life has been cereal with milk. I have had periods where I preferred a couple of pieces of toast with margarine and Vegemite, but somehow, I always return to cereal with milk. It's quick to prepare, cheap and tasty.

When I was a child, I enjoyed Weeties which my mother bought for us. You can still buy Weeties today, made by Uncle Tobys, an Australian company which started in the 1860's. Weeties are made from whole grains of wheat which are steamed, rolled and then toasted.



2 Weetbix with milk.

Today, I prefer Weet-bix, which is the same sort of thing, but made into small bricks of flattened, toasted wheat grains. It is made by Sanitarium, an Australian company founded in 1898. I eat 2 Weet-bix with milk each morning. However, I can imagine that hard working men and women, or growing children, or active sports people, would eat more than that. Sanitarium produce clever Weet-bix advertisements which ask, 'How many do you do?'

Occasionally I also eat muesli, which is a breakfast cereal mixture made from rolled oats, nuts, seeds and dried fruits and eaten with milk like other cereals. I do enjoy muesli although it tends to be more expensive than other breakfast cereals.



Another popular breakfast cereal is porridge. This is made from oats which have been rolled. The one disadvantage of eating porridge is that it must be cooked with water until it goes soft and mushy. This can be done quickly in a microwave oven, or in a saucepan on the kitchen stove. Either way, there is some effort and time involved. I must say, that porridge is very tasty, but for many people, having to cook it is a disadvantage.



There are many different types of specially made breakfast cereals too, such as Rice Bubbles, Corn Flakes and Nutrigrain, just to mention a few. Go to any supermarket and you can see these and many others on the shelf. At different times I have eaten and enjoyed Rice Bubbles and Corn Flakes. My personal view is that you should check how much sugar and other ingredients have been added to any cereal you select. Often,

they can be high in added sugar, which is something we should all eat in moderation.

For those people who prefer toast for breakfast, the range of toppings which people select is large. First a thin layer of butter or margarine is my preference, then a topping. I mentioned that Vegemite is popular in Australia, although it must be spread thinly on the toast. The taste can be overpowering if it is spread too thickly. I talked about Vegemite in

Podcast

68

(<https://slowenglish.info/podcast-68-australias-vegemite/>).



Toast spread with butter and a thin topping of Vegemite.

Other popular toppings are jam (for example strawberry, plum, blackberry), marmalade (made from oranges, one of my personal favourites), honey (also a favourite of mine) and peanut butter, which is especially tasty. These toppings are all sweet to some degree. You can also have fresh fruit toppings such as sliced berries or sliced banana, which are tasty and very healthy. Finally, you could have a savoury topping such

as cheese, sliced tomato, canned fish or fresh avocado, the last of which is very popular with some people these days – the sky is the limit for toast toppings really. However, I think the most common toppings found on breakfast toast in Australia would be the sweet ones, as they come in a jar or can and are easy to serve. Every Australian kitchen would have a toaster which everyone knows how to operate. Make your toast, spread with butter or margarine, open the jam or Vegemite jar and spread with a knife – hey presto, you have your week day breakfast.

On the weekend, many people have the time and desire to eat something a little more elaborate. Bacon and eggs are often fried for a traditional hot breakfast, sometimes with sausages and usually with buttered toast and perhaps a few fried tomato slices or sliced mushrooms. Hard boiled eggs or poached eggs (which are eggs cracked into simmering water) are also sometimes enjoyed for breakfast. Omelettes are also regularly cooked on the weekend, or perhaps some pancakes. Such a breakfast takes longer to prepare and to serve. If I am feeling like something more than my usual cereal, then fried eggs with fried bacon is what I cook, served on a couple of pieces of buttered toast. If my wife and I are travelling and staying in a hotel, then this style of breakfast is always my choice in the breakfast restaurant.

