Task 1: A Smart Way to Start the Day

In the workshop, you will listen to the first part of the Teen Time programme in which the presenter asked various people what they had had for breakfast that morning. Answer all the questions in the Breakfast Quiz while you are listening.

Pre-listening Activity 1: Vocabulary Focus

To prepare you for the Breakfast Quiz, Mr. Solomon would like you to familiarise yourself with the vocabulary in the recording. Match the food names in Column A with the definitions in Column B. In groups of 4, try to make a guess before using a dictionary to find the answers.

Column A	Answers	Column B
Weetabix		A. A tasty mixture to be spread on bread or crackers
Chives		B. Milk in which part of or all of the cream has been moved
Spread		C. A wheat-based breakfast cereal
Skimmed milk		D. A very high-fibre, wheat bran breakfast cereal
All-bran		E. A fragrant herb with slender, hollow green stems and a mild onion flavour

Pre-listening Activity 2: Anticipation

You are going to anticipate the kinds of breakfast the people in the interview had. Tick the boxes in the following table of food groups and write at least one example accordingly.

Food Group	Grain group	Fruit and Vegetable group	Meat and Protein group	Milk group	Fat and Sugar group
	❑	❑	❑	❑	❑
Examples					

Task: Breakfast Quiz

Now, listen to the first part of the Teen Time programme in which the presenter asked what various people had for breakfast that morning. Answer all the questions in the Breakfast Quiz while you are listening.

A Smart Way to Start the Day – Breakfast Quiz

1. According to the presenter, what campaign was running last week?
   _____

2. According to the presenter, what should most Hong Kong people do to maintain a healthy lifestyle?
   _____
   _____

3. Of the people interviewed, how many of them did not have breakfast and why?
   _____
   _____

4. One of the interviewees said she had two mangoes for breakfast. Then she laughed. What do you think she had in mind at that moment? Circle the best option.
   a) That was not unusual.
   b) That was laughable.
   c) That was absolutely unacceptable for many people in Hong Kong.
   d) That was irritating.