

Week 2

## #8 Hong Kong pupils who eat breakfast daily '18 months ahead of those who skip the meal'

**Skills/ Objectives: Reading and Speaking**

### **PART 1: Before you read...**

#### **Preparatory questions**

1. Do you eat breakfast every day? What do you have for breakfast?
2. Do you skip breakfast? If so, why?
3. What are the benefits of having breakfast?

#### **Vocabulary**

1. Beneficial (adjective): good, helpful, or useful
2. Optimal (adjective): best, ideal
3. Indicate (verb): to show
4. Counterpart (noun): a person who has the same purpose as another one at a different situation or organization
5. Prone (to) (adjective): likely to do or suffer from something bad

#### **Background information**

This article reports on a research study of breakfast habits of primary school students in Hong Kong and discusses the importance of having breakfast.

### **PART 2: Article**

**Hong Kong pupils who eat breakfast daily '18 months ahead of those who skip the meal'** (*click the link to read the article*)

<https://www.scmp.com/news/hong-kong/health-environment/article/2049600/hong-kong-pupils-who-eat-breakfast-daily-18-months>

(Source: SCMP)

### **PART 3: Speaking (Pronunciation)**

A consonant cluster is a group of consonants with no vowel in between. /br/ (breakfast) is one of the consonant clusters. Properly pronouncing consonant clusters is seen to be challenging to many Chinese speakers of English. Learn more about them here:

1. **Learn About Consonant Clusters in English Grammar**  
<https://www.thoughtco.com/what-is-consonant-cluster-cc-1689791>
2. **Consonant Clusters | English Pronunciation Lesson (YouTube video)**  
<https://www.youtube.com/watch?v=ZxKUWoNfetE> (4:02 minutes)
3. **Final Consonant Clusters**  
<https://englishpronunciationroadmap.com/final-consonant-clusters/>

### **PART 4: Let's discuss!**

1. Should the Hong Kong government require primary schools to serve breakfast? Why? Why not?
2. Do you skip breakfast? If so, why? Do you know anyone who often skip breakfast? Why do they do so?
3. Do you think having breakfast is beneficial to you? In what ways?

### **PART 5: Learn further**

1. **Why breakfast is the most important meal of the day**  
This article explains the benefits of having breakfast and disadvantages of skipping breakfast. Breakfast suggestions are provided.  
<https://www.rush.edu/health-wellness/discover-health/why-you-should-eat-breakfast>
2. **Here's What Skipping Breakfast Does to Your Body**  
This article reports on the possible effects of skipping breakfast to human body.  
<http://time.com/4786181/skipping-breakfast-health-benefits/>
3. **5 Fascinating Facts About Breakfast**  
This article shares five interesting facts about breakfast.  
<http://time.com/3992877/5-fascinating-facts-about-breakfast/?iid=sr-link2>

**Chat online!**

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19 September 2018 (Wednesday) 5:30 – 6:30 pm