Of course, many people's choices for breakfast are also influenced by their cultural background including their religion, so for them, perhaps some of my choices as outlined in this podcast would not be an option, which I fully understand. Also, different people may place a different importance on how healthy a breakfast is. I can also understand and agree with this perspective. I think the main thing is that you start the day with something which gives you energy for the day ahead. After all, that's what breakfast is for.

If you have a question or comment to make, please leave it in

the comments box at the bottom of this page. Or, you can send me an email at rob@slowenglish.info. I would love to hear from you. Tell me where you live, a little bit about yourself and what you think of my Slow English podcast. I will write back to you, in English of course. If you would like to take a short quiz to see if you have understood this podcast, you will also find it on my website. Goodbye until next time.

Rob

PODCAST 164 QUIZ

Start

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True or False - When Rob is travelling, he takes an interest in what foods are eaten for breakfast in different countries.

True

False

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True or False? - Rob says that most Australians like a quick and simple breakfast because they are not really very hungry in the mornings.

True

False

Prev

Next

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True or False? - Rob's favourite topping on toast is Vegemite.

True

False

Prev

Next

4 / 10

True or False? - Rob thinks that he probably eats fewer Weetbix each morning than most other Australians who eat Weetbix.

True

False

Prev

Next

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True or False? - Rob thinks that porridge is a good breakfast choice for Australians because it is quick and simple.

True

False

Prev

Next

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True or False? - Rob thinks it is a good idea to eat in moderation those cereals which have high added sugar.

True

False

Prev

Next

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True or False? - While Rob mentions many possible toppings for toast, he thinks that sweet toppings are eaten more often in Australia.

True

False

Prev

Next

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True or False? - Rob thinks that, on the weekend, Australians like to eat a breakfast which is quick and simple.

True

False

Prev

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True or False? - Rob's favourite breakfast, other than Weetbix or toast, is bacon and eggs on toast.

True

False

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True or False? - In this podcast, Rob mostly talks about the more elaborate breakfasts which Australians eat.

True

False

Prev

See Result

Your score is

The average score is 90%

Vocabulary

- Play acquaintances = people you know, but who are not really friends
- Play advertisements = notices which tell you that you should buy something because it's good
- Play avocado = a type of fruit with soft insides around a large seed
- Play bricks = shapes which are like a small box
- Play capsules = small containers used to hold something (e.g. coffee)
- Play carton = like a bottle, but made from special paper which is waterproof
- Play cereal = the grains grown for food (e.g. wheat), breakfast food made from grains
- Play choices = the things you chose or select
- Play clever = smart
- Play eat in moderation = don't eat too much
- Play elaborate = more complicated
- Play expected = what others think you should or will do, what is likely to happen

- Play experience = to do something and find out what it is like
- Play flattened = when something is pressed and it becomes flat
- Play founded = when you created (started) a company or organisation
- Play grains = example wheat, corn, oats
- Play hey presto = 'like magic'
- Play immigrants = people who have come to a new land to live without returning to their old country
- Play in particular = when talking about one thing or one group of things
- Play influenced = affected by
- Play ingredients = the things you put together in order to make something
- Play margarine = an oily spread like butter, but made from natural oils such as sunflower oil
- Play mention = to talk about something
- Play multicultural nation = a country where there are people from many different lands and cultures
- Play mushy = soft
- Play observed = when you have seen things with your own eyes
- Play omelettes = a type of pancake made with eggs for breakfast
- Play over-powering = too strong
- Play perspective = view, opinion

- Play population = the people who live in a country
- Play preferred = something which you like instead of something else
- Play prepare = to make
- Play saucepan = used to cook things on a stove. Made from metal
- Play savoury = food that is not sweet
- Play simmering = boiling hot but not boiling strongly
- Play squeezed = when you squash something with your hand, eg, an orange gives juice when squeezed
- Play stove = uses heat to allow something to cook
- Play style = types
- Play to some degree = not fully, but partly
- Play topping = the things you put on top of something
- Play typically = when something is seen many times, what is normal
- Play variation = a change from one case to the next
- Play variety = many types